



FOR IMMEDIATE RELEASE

July 18, 2009

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Laura Jeffrey Academy Students Participate in the Miracle Kids Triathlon

Saint Paul, MN Twelve Laura Jeffrey Academy (LJA) students completed their first Miracle Kids Triathlon on Saturday, July 18 at Lake Nokomis in South Minneapolis. The Triathlon is part of annual fundraising initiatives for The Miracle of Mitch Foundation, an organization whose mission is to advocate and support families who care for young children with cancer.

Triathlon participants had to swim 200 yards, bike six miles and run one mile. LJA students began training for the triathlon in early June. “None of the students from LJA had done something like this before,” coach Kelly Armstrong said. “When they got to the race, the crowd and music had them all excited and nervous. What helped them overcome the cold water and brisk morning air was the knowledge they were racing for a kid who couldn’t.”

According to the Melpomene Institute, “It is important that during this time (adolescence) girls find something beyond their external appearance that gives them a sense of self-worth and self-esteem. For many girls, athletic participation can be just the thing. In fact, researchers have found that organized athletic participation has a greater positive effect on girls' sense of self esteem than family income, parent education, or gender.” (<http://www.melpomene.org/melpomeneResearch.asp#factsheets>)

Laura Jeffrey Academy is Minnesota’s first and only girl-focused public school, serving students grades 5-8. The girl-focused environment provides a perfect setting for students to try new activities such as the triathlon and nurture their self-esteem during the influential adolescent years.

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Photo Attached: Laura Jeffrey Academy students after completing the triathlon.

Laura Jeffrey Students (l-r):



About Laura Jeffrey Academy

Laura Jeffrey Academy (LJA) is Minnesota's first and only girl-focused public school, serving students grades 5-8. LJA is named after Laura Jeffrey, a long-time Minnesota resident whose life exemplified the love of learning and service to community that are the goals of the school. Despite the limitations imposed on her, Jeffrey was an honors graduate of Macalester College and the only African-American in her class.

Serving a culturally diverse student body, LJA exemplifies that students thrive when they work with others and take responsibility for their own learning. At LJA, students learn from their successes, failures, and experiences. In the spirit of Laura Jeffrey, LJA provides a stimulating learning environment that will foster confident young students—students with the skills to be a positive force in their communities.

To learn more, visit www.laurajeffreyacademy.org

About Miracle Kids: <http://www.miraclekidstriathlon.org/main/>