

May 26, 2010

To Whom It May Concern:

I, along with my staff, were very pleased with the professional development "in-service" presented by Mr. David Geslak, Exercise Connection Corporation, at Clare Woods Academy on Friday, May 7, 2010.

Mr. Geslak presented himself as a knowledgeable fitness program designer as well as one who is sensitive to the challenges of special needs students. His interactive presentation allowed the whole staff to get involved with doing the actual exercises so they could experience first-hand the value of a regimen that develops balance, posture, body awareness, hand-eye coordination, laterality, and proprioceptive awareness in our students throughout the school year.

Additional highlights included in David's presentation are as follows:

1. A demonstrated use of visuals during gross motor activities.
2. Demonstrated how to break down many activities such as skipping, hopping, and movements involved in organized sports such as soccer and baseball into skill sets.
3. Constructed various exercise stations used in other schools.
4. Emphasized the need for positive reinforcement for any progress made or attempt made on behalf of the student in order to build self esteem.
5. Demonstrated bilateral exercises and how to use them in the classroom and at recess.
6. Encouraged the introduction of many gross motor skills that could carry over into leisure activities.

I would recommend Mr. Geslak's presentation and program for any school/group dedicated to promoting healthier minds and bodies among their special needs students as well as their neuro-typical peers.

Sincerely,



Michael G. Meis, Principal
Clare Woods Academy