

Pre-School Newsletter



THE NEW FACE OF NESGA'S PRE-SCHOOL PROGRAM

With consideration of parents' busy schedules and the kids' need to play, learn and develop; we've designed a program that is a win-win for everyone.

Beginning in March, NESGA will be extending the hours of our preschool aged mixed sports program, Jumpstart. Jumpstart teaches children the

skills involved in sports such as soccer, basketball, and lacrosse; while also teaching the kids teamwork. Since many children attend pre-school in the morning, we have developed an afternoon Jumpstart from 1-4pm two days a week.

Additionally, we will be planning a "Field Day" event for the spring for kids 0-6 in all

classes, which will include games, races, obstacle courses, and of course fun prizes!

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NESGA Toddler And Parent Gymnastics
NESGA Jumpstart Mixed Sports



What We Learned in February

This past month, the Jumpstart kids learned the skills involved with soccer, basketball, and lacrosse. In soccer, they've learned how to "scissor", dodge and kick properly. Although basketball is still a little tricky at this age, they have improved immensely to the point where they can dribble, weave around cones and use both hands. Their favorite part of basketball is passing to partners, using both the "chest" pass and "bounce" pass. Last but not least, we have

introduced lacrosse to them, which many seem to grasp quickly. They have begun to cradle, throw, catch and scoop up ground balls.

Time for Spring Training

With the warmer weather, comes more sports! So starting next month we will be teaching tee-ball; the basics of throwing and catching and how to properly field a ball. Also with the request by several parents, we also will incorporate some "flag" football when we can go outside.

Coach Carlos Semedo



A native of Lisbon, Portugal, Coach Carlos has had a passion for soccer since his childhood. He began his professional soccer career at the young age of 18 for the Clube de Futebol Estrela da Amadora in the Portuguese SuperLiga division 1. Carlos also was a member of the Portuguese National team for U-18, U-20 and U-21.

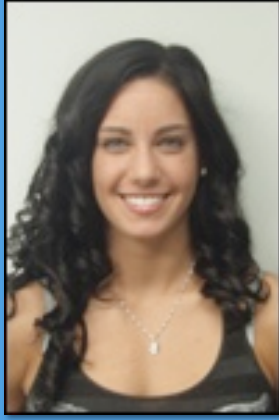
One of his greatest accomplishments is being a part of the Portuguese National U-18 team, which won the European Soccer Championship.

Carlos continued his professional soccer career in Europe until 2002 when he came to the United States to play for the New England Revolution. In addition to N.E. Revolution, Carlos also played for Rochester Raging Rhinos and the Syracuse Salty Dogs.

Captain of the Month:

JT Norton





Coach Stacey Pirrelli

Stacey has been with New England Sports Academy since 2009 as a team gymnastics coach as well as a preschool and recreational gymnastics coach.

Prior to joining the NESAs Team, Stacey attended Southern Connecticut State University (SCSU) where she earned her bachelors degree in Exercise Science-Human Performance and was a member of the gymnastics team.

Stacey is now continuing her education towards becoming a diagnostic medical sonographer.

February Vacation Tips

Family Travel, What to do?

Tired of trying to figure out how to have a relaxing vacation, well here are some tips.

1. Fill up on the iPhone or iPod with family photos and videos

Toddlers love family photos, looking at pictures of themselves or their siblings can keep them occupied and also make for great memories on the trip.

2. Bring DVDs and headphones (for the grownups, too)

When traveling with a baby, it is difficult to watch TV after 7:00pm, so make sure to bring headphones to watch movies on your laptop.

3. Get a room with a view

A room with a decent view is a highly entertaining pastime for children.

4. Always get new toys for the trip

Head to the dollar store and fill-up on quiet activities (especially for plane rides) for the kids such as, coloring books, sticker books, and pipecleaners. To add to the fun, put the activities in their own special backpack, that they can carry wherever they go.

5. Bring plenty of bandaids

Not only are they useful, but toddlers love playing with them. They can take them out of the box, count them, and even stick them on their favorite stuffed animal.

Best Activities for February

★ Disney on Ice Presents Dare to Dream

★ Geckos: Tails to Toepads at the Museum of Science

★ Make pottery at Plaster Fun Time

Eat the Rainbow

Coach Stacey's Healthy Tip of the Month:

Children need a colorful diet, so by giving them a mix of different fruits and vegetables they can be healthy and also enjoy their snack.

REDS

Benefits: Protect skin from sun damage, and reduce wheezing and asthma.

Foods: Tomatoes (including ketchup), watermelon, pink grapefruit, red peppers, guava.

ORANGES

Benefits: Beta-carotene is converted into vitamin A, an antioxidant that contributes to immune health.

Foods: Oranges, sweet potatoes, winter squash, cantaloupe, carrots.

YELLOWS

Benefits: Helps you jump higher and play harder since it reduces inflammation of the joints. Also improves respiratory system.

Foods: Bananas, pineapple, corn, yellow squash, yellow peppers.

GREENS

Benefits: Prevents growth of bacteria.

Foods: Avocado, zucchini, romaine lettuce, broccoli, green peas.

BLUES/PURPLES

Benefits: Improves cardiovascular health.

Foods: Grapes, plums, blueberries, beets, radishes, blackberries.