



News Release

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WESTERN HOLDS “CHALLENGE 2005”

St. Joseph, Mo. —May 19, 2005—A chance to learn about and participate in activities that can be enjoyed throughout a person’s lifetime is the focus of the 32nd annual Children’s Lifetime Sports Academy from 1:30 p.m. to 5:15 p.m. June 13 through June 17 at Missouri Western State College.

The theme this year is “CHALLENGE 2005.” Children ages eight-12 will have the opportunity for experiences such as canoeing, archery, rappelling, water sports, fishing, swimming, target practice, Frisbee obstacle course, wall climbing, badminton, skating, bowling and orienteering.

Children ages 8-10 will receive introductory instruction in a number of lifetime sports, while older children, ages 11 and 12, will receive intermediate instruction in lifetime sports with emphasis on outdoor adventure activities.

Participants must furnish their own tennis shoes, swimming suits, towels, and change for vending machines.

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Page 2 of 2 – CHALLENGE 2005

Enrollment costs \$65 for the first child and \$50 for each additional child and is limited to 150. Western employees receive \$10 off. To enroll, apply online at <http://www.missouriwestern.edu/hper> or for more information, call 816-271-4491.

The Children's Lifetime Sports Academy was started 31 years ago at Western to allow participants from the community to interact with faculty and future physical education, recreation and exercise science majors in an environment which is fun and noncompetitive.

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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.