



Dear Parents,

I am really excited about the Sport Stacking unit we will start at Hillcrest. Sport Stacking is an exciting sport where students stack and unstack 12-specially designed cups (Speed Stacks) for time. Sport Stacking uses both sides of the body and brain to develop important athletic and academic skills.

One of my goals, as a Physical Educator for Hillcrest, is to promote healthy activity at home through positive alternatives to computer, television and video game screen time. I believe that Sport Stacking is a unique, fun and simple activity that motivates kids to get up and move.

I have Speed Stacks sets for students to purchase here at the school with the added benefit of raising funds for our program, and purchasing a set for P.E. classes. **Here's why you should participate** - Sport stacking is a fitness based Olympic Sport that benefits children with all backgrounds and abilities, at the same time the sport levels the playing field between Athletic & Non athletic children. Sport Stacking also Promotes social inclusiveness.

Speed Stacks sets are available for immediate purchase:

- Cup Sets are only **\$20.00**
- Stack mats & Timers and bags are **\$25.00**
- Competitor sets (Cup Set, Stem, Stackmat, Timer, & Gear bag) are **\$45.00**.
- You pay no shipping, because purchases are made here at school, PLUS, **20%** of your purchase goes directly to our program.

Research Studies Have Shown stacking improves ...

- Hand-eye coordination & reaction time
- Right, left brain activation / bilateral coordination
- A moderate body exercise & Brain energizer
- Focus, concentration, & ambidexterity
- Math & reading skills
- Teaches children to resolve problems in life

I have a limited supply of colors and quantities. (First come first serve) An order form will be going home with your student. Please choose from the list on the form and return the order and payment to the school - checks should be made payable to (**Hillcrest Elementary**).

Sincerely,
Mr. Kuhtz