



News Release

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WESTERN HOSTS CHILDREN'S LIFETIME SPORTS ACADEMY

St. Joseph, Mo. — April 6, 2004—The 31st annual Children's Lifetime Sports Academy for children ages 8 -12 is 1:30-5:15 p.m. June 7-11 on the Missouri Western State College campus. Children have the opportunity to experience activities such as canoeing, rappelling, scurry hockey, fishing, archery, obstacle course, mini track, pickle ball, racquetball, badminton, snorkeling, recreational games, fly tying, water sports, target practice and frisbee golf.

The cost of registration is \$65 for one child and \$50 for any additional children. Registration is limited to 200. Registration forms and information online can be found at <http://www.mwsc.edu/hper/clsa.html>.

The Children's Lifetime Sports Academy allows participants from the community to interact with faculty and physical education, recreation and exercise science majors in a fun and noncompetitive environment. Its mission is to teach the skills, values and appreciation involved in lifetime sport activities which can be utilized throughout life for fun, health and fitness.

The participants ages 8 -10 will receive introductory instruction in a number of lifetime sports. Ages 11 and 12 will receive intermediate instruction in lifetime sports with emphasis on outdoor adventure activities.

For more information, contact Mary Beth Alpers in the health, physical education and recreation department at (816) 271-4491.

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Missouri Western State College is a four-year public institution providing a blend of traditional liberal arts and professional degree programs. The college offers student-centered, high quality instruction that focuses on experience-based learning, community service, and state-of-the-art technology. Western is located in St. Joseph, Mo. and is committed to the educational, economic, cultural and social development of the region it serves.