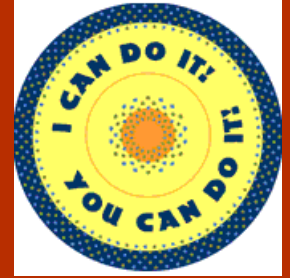




UW-LA CROSSE MENTORS IN MOTION NEWSLETTER



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PHYSICAL
ACTIVITY
MENTORING
PROGRAM FOR
PERSONS WITH
DISABILITIES

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Physical Activity Mentoring Program: Fall Highlights

The fall mentoring program started on October 5th. This session we have many new activities for mentors and mentees. Saturday sessions are offered every week to bring mentors and mentees together in a group physical activity. This fall mentors and mentees have gone GeoCaching, frisbee golfing, and practiced basketball skills at the EAGLE Recreation Center on the UWL campus.

Mentees are being challenged each week to do activity four times a week for at least 30 minutes to receive the Presidential Fitness Award at the end of the program. This fall we will hold our awards "picnic" indoors. We are planning the event at the Children's

Museum in downtown La Crosse. This fun night will include a visit from Santa, a healthy snacks and drinks and two hours to play in the Museum. This event is scheduled for Saturday December 5 from 5:30 to 7:30 p.m. Please join us to celebrate another great session of the Mentoring program!



Spring and Summer Award Picnics

Our award picnics were held at the end of the spring and summer sessions at Myrick Park for the mentors, mentees and their families. The picnics were great social events that brought everyone together. Families brought healthy snacks and everyone got involved in "backyard games". The games included disc golf, bean bag toss, and horseshoes. Awards were given out to mentees. Mentees earned the President's

Fitness Award by doing any type of physical activity four times a week for thirty minutes. The mentees worked hard to earn this award

Hoops For ALL: Winter 2010

Hoops For ALL mentoring will take place at the Mathy Center Boys and Girls Club from 5-6:00 p.m. on Mondays and Wednesdays starting Feb 1. The 8 week program will end on March 29, and will NOT meet the week of March 15. Hoops For ALL is for kids ages of 8-17. Applications will be available in mid December. Contact Matt Shutt (785-8740) for information.



and were excited to receive their certificate. The picnics were wonderful ways to end the spring and summer sessions.



Summer Visitors to the Mentoring Program

Chancellor Gow Visits Buddy Baseball

Chancellor Joe Gow joined us this summer in the Buddy Baseball program. He was thrown right into the starting lineup, playing first base for La Crosse's B team. Chancellor Gow helped the children with fielding and base running and also spoke with parents and staff members about the program. We want to thank Chancellor Gow for his help and support for Buddy Baseball and all other mentoring programs. We hope to see him at Hoops For ALL program this winter!



Mentoring Program Site Evaluation

In August, Dr. Bob Arnhold from Slippery Rock University, PA, evaluated our Physical Activity Mentoring Program. Dr. Arnhold is the national director of the "I Can Do It" Mentoring Program for Persons with Disabilities. This site evaluation was a required part of our grant from SRU and the National Institutes of Health. As one of 8 sites funded in the U.S., we are required to meet several criteria for the program. Dr. Arnhold observed and interacted with staff, parents, mentors, and mentees in Buddy Baseball, adapted aquatics, adult fitness, and community-based instruction. Included in our evaluation report were the following statements, "I want to reinforce that you are one of our premier funded sub-contractors. You have made my job very easy from a technical assistance point of view. I want to commend UW-La Crosse for conducting a top-notch program."



Mentors of the Month



Kaylene Holman (with Jacob)

Hometown: Eau Claire, WI
Major: Psychology and Occupational Therapy
Hobbies: Volleyball, softball, playing piano, talking with people, and singing in the car
Favorite ice cream: Pumpkin ice cream from the Pearl
Favorite activity with mentee: Dancing



Damian Hilbert (with Greg)

Hometown: Chilton, WI
Major: Pre Chiropractic
Hobbies: Fishing, hunting, and anything with sports
Favorite ice cream: Sherbet Ice Cream
Favorite activity with mentee: Frisbee golf



Check out our website at-<http://www.uwlax.edu/sah/ess/mentor/>

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