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Over the past two years, I have had the opportunity to observe the activities, parties, and classes at Xtreme Challenge Arena. My children participate in the program weekly and, as a psychologist and a parent, I came away impressed with the learning atmosphere that Xtreme Challenge has developed for children of a broad range of ages.

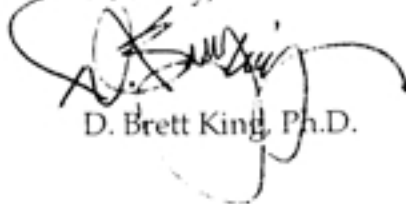
Sport psychologists have repeatedly stressed the importance of a positive environment that builds character as well as develops teamwork and social skills. At the same time, cognitive developmental psychologists emphasize the necessity of building strong critical thinking