

# Everyday PE

Physical Education, Everyday!

OUR 6TH ANNUAL  
*Summer Program*  
2011

★ NO COST  
INCREASES!

FAMILY  
DISCOUNTS! ★

**Held at the Plainville Athletic League Field Complex  
on George Street in Plainville, off Route 1**

Monday through Friday, June 27th through July 29th, from 8:30-3:30 p.m.

Championship Speedball - Disc Golf - Flag Football - Soccer - Kickball  
Strength Training - Hitting & Fielding - Field Hockey - Volleyball  
Dance - Ultimate Frisbee - Capture the Flag - Recess Games - Hiking  
Wiffleball - Tumbling - Pedometer Walking Club - Lacrosse - Softball  
Wellness Themed Art Activities - Nutrition - Junior Speedball - Art Projects  
Community Service Projects - Baseball - Bocce - Gardening - Yoga  
Ultimate Football - Team Building - and many, many more!

**Don't forget to sweat!**

All Everyday PE Programs are planned and developed by veteran teacher and coach,  
Jeff Colburn, M.Ed.

Jeff is currently in his 16th year as an elementary Physical Education teacher  
in the Plainville Public Schools,  
and has coached baseball for over 20 years,  
from Little League to AAU, High School, & Legion

**For more information, please visit us online at  
[www.everydaype.com](http://www.everydaype.com)**

Hello Friends!

The school year is just about over, and it is time to start thinking about what your children will do for the summer. What camp will they attend? Will it be a sport specific camp? What will the supervision be like? Will there be any instruction or is it more of a “daycare” type program? Are you sure that your son or daughter will truly benefit from participating? Lets face it, you have a lot to consider when selecting a program that meets your family’s needs.

Before you make your final plans, Everyday PE has a gem of a program for you to consider. Our program is designed to have a meaningful effect on your child as it relates to wellness, athletics, self confidence, and social development. EPE recognizes the importance that the PE environment creates to develop children physically, mentally, and socially. Are you looking for a program that your child will love? How about a program that will help your child develop healthy skills and attitudes? Are you interested in a program that will improve or maintain their physical fitness? If you answered YES to any of those, then EPE is right for you!

Jeff Colburn, M.Ed.  
www.everydaype.com

### **Jeff Colburn**

- Everyday PE Founder, 2005
- M.Ed, Technology in Education, Lesley University
- B.S. Physical Education, Bridgewater State College
- 15+ year veteran Physical Education Teacher in Plainville, MA
- Massachusetts “Attracting Excellence to Teaching” Award Recipient
- Bridgewater State College Teacher’s Council, Student Ambassador
- Two Time Nominee for “Who’s Who Among American Teachers”
- Nominated for “Who’s Who in America”
- Former Director of the Plainville Public Schools Summer School Program (7 years)
- Private Hitting & Pitching Instructor
- Head Coach of the Nokona USA AAU Baseball 13U Team, 2008-Current
- Board of Directors, Nokona USA AAU Baseball, 2008-Current
- Manager/Developer of the Bay State Stars AAU Baseball Program, 2008-Current
- Head Coach of the EPE Express Fall Baseball Team, 2007-Current
- Held Assistant Coaching positions for Foxboro Varsity Baseball, Norfolk Legion, and Bishop Feehan Freshman Baseball
- Head Coach of the Riptide Developmental Baseball Program’s 15U AAU Team, 2005-2007
- Head Coach of the Frozen Ropes 14U, 15U AAU Baseball Team, 2003-2005

The current economic situation in our country has left many folks without jobs and income. We also feel the “pinch” that many of you are. In order to show our dedication to the local community, we have left our rates the same as last year. This means that for as low as \$5/hour your child can have a fun, safe, and health enhancing experience at our Summer Program!

We hope you’ll give our program a chance ... come see what all the talk is about! And please, spread the word!

We’re looking forward to seeing you this Summer!  
The Colburn Family  
www.everydaype.com

### **Daily Group Discussion**

Each day, head coaches will introduce a specific concept that directly relates to wellness, fitness, athletics, character development, or physical education. In addition to learning some fundamental health-enhancing concepts, these discussions will help to create a team environment where all children are respected and accepted.

### **Team Building Activities**

Each day after lunch, children will return to their Head Coach to participate in some fun team building activities. Problem solving, group challenges and similar activities will help to create some unity within our teams. A good example of a team building activity would be the “human knot.” Under the direction of the Head Coach, students will cross arms forming a human knot and they will “problem solve” to try to untangle themselves. These activities are a huge hit!

### **Selecting Classes and Activities**

We have carefully organized our classes, sports, and activities so, that each particular grade level and skill level will have multiple choices during each period. For our family, this is extremely important, because our children all like different types of physical activities. This also allows children to “take it easy” on a particular day, by selecting activities that do not require strenuous efforts. We even offer Arts & Crafts to help balance an active day at EPE! As many of you know, we have introduced the “Total Athlete” Program which rewards our participants for participating in a variety of activities: skill development, competitive, physical fitness, leisure, and cooperative. Participants enjoy selecting activities from each of the categories and can track their progress throughout the week with their personalized EPE Total Athlete Card.

### **Will My Child Need “Down Time?”**

We realize that “down time” will be necessary and we have planned accordingly. For example, one of the classes we are running is called “Books and Movies that Inspire Greatness”. In this class, students will be able to relax while still being introduced to many great sport and character development themes. Another example of a down time activity is our Fantasy Baseball League, future general managers will look into the statistical aspect of baseball while they “draft” and manage their very own Fantasy Baseball Team! Some other down time activities include arts & crafts, nature walks, games, puzzles, and more ...

