

**Skill of the Week**

**BALANCE**

INSERT YOUR PROGRAM NAME AND SESSION HERE

Example:

Northern Valley Vikings

Fall 2019

Insert information about balance

Use the Learn. Practice. Play. UNIFIED guide for ideas

Refer to the Families Guide to suggest activities to try at home

**Weekly Update**

**PROGRAM REMINDERS**

Fall Session Dates:

Email us at if you are not able to attend a session

Remember to wear sneakers and comfortable clothing

Please complete the Young Athletes Snapshot

**Now is the perfect time to explore Special Olympics New Jersey sports!**

**Talk to your coach about the next steps!**

**Is your child 6 or 7 years old?**

**Include the title and brief description of a book that the athletes might enjoy**

**Book Nook**