

Community Champions: Sports & Wellness Series

Launch **Community Champions**, a free monthly Sports & Wellness Series that connects Studio City youth and families with expert instruction, mentorship, and opportunities that extend beyond the playing field.

Each month would feature a different clinic or workshop led by experienced coaches, certified trainers, health professionals, and guest speakers. Programming could include self-defense, soccer, flag football, basketball, yoga, Zumba, pickleball, sports nutrition, mental wellness, and leadership development.

By leveraging relationships with youth athletes, coaches, and community partners, the Youth Committee can also invite accomplished athletes, including nationally recognized youth athletes and Nike-affiliated athletes within my network, to share their experiences and discuss leadership, perseverance, teamwork, goal-setting, and balancing academics with athletics while inspiring the next generation.

Proposed Monthly Calendar

January: Kickoff & Leadership Through Sports

- Program introduction and community sports day
- Leadership workshop focused on teamwork, discipline, goal-setting, and confidence
- Guest athlete speaker sharing their journey and lessons learned

February: Self-Defense & Personal Safety

- Self-defense clinic led by experienced instructors
- Lessons on awareness, confidence, and personal safety
- Discussion on building resilience and protecting yourself and others

March: Soccer Development & Opportunity Clinic

- Soccer training led by experienced coaches and competitive players
- Skills development, drills, and small-sided games
- Introduction to competitive pathways, club opportunities, college athletics, and the importance of exposure
- Potential involvement from elite youth athletes, coaches, and soccer organizations

April: Health, Wellness & Mental Performance

- Yoga, Zumba, and mobility sessions for youth and families
- Sports nutrition education with health professionals
- Workshop on mental wellness, confidence, handling pressure, and maintaining balance

May: Basketball & Teamwork Clinic

- Basketball fundamentals and skill development
- Training focused on communication, leadership, and teamwork
- Athlete mentorship session highlighting perseverance and growth

June: Flag Football & Athletic Development

- Flag football clinic led by experienced coaches and athletes
- Speed, agility, and teamwork training
- Discussion on commitment, preparation, and pursuing athletic goals

July: Summer Sports Festival

- Community-wide sports celebration featuring multiple activities
- Soccer, pickleball, basketball, fitness challenges, and family activities
- Opportunity for youth to meet coaches, athletes, and community leaders

August: Back-to-School Wellness & Leadership Day

- Fitness and wellness activities to prepare students for the school year
- Leadership workshop focused on confidence, academics, and setting goals
- Athlete panel discussing balancing school and sports

September: Pickleball & Inclusive Recreation

- Beginner-friendly pickleball clinic for youth and families
- Focus on creating accessible recreation opportunities for all ages and skill levels
- Emphasis on community connection and lifelong wellness

October: Strength, Conditioning & Injury Prevention

- Training session with certified trainers
- Education on safe training habits, injury prevention, and athletic longevity
- Introduction to healthy routines for young athletes

November: Gratitude, Service & Team Building

- Community sports event focused on teamwork and giving back
- Leadership activities centered on gratitude, service, and community responsibility
- Athlete speakers discussing character beyond competition

December: Community Champions Showcase

- End-of-year celebration recognizing youth participation and achievements
- Showcase of skills learned throughout the year
- Recognition of community partners, coaches, volunteers, and mentors
- Vision planning for the following year

