



The Earth Circle Foundation, Inc.

# Wings of America

American Indian Youth Development Programs

July 12, 2010

## **PRESS RELEASE – FOR IMMEDIATE PUBLICATION**

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### **Wings of America Running and Fitness Camps teach to all ages!!**

We are half way through our summer camp schedule! To date, we have completed eight running and fitness camps across the Navajo Nation. All have been a great success. Our facilitators started the summer at Ganado. Wings facilitators then went to Navajo Mountain, Tsalie, Gallup, Chinle, Kayenta, Tuba City and Red Mesa. This year, the camps include all that has been offered in the past with the addition of one component, running specific training principles for the campers who want to take the next step in their personal running abilities. The college and high school facilitators have been offering training principles like *benefits of a long run, dynamic flexibility, benefits of lactate threshold workouts and benefits of speed workouts and how to perform all of them correctly.*



Left: 11 year old Sarah Paymella runs with correct form after a dynamic flexibility warm-up routine.  
Right: 71 campers completed the Wings of America Running and Fitness Camp at Chinle June 28<sup>th</sup> and 29<sup>th</sup>.

The Running and Fitness Camps also include health and wellness curriculum as well. Facilitators present four key areas including Diabetes, Drugs and Alcohol, Nutrition and Making a difference. All of these subjects are taught with prevention in mind. Traditional games keep campers active between sessions and stress the importance of an active lifestyle. All campers leave proudly displaying the camp T-shirt they earned through two days of running, playing, learning and FUN!!!!

Upcoming camps include Crownpoint 7/12-13, Cameron 7/22-23, Dilkon 7/26-27, Shiprock 7/29-30, Navajo, NM 8/2-3 and the finale at Shiprock 8/4. Camps are free to all 6 to 18 year olds! Wings is a national grassroots American Indian youth program which holds health, fitness and mentorship camps for American Indian youth ages 6 to 19. For further information, please contact the Wings office at 505.982.6761 or visit our website at: [www.wingsofamerica.org](http://www.wingsofamerica.org).