



## YMCA TREATS CAMPERS TO NFL DAY SPORTS EXTRAVAGANZA DELIGHTS AND INSPIRES



On Monday, July 17, 2017 the YMCA of South Florida and New Orleans Saints Player Travaris Cadet, a native of South Florida, teamed up to provide YMCA campers with a Sports Extravaganza at the Weston YMCA Family Center. The morning started out with a welcome from Commissioners Thomas Kallman, Toby Feuer and Byron Jaffe at the Event Stage in Weston Regional Park. Kallman reflected on the benefits of his children attending camp, but acknowledged that they never had the opportunity to interact with NFL professionals who embody the commitment of what the YMCA is all about: dedication to health, mind, body and leadership.

Travaris Cadet and his NFL friends Tommy Lee Lewis, Willie Snead and Mark Ingram hosted a skills clinic that included speed training, health education and mentoring. In addition to showing the kids sports skills, the players stressed the importance of leading a healthy life, and keeping both their minds and bodies active to build confidence.

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July 25, 2017

## NFL SPORTS DAY FOR YMCA



“My teammates and I are looking forward to working with the kids, and giving back,” said Travaris Cadet, New Orleans Saints player. “And what better place than South Florida where I’m from? We have so much we can teach them from both a sports skill level and a life skills lesson.”

“The YMCA offers both regular and specialty

camp programs for the summer,” said YMCA of South Florida CEO & President Sheryl A. Woods.

“The Sports Extravaganza with Travaris Cadet is just one of the many specialty camps like STEM, Mini Master Chefs, Art and Science. All of our camps are about development, building friendships and creating a sense of belonging. By partnering with professional sports players like Travaris and his friends, we also bring an added element of fun and excitement to it.”

The campers experienced a variety of sports, fitness and games, improve skills, get insight into sports and life from the players, and have fun and make friends.

