

Kickin' It w/the Track and Field Challenge

~inspired by and dedicated to the Simon Family

*"Its not what you do in this life that defines you, it is the affect and inspiration you have on others...
we all have the power to become heroes and champions."*

Kickin' It encourages and provides positive healthy outlets for all students, to turn negative aggression, feelings and emotions into positive healthy energy!

- Kickin' It challenges students to join their schools track and field team.
- Creating a journal of their feelings and emotions before and after they step onto the field.

Documenting:

- What inspires you to keep going?
- What do you think about when they run?
- Did you ever want to run from anything?
- Kickin' It will supply students who chose to be a part of the Kickin' It w/Track & Field Challenge with a Kickin' It Kit which includes a journal, guide book, t-shirt and other items.

At the end of the Challenge, students will be asked to provide Kickin' It with a copy of their journal. Kickin' It will select a series of journals offering various rewards and incentives. The most compelling and inspirational stories will receive up to a \$500.00 gift card for athletic apparel.

The Kickin' It with Track and Field Challenge:

- Is open to students' across the US, grades 6-12.
- Up to ten students will be awarded per school year.

Kickin' It w/Track & Field Special Scholarship Opportunities:

- Up to \$1,500.00 will be awarded to: Two Staten Island middle - high school students.

Heart of Champion: "Q-Dog" Larry S. Simon, Esq.

Born in San Fernando, Trinidad on July 29, 1965, Larry S. Simon, Esq. immigrated to the United States with his family as a young child. His aptitude for learning became apparent at an early age. After graduating from high school, Larry went on to attend Boston College, where he received his Bachelor' Degree in 1988. He was very popular, and he made time for extracurricular activities, especially for his Omega Psi Phi fraternity. Larry was very proud to be a "Q Dog." After graduating from Boston College, Larry worked his way up the corporate ladder at a New York City based boutique insurance company, Bertholon-Rowland. He left the firm to earn his law degree from Hastings School of Law at the University of Southern California in 1995. Larry quickly distinguished himself as an excellent attorney at the Staten Island D.A. Office. He later left his position as an A.D.A. to pursue a career as a criminal defense lawyer. His goal was to help those less fortunate than himself, those who were struggling the same way he struggled for a time in his life. Larry's compassion and professional excellence earned him respect from his colleagues, community, and clients.

Aside from excelling in the courtroom, Larry was a dedicated father. His daughter Alexandria was the light of his life. He would pick her up from school and get her started on her homework every day. His schedule was never too busy for her. He was a well-known supportive father at her track meets, which Larry felt provided a positive outlet for Alex and for many youths.

On October 18, 2006, Larry Simon was tragically taken away from us. Larry wanted to make a difference in this world and he succeeded. He was a mentor and loyal friend to many, who will always remember him for his smile, generous spirit, and love of life.

The tragic loss of this Champion was senseless and could have been prevented, as another person filled with negative feelings and emotions used drugs and alcohol to escape the pain. This person then proceeded to get into a car taking the life of a man who made a positive impact in this world. Kickin' It stresses any student to turn to healthy positive outlets when filled with negative aggression, feelings and emotions...transfer that energy into a positive outlet, it will not only save your life it can save the lives of others