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**Budding Young “Olympians” Compete in the New York City Mission Society’s Annual Olympic Day**



*Campers at the New York City Mission Society Summer Power Academy’s annual Olympic Day event at Van Cortlandt Park pose for a group photo. Photo Credit: Tony Clomax*

**(New York, N.Y.)** – On Tuesday, August 8<sup>th</sup>, more than 1,000 campers from New York City Mission Society’s Summer Power Academy program took to the field in Van Cortlandt Park and competed in Olympic Day.

The annual event featured field events, team-building exercises, and health, fitness and nutrition activities. The event is designed to test not only campers’ smarts, but their physical prowess as well – as youngsters in kindergarten through eighth grade competed throughout the day.

Each year, Olympic Day takes place at Van Cortlandt Park, and features athletic events such as relay races and kick ball. The area is divided into 22 stations that promote physical wellness, and includes a nutrition station (to learn about eating right to maintain a healthy lifestyle) and a recovery station (to find out about muscle recovery during

exercise.)

“It is so important for kids to understand the importance of nutrition and physical wellness,” said President of the New York City Mission Society Elsie McCabe Thompson. “This is the one time every summer when all of our campers get to be together in one place. We look forward to it every year.”

Volunteers for this year’s Olympic Day included Nike, ActivePlus and 501 Auctions.

### **About Power Academy Summer Camp**

The Mission Society’s Power Academy program has been the cornerstone of our mission to offer disadvantaged youth the highest quality educational support and enrichment. Operating at five New York City public elementary and middle school sites and four community centers, Power Academy and Power Academy Summer Day Camp provide more than 1,000 children with academic support, cultural enrichment, and healthy recreational activities year-round. Power Academy is supported by the NYC Department of Youth and Community Development, the Rose M. Badgeley Trust, the Jean & Louis Dreyfus Foundation, the Cleveland Dodge Foundation and Verizon.

### **About New York City Mission Society**

The New York City Mission Society has been on the frontlines of the war on poverty for more than 200 years. Today, our educational, restorative justice, cultural enrichment, and workforce development programs make a positive, long-term impact on youth in the City’s most underserved communities by promoting academic achievement, preventing recidivism, and providing career opportunities. Each year, we serve more than 13,000 children and families throughout New York City with our programs, supportive services, and community events. Learn more at [www.nycmissionsociety.org](http://www.nycmissionsociety.org).

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