

20 September, 2013

Dear Parents,

Speed stacking is an activity of coordination, quickness and ambidexterity. Dr. Brian Udermann, currently at the University of Wisconsin-Lacrosse, confirms that stacking improves hand-eye coordination and reaction time by up to 30 percent.

Speed stacking helps students develop equal performance on both sides of the body, developing a greater percentage of the right side of the brain, which houses awareness, focus, creativity and rhythm. Stacking helps train the brain for sports and other activities where the use of both hands is important, such as playing a musical instrument or using the computer. Sequencing and patterning are also elements of sport stacking, which can help with reading and math skills.

We are now fortunate enough to be able to offer children in Years 3 and 4 the opportunity to participate in an after school stacking club. The club will take place on a Tuesday evening from 3.30 until 4.30, from 24th September until 10th December, and be led by Bruce Craggs from SportsPlus.

If you would like your child to have a place, please return the slip below by Monday 23rd September to your child's class teacher. We will then confirm a place with you by the end of the day. There will be a £33 charge for this activity, £3 per session, payable via ParentPay.

Regards,

Mark Pratt

I would like my child _____ Class _____ to participate in Speed Stacking and will collect them from school at 4.30pm.

Signed _____