LA SIERRA HIGH PE FILM PROJECT

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LaSierra High PE Training Workshop-Grass Valley, CA

In the early 1960s, LaSierra High PE led by Coach Stan LeProtti in Carmichael, CA became the greatest physical education program in America. LaSierra High PE was featured live on *The Tonight Show*, made the cover of *Look Magazine*, was featured in dozens of other publications, and attacted global visitors to personally see this program *in action*. Some 50+ years later—LaSierra remains as "THE" last great PE program in America to make a national impact.

The foundation to LaSierra's success were two body weight calisthenic routines—the ***"Strength Endurance Exercise Routine"*** *and* ***"Agility Drill."*** They were performed after the warm-up lap and roll call. Combined, these drills equaled just 12 minutes yet produced amazing fitness and mental discipline. Learn what worked then and still works today—the LaSierra Calisthenic Routines that made a permanent mark in the history of American Physical Education.

If you want to get fit and organize brain and body in just 12 minutes per day—learn the LaSierra High PE Calisthenic drills. Each SER drill is corrective by classical design meaning they help the proper formation of quality movements, set proper postural alignment, and facilitated injury prevention.

Strength Endurance Exercise Routine: (SER) Combination of 15 different "formalized and forceful" calisthenic drills performed to a crisp military cadence count.

Agility Drill: (AD) Two minutes of calisthenic "progressive overload" to elevate the heart rate even further immediately following the SER performed reactively to whistle commands.

- **Date:** Saturday, October 17th, 2015
- **Time:** 5:00-7:00 PM
- **Place:** Aikido'Ka, 142 Easy MicKnight Way, Grass Valley, CA 95949
- **Local Sponsors:** *Aikido'Ka*, *Form Is Function* & Eric Kenyon
- **Local Contact:** Eric Kenyon, erickenyonrkc@yahoo.com (510.393.2568)
- **Price:** $25 *or* $40 (Indian Clubs **+** LaSierra PE Workshop)
- **Instructor:** Ron Jones, MS, Kinesiologist, Credentialed PE/Health Science Teacher, Corporate Wellcoach, Lead PE Historian for LaSierra High PE Film Project