

Vetta Sports Announces the Lil' Rams Athletic Development Program

Written by Australian Business

ST. LOUIS, Sept. 27, 2013 /PRNewswire/ -- Vetta Sports is excited to announce the Lil' Rams Athletic Development Program coming this fall. This fun and physical sports program is designed for young boys and girls, from the ages of 3 years to 5 years old. The Lil' Rams program offers a fun, high energy, and safe introduction to sports through the sport of football.

After the successful launch of the St. Louis Rams Training Academy this past summer, the St. Louis Rams and Elite Football Academy have collaborated once again to develop the Lil' Rams Program. This team effort has been established to encourage physical activity among the youth. Physical activity is associated with good health and better academic performance, attendance, and discipline. The program hopes to engage each child's curiosity and encourage participation, team work, and activeness.

The innovative curriculum focuses on athletic awareness, development, and increasing the wellness of young children. The Lil' Rams Program incorporates various components of the NFL Play 60 fitness program with Elite Football Academy's background in child skill development. The end result is an exciting and engaging educational program that encourages boys and girls to learn about sports and most importantly be active and healthy!

Toddlers have a great sense of amusement, unfortunately they can lose interest in something as quickly as they were drawn to it. The classes at Lil' Rams is specifically created to be fast-paced and attention grabbing, mixing up a variety of activities to always excite and stimulate the little ones. This method ensures that the children won't get bored or lose interest.

All children from the ages of 3 to 5 years old are welcome to join. Prior football skills are not necessary to have an enjoyable time. All players will have a blast joining other boys and girls in the game of football. The Lil' Rams curriculum will improve athletic ability, the child's ability to sense movement within their joints, kinesthetic awareness, and of course they will gain football knowledge.

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Key benefits from the Lil' Rams Athletic Development Program are safe non-contact fun, athletic coordination development, physical fitness, and self-confidence. To learn more about the program please visit www.vettasports.com .

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