



at PRINCETON ACADEMY of the Sacred Heart



January 4, 2010

Greetings Princeton Academy of the Sacred Heart Families and Friends,

It is with great excitement that we write to you, introducing and perhaps re-introducing ourselves as the official Strength, Conditioning, and Wellness Coaches to Princeton Academy of the Sacred Heart. This is our second year at PASH, and this year promises to be better than last. We have expanded our staff, services, and overall presence in our efforts to better serve your community. We will have two full-time Coaches on site every day, all day, as we prepare to serve you before, during, and after school hours. We will also be available during school closings due to inclement weather, vacation, or holidays.

For those of you who are not familiar, the SOURCE Institute is a strength and conditioning company that emphasizes personal development through physical activity, self-awareness, and athletic performance. The Institute leads the exercise and wellness industries and consists of the most highly educated physical preparation coaches, corrective exercise specialists, and experts in behavior modification available. This year we will provide your children with a still greater variety of options in their search for optimal health. Our services will include yoga, meditation, leadership skills, strength and conditioning, and speed development for sport. In our efforts to demonstrate our willingness to serve, we will continue to provide three complimentary sessions to your child and any member of the PASH community. These complimentary services include a Biomechanical and Risk for Injury Assessment composed of the most advanced methods of movement analysis available, as well as two supervised sessions to learn the appropriate exercises to correct for your specific inefficiencies and enhance your performance. As members of the PASH community, you, your family members, and your friends are also eligible to take advantage of both our complimentary and professional services. To schedule an appointment visit us at our facility on the 2nd floor of the PASH gymnasium or call us at (609) 925-1159 ext. 3.

In closing, thank you for the opportunity to work with your children and play a part in their health and education. If you have any questions or concerns, please do not hesitate to write to me at any time at mkitchen@sourceNJ.com or call me directly at the number below. Until we speak, be well.

Regards,

Matthew Kitchen, CSCS
Manager and Performance Coach