### **Sunscreen, Hats, & Fluids**

Please be sure that your child wears sunscreen! We will have sunscreen available in case you forget, or are pressed for time, but we can not stress enough about wearing sunscreen at all times! We also recommend wearing hats! Also, please remember to send your child with a water bottle with their name clearly labeled on it. Hydration is very important! We will have water available to participants who need additional fluids, free of charge!

### **Lunch & Drinks**

We will have lunch every day from 11:45-12:15 p.m. So, please be sure that if your child is signed up for the full day, that he/she has a lunch and that it is labeled clearly, with their name, in order to prevent confusion. *We will have sports drinks available for purchase.*

### **Staff to Student Ratio**

We are extremely proud to announce that we have the best staff to student ratio in the area! This will help us to ensure the highest quality of instruction and supervision, as well as safety for all of our participants! Our staff will be fully trained and ready to go!

**Attention students of  
all skill levels!**

Everyday PE is now registering students who are currently in  
**Grades K through 7**  
for co-ed participation in our **Summer Program!**

All activities are geared for a *variety of skill levels*  
and will provide students with  
**high quality instruction, and a safe, supportive environment.**

Our Summer Program will be held at:  
The Plainville Athletic League  
**PAL Field Complex**  
George Street  
Plainville, MA 02762

Learn more about Everyday PE at  
**[www.EverydayPE.com](http://www.EverydayPE.com)**

FINANCIAL ASSISTANCE IS AVAILABLE, NO FAMILIES WILL BE TURNED AWAY DUE TO AN INABILITY TO PAY!  
PLEASE EMAIL US AT EVERYDAYPE@GMAIL.COM TO REQUEST ASSISTANCE

IF YOU'D LIKE TO OBTAIN A COPY OF OUR POLICIES AND PROCEDURES,  
PLEASE FEEL FREE TO REQUEST A COPY AT EVERYDAYPE@GMAIL.COM

**PLAY HARD, PLAY FAIR, PLAY WELL, PLAY EVERYDAY!**

**SUMMER PROGRAM COSTS**

# of Weeks	1 week	2 weeks	3 weeks	4 weeks	5 weeks
EPE/PAL Member	\$175	\$350	\$525	\$700	\$825
Non-Member	\$200	\$400	\$600	\$800	\$925

**Family Discount**

1st Child - Regular Price  
2nd Child - Take \$25 Off  
3rd Child or More - Half price



**Attention Everyday PE 2011 Participants!**

In order to **guarantee** you a spot in our Summer Program, please be sure to sign up  
before **Friday, May 27th**. Your spot will not be reserved after this date,  
but you may still register if spots are available.  
If your registration form has not been received by then,  
your spot will be opened to new participants!

# EVERYDAY PE SUMMER 2011 REGISTRATION FORM

Participant Name:		Current Grade:
Address:		Phone Number 1:
City/Town:		Phone Number 2:
T-Shirt Size:    YS   YM   YL   S   M   L   XL	Email Address:	
Emergency Contact:		Emergency Phone Number:
Important Medical Issues/Restrictions:		

SUMMER PROGRAM COSTS						
# OF WEEKS ATTENDING		1 week	2 weeks	3 weeks	4 weeks	5 weeks
<b>FULL DAY PROGRAM</b> (8:30-3:30 P.M.)	EPE/PAL Members	<b>\$175</b>	<b>\$350</b>	<b>\$525</b>	<b>\$700</b>	<b>\$825</b>
	Non-Members	<b>\$200</b>	<b>\$400</b>	<b>\$600</b>	<b>\$800</b>	<b>\$925</b>
<b>MORNING PROGRAM</b>	8:30-12:00 p.m.	<b>\$100</b>	<b>\$200</b>	<b>\$300</b>	<b>\$400</b>	<b>\$475</b>
<b>AFTERNOON PROGRAM</b>	12:00-3:30 p.m.	<b>\$100</b>	<b>\$200</b>	<b>\$300</b>	<b>\$400</b>	<b>\$475</b>

**Family Discount**  
1st Child - Regular Price; 2nd Child - Take \$25 Off; 3rd Child or More - Half Price  
(based on full day participation)

Please circle the weeks you would like to attend.					TOTAL
<b>1</b> 6/27-7/1	<b>2</b> 7/5-7/8	<b>3</b> 7/11-7/15	<b>4</b> 7/18-7/22	<b>5</b> 7/25-7/29	<b>COSTS</b>

To the best of my knowledge, my child participates in school physical education classes, is in good health, and is able to fully participate in **Everyday PE** Programs. *(Please attach a 2011 medical form).*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I give permission for my child's photo to be taken during classes and posted to the **Everyday PE** Photo Gallery.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I would like to receive email updates, newsletters and coupons from **Everyday PE**.

Email Address: \_\_\_\_\_

**Everyday PE Payment Policy**

**PAYMENT OPTION #1**  
**Cash, Check, or Money Orders.**  
All payments should be made to:  
**Everyday PE**  
154 Star Avenue  
Woonsocket, RI 02895

**PAYMENT OPTION #2**  
**Online Payment**  
**Using Google Secure Checkout**  
**at [www.EverydayPE.com](http://www.EverydayPE.com)**

**PAYMENT OPTION #3**  
**Reserve your spot!**  
50% due today, 50% due on or before June 27th.

**We are committed to our customers.** We guarantee your child will have a fun, safe and healthy physical education experience with Everyday PE.

**Keep in mind** - Participation in any of our 2011 Programs means that you receive the "EPE Member" rate for the Summer Program!

Please check our website for upcoming events!  
[www.EverydayPE.com](http://www.EverydayPE.com)

Your ideas and suggestions are welcome! Please feel free to email us at [everydaype@gmail.com](mailto:everydaype@gmail.com)

Welcome to Everyday PE !  
Jeff Colburn & Family  
[www.everydaype.com](http://www.everydaype.com)