

# SPORTS CLUB



Isaiah 40:29-31:

"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

# BASKETBALL, FOOTBALL, SOCCER, OLYMPIC

## PURPOSE

Prioritize your mental and physical health by exercising with sports; Being physically active can improve our capacities: improve brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve other wellness dimensions i.e., emotional, social, spiritual, intellectual.

**TUESDAY-SECONDARY**

**THURSDAY-ELEMENTARY**

3:15PM-4:15PM

\$14 per week



Soccer



Football



Basketball



Olympic

EMAIL COACH TO SIGN UP FOR SPORTS CLUB-  
CCANNON@THEKEYTOLEARNING.ORG