

ASP "Selling Points"

1. Sports Spectacular

- Wide variety of traditional sports and athletic activities
- Recommended for newly partnered schools & all ages (especially k-3)
- One of our more popular ASP choices because it keeps every class exciting, fresh, and new

2. GOtime (Game Play and Scrimmaging)

- Similar to Sports Spectacular, but all traditional sports are immediately real game scenario
- Good fit for an older group or younger group who would easily understand the sport being played
- Safe bet for a partner who cannot decide on a class for grades (4-6)

3. Fast Break Basketball

- Popular during the Winter session
- Will learn and improve on fundamentals of the game and demonstrate during drills and real game scrimmages
- Directed towards all skill levels
- Important to get an idea of how many baskets are at the school (and if they are adjustable)

4. Shooting Stars Soccer

- Traditional ASP and easy to run for all age groups and schools
- Will differ from just throwing the ball out there and letting the kids run around by: Teaching and developing skills (dribbling, passing, shooting, etc); organized mini games such as: Battle Balls, Corner Kick Challenge, and Soccer Knockout; as well as World Cup Tournaments and real game scrimmages
- Mixture of skills, contests, game-play
- Fastest growing youth sport
- Great for boys and girls

5. Go Long Flag Football

- Popular during Fall and Spring sessions
- Good fit for students who want to learn the game as well as students who are looking to improve their skills
- Learn fundamentals such as route running and defensive technique to then utilize during real game scrimmages
- Effective to have the instructor play quarterback to facilitate everyone getting the ball

6. Big Swing Wiffle Ball

- Recommended for outdoors, but can also run smoothly in a gym
- Fun for all age groups who would like to learn the game of baseball or already love it
- Coaches will pitch so all students will have the chance for a base hit/home run
- Team Home Run Derby's are fun to incorporate and promote sportsmanship as everyone cheers on the batter

7. Lax-Tastic Lacrosse

- Not a lot of kids have had the opportunity to play a not so traditional sport, our coaches will teach them the needed skills to do so
- Drills and games incorporating cradling, catching, and shooting will make it fun and interactive for all, while learning how to play
- Programming space is important to know. Often easier to run in a gym than out on a field

8. Slap Shot Floor Hockey

- Great in the gym for the Winter session
- Learn through skills/drills on how to stick handle, ball control, and shoot
- Real games will be played after the fundamentals are learned for safety and fun
- Elementary school favorite

9. Aces Tennis

- Students will be taught the rules of the game and technique such as grip, serving, and volleying
- Stations and side games will keep everyone entertained as well as building confidence in new players

10. Pitch & Putt Golf

- Formatted to keep the fun of golf without the frustration
- Suited for all ages and skill levels
- Utilizes "SNAG" golf equipment to insure and simplify the learning process for young golfers
- Incorporates a "putt-putt" environment for certain segments, very popular with elementary aged kids.

11. Kaboom Kickball

- Works best when played outside on field space
- Focused strictly on playing the game and having as much fun doing so
- Great and flexible fit for all ages and class sizes
- Playground favorite

12. Head's Up Dodgeball

- One of OTA's more popular programs
- Coaches will make sure safety instructions are discussed before class and soft, foam balls are used for player protection
- Not a lot of kids get the opportunity to play dodgeball anymore, this ASP brings the game back with a fun and safe side

13. Jump For Joy Jump Rope:

- Fun for all ages looking to learn or improve their jump roping skills
- Great way for kids to have fun and stay active at the same time
- Games and trick jumping will be incorporated to keep kids on their toes
- Catered towards beginner jumper (not so much double-dutch)

14. Cheer-IT with Spir-IT Cheerleading & Jump

- A flexible class that can run for all age groups in most locations
- Coaches will teach motions, routines, and cheers to promote teamwork, fitness, and fun
- Introductory curriculum

15. I Sprint Speed and Agility Program

- Directed towards all age groups
- OTA's signature curriculum will make this a "one stop shop" to improve as an athlete
- Contests and a "field day" atmosphere will keep everyone excited and involved
- Focus on beating "yourself" (improving on your own times and skills)

16. Parachute Play

- Directed toward Grades K-4th
- OTA's signature curriculum has a TON of games kids can play with the parachute
- It's a great teamwork and group cooperation activity that KIDS LOVE!

17. Scooter Dash

- Directed toward Grades 2nd – 6th
- PE Scooters are used where kids sit-down (4 wheel scooter)
- Tons of Tag, Team Competition, & Obstacles courses
- Ideally this program is run in the gym

18. High Fives Running Club

- Directed toward Grades 2nd-6th
- Organized running
- Individual and Team Competitions
- Great way for kids to have fun and stay active at the same time

19. Countdown (Minute to Win it)

- A flexible class that can run for all age groups in most locations
- Great program for a school that has space constraints
- Challenges the brain with quick competitions
- Each Class will feature a series of challenges

20. Double Play

- The option to choose 2 programs if a partner cannot decide on just 1
- Keeps the class fresh and fun for everyone