

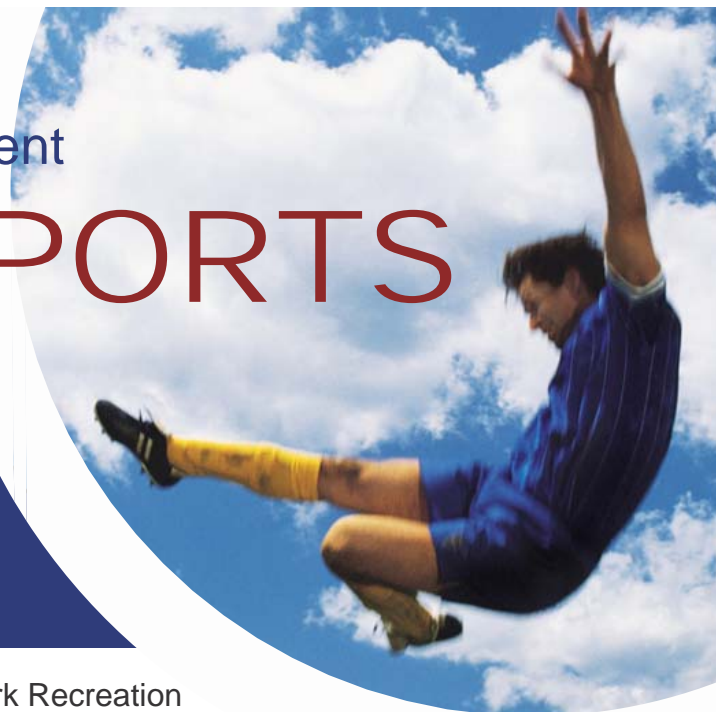
Rohnert Park Recreation Department

# After School **SPORTS**

**Led by former NFL Player**

**Honor Jackson**

Executive Director: Fence at the Top



## About our Program

- **Open to Ages 11-14**
- **Mountain Shadows Middle School, 7165 Burton Ave.**
- **Begins February 22**
- **2:30-6:00 p.m.**  
**Mon-Wed-Fri**
- **Only \$10 per week first child! \$8 per week second child**

The Rohnert Park Recreation Department is pleased to partner with Honor Jackson and Fence at the Top to bring to you our After School Sports Program. Each daily session will include presentations and interactive discussions on topics such as self-image, the importance of education, leadership, teamwork, and goal setting. The sports-specific component will focus on preparing participants for sports based on the upcoming season. Spring sports may include baseball, softball, tennis, or track and field. The time will be divided between each sport accordingly including the basics skills of the sport and conditioning.

Fence at the Top is a non-profit, comprehensive mentoring program, aimed at bringing together students, educators, families, businesses, retired sports professionals, and the community to assist youths in developing decision-making skills and methods to attain their goals.

This activity is neither sponsored nor endorsed by the Cotati-Rohnert Park Unified School District.

Register at [www.rprec.org](http://www.rprec.org) or

RP Community Center

5401 Snyder Lane, 588-3456

