

**Ideas for this section:**

Coach Spotlight

Young Athlete Spotlight

Athlete Spotlight – if you don’t know an athlete from your area, we can connect you

Turning 6 or 7? What comes next

Recommended picture books

Highlight an SONJ sport (find information on the website

**Take a quick video of your family practicing this skill at home.**

**Don’t forget to share it with us!**

List community or upcoming SONJ events that your families might be interested in

**(YA Program Name)**

**Weekly Update**

**Upcoming Events**

Spring Session Dates:

Please remember to email us at if you are unable to make it to a session date.

Wear sneakers and comfortable clothes and be prepared to move your bodies!

Choose a skill from the Learn. Practice. Play. UNIFIED Guide to highlight. You can focus on one skill per season or one skill per month.

Select a few activities or make up new ones to post here in the newsletter

Refer parents/families to the Family Guide for more ideas.

**Skill of the Week**