



1685 Sutter Rd. Suite B McKinleyville, CA 95519 · (707) 839-6554 · Fax (707) 839-4315
www.insidesports.ws Email: Info@insidesports.ws

BACKGROUND: INSIDE SPORTS AND FUTSAL

- **Inside Sports subsidizing public school physical education programs.** There is a little known non profit in our community that is offering a unique venue to kids and adults of all ages and now our public schools. I'm talking about Inside Sports.
- **Inside Sports provides a team sport venue, creating healthy living styles through exercise.** One of our founding goals was to build a multi-sports complex in Samoa. As our local economic change began it was clear we had to rethink our plan. Our focal point evolved to expand our Futsal program and opportunities for play to our central and rural communities. (Futsal, is a five aside soccer game played on a basketball court.) Inside Sports launched it's highly successful Futsal program at the Samoa Gym in December 2001.
- **The Mission of Inside Sports.** *Inside Sports provides year round programs supporting youth sports education, amateur athletics, and at-risk youth diversion through sports. Programs promote healthy and active living through physical fitness, and are available to all community members regardless of income, age, gender, ethnicity, ability, or special needs.*
- **Inside Sports aims to maximize our outreach and program benefit.** Inside Sports is committed to developing programs that enable a discipline to create healthy living styles and wellness for children and adults through exercise.
- **"Inside Sports provides year round programs supporting youth sports education, amateur athletics, and at-risk youth diversion through sports.** Programs promote healthy and active living through physical fitness, and are available to all community members regardless of income, age, gender, ethnicity, ability, or special needs."
- **In July of 2008, the McLean Foundation provided a \$15,000 grant to further expand their Futsal program into the Eel River Valley.** Inside Sports successfully launched another program in Scotia. Planned program expansion is an exciting concept and this opportunity will meet a need for many outlying communities. We launched a program through South Fork High School this year as an after school program for 4th to 12th graders. This program was a tremendous success just as our Samoa and Scotia programs. Just recently we were able to develop and provide a program for the families at the MAC Resource Center. This is very gratifying as many of the families at the MAC Resource Center have never had the opportunity to play an organized sport. Parents were given the opportunity to play with their children. In some cases this had not happened before.
- **Inside Sports is now coordinating our most exciting development!** Inside Sports will begin providing Futsal physical education and after school programs for public schools in the Eel River Valley beginning in November. Futsal, is an excellent skill building, FUN, fast paced game. This type of physical exercise minimizes health risks associated with childhood obesity, high blood pressure, stroke, and heart disease.

EXPERIENCE THE EXCITEMENT!



1685 Sutter Rd. Suite B McKinleyville, CA 95519 · (707) 839-6554 · Fax (707) 839-4315
www.insidesports.ws Email: Info@insidesports.ws

- **The volunteer Board of Directors, staff and citizen volunteers of Inside Sports are headed in a focused direction to support our community.** Partnering with other organizations which include the Samoa Pacific Group, The Humboldt Area Foundation, Thomas Home Center, and St. Joseph's Hospital, CBS Outdoor, Humboldt Redwood Company, LLC. and Danco, to provide an extraordinary program to our communities.
- **Over the last 8 years, participation in the Inside Sports Futsal program has increased steadily.** Inside Sports serves almost 600 youth and adults in Samoa and Scotia during peak season and a little more than half of this number through the summer session. We are excited to be expanding into our public schools which will add an additional 1200 kids to our program by the end of the school year.

You're invited to "Experience The Excitement!" For more information on how to start a program in your area, volunteer, or play, call Inside Sports or visit our web-site.

We are truly committed to our community and this side of our story has not been told.

I would be happy to provide you contact information for our Board Members, our Program Coordinator, and program participants should you like to hear about our experience with Inside Sports. In todays economic times we all need to find ways to support a healthy living style and have fun.

Our participants Experience The Excitement(!) with every game they play!

Press Contact:

Candy Illing, Public Relations Director, Inside Sports

PH: 707-499-6434 Email: norvect@northcoast.com

EXPERIENCE THE EXCITEMENT!