XTREME HEAT SPORTS

**EDUCATE. EMPOWER. ELEVATE. ®**

# CELEBRATE YOURSELF - BASKETBALL CAMPS

## OVERVIEW

The program entitled CELEBRATE YOURSELF – THE MAKING OF A V.I.P. is an untraditional basketball camp whose focus is to empower and develop healthier self-esteem for youth (k-12 grade) through the use of positive affirmations and activities. The goal is to stimulate their minds and to nurture their interest in sports through the resources of basketball, dance, and yoga. With the partnership of Tamar Entertainment Inc., we have developed a program that has helped many young girls become self-confident, self-motivators and leaders. The program is designed as a weeklong camp lasting 3 - 5 hours per day.

For more information, please visit **www.xtremeheatsportsmgnt.net**

## GOALS

1. Exercise
2. Nutrition
3. Teamwork Building
4. Social and Leadership Skills

## LEAD TRAINER & COORDINATOR BACKGROUND

LaQuita Thompson has decades of experience as a basketball player and trainer. However, her experience extends far beyond that. She was the first female high school boys' basketball coach and scouting coordinator at Hightower High School. She has been a certified fitness trainer for over ten (10) years. A native of Morton, Texas she currently resides in Houston, Texas as the CEO and Founder of Xtreme Heat Sports Management. Thompson and her team are sought-after for the skills and ability to reach youth between 1st through 12$^{th}$ grade motivating them to a higher level of achievement. During the past year they have hosted trainings in Pearland ISD, Friendswood ISD, League City ISD, and Amarillo, Texas.


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