

GUIDE TO L.I.O.N. MOVES PROGRAM

The L.I.O.N. Moves program is an entertaining and educational program that the LMU Athletics Department is happy to bring to schools across the county featuring our student athletes and coaches! The following is a breakdown of our assembly.

Attached is how we break a team/student athlete out across our 4 pillars that we talk about in the assembly. The Marketing Department will also reach out to you prior to scheduled appearance date to provide some tips along with going over everything with the team again on assembly day. Student-Athletes are encouraged to wear team warm ups/shirts, Adidas tennis shoes to any appearance.

For any questions, email Alexis Melnikov, Assistant Director of Marketing and Promotions Assistant alexis.melnikov@lmu.edu

L – Learning

I – Inclusive

O – On the Court or Field

N – Nutrition

L - Learning

- After a brief introduction about what Learning is, we will have the team begin to interact.
- The student athletes assigned to this element should be prepared to answer questions from one of our hosts about things such as: Why is it important to study? What was your favorite subject in school? What was your favorite book? What are some tips you have to stay focused in the classroom and when doing your homework?
- After the Q&A period, we love to test the attentiveness and listening skills of kids by having one of our athletes lead a game of “Simon Says”

I – Inclusive

- After a brief introduction about what Inclusivity is, we will have the team begin to interact.
- The student athletes assigned to this element should be prepared to answer questions from one of our hosts about things such as: Why is inclusivity important? What does it mean to be a bully? What does it mean to have good sportsmanship? Why is it important to not be a

bully? The focus of this is really to show respect for one another as bullying is a big issue in our schools.

- Following the questions, if the student athletes are comfortable, they can demonstrate how they display good teamwork at a game with other teams. Some teams have created mini skits...if they are up for it great!

O – On the Court or Field

- This is one of the more interactive elements as it focuses on exercise
- After a brief introduction by our hosts about what Exercise is, we will have the team begin to interact.
- The student athletes assigned to this element can lead the kids (having all of them stand up at once) through a few exercises, stretches they do before practice to help keep them active, fit, and ready to play
- After exercises have them prepared to answer questions from one of our hosts about things such as: Why is it important to exercise? What can you do with your friends to stay active? (ie: play outside, ride bikes, etc.) What were some of your favorite things to do as a kid with your family/friends to stay active?

N – Nutrition

- Remember to keep the energy up as this one is less active than exercise.
- After a brief introduction about what Nutrition is, we will have the team begin to interact.
- The student athletes assigned to this element should be prepared to answer questions from one of our hosts about things such as: What are your favorite foods? What happens when you don't eat a balance diet? Why is it important to eat healthy?
- After the Q&A period, we will have the student athletes play a game where they have to put the pieces of the my plate (shows what percentage of foods is good to eat) on correctly with the help of the students in the school telling them where to go!

All total, each element lasts about 5 minutes with the entire assembly lasting 30 minutes followed by a photo we take of all of our participants and the school to frame to give back to them.

How to In-Person Schedule Assembly:**

- Contact alexis.melnikov@lmu.edu to schedule an assembly
- Inform us of the following:
 - Three dates and times that work for our Lions to come out to your school
 - If you have a computer or screen that we can hook up to for a PowerPoint presentation
 - Will we be okay without a microphone?
 - Can we bring promo items to give away to the kids?

How to Take Part in Our Pen Pal Program:

- Inform us of the following:
 - Which school are you with and what grade do you teach?
 - Does your class have a favorite sport at LMU?
 - Would you like letters from one sport or are you okay with them coming from different sport student-athletes?
 - Are you okay if we pair the kids up with their pen pal?
 - Would you prefer pen pals to be the same gender?
 - Ideally – how often would you like letters sent back and forth between pen pals?

** Due to COVID-19, we will work with your school once a date is decided to determine if this should be virtual or in-person.

Thank you for your time and we look forward to working with your elementary school!