

Make A Goal To Change A Life.



FITNESS BUDDIES ON SKATES

FUN FOR ALL

The Colorado Elite Inline Hockey Federation (CEIHF) wants to introduce its "Buddy Up with Hockey" a fun fitness program for Denver Metro youth. Our celebrity inline hockey athletes are joined with younger children from elementary and middle schools from around our inner city communities to introduce kids to the benefits of skating for fitness.

FOR BETTER HEALTH

The CEIHF Major League players will visit schools to provide 30-minute demonstrations of exercise on skates. These specifically designed fitness exercises are similar to what the players do within their own fitness and conditioning routines, but adapted and designed for grade school and middle school kids.

FITNESS AND PERSONAL DEVELOPMENT

Elementary and middle school children will especially enjoy the one-to-one attention they receive from their older Buddy Up partner. They make comments such as, "He makes me feel special; he says nice things to me!" and "We do lots of fun things together. He's my friend."

Teachers report that participation in buddy programs enhances children's cooperative learning behaviors such as taking turns, listening, sharing knowledge, praising another's effort, helping one another, and completing a task. Due to the extra attention and assistance, the younger children's work often improves.

For more information contact:

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American Inline Hockey League

"The Colorado Elite Inline Hockey Federation has continuously demonstrated a passion toward growing the sport of inline hockey through youth programs designed to enrich their community and support inner city and at-risk Colorado youth.

"The CEIHF's track record has earned the organization our endorsement and support toward their pursuit to enhance young lives with grass roots initiatives as the Buddy Up with Hockey and Hockey without Boundaries programs in Colorado."

Keith Noll
AAU Inline Hockey Chairman
AIHL President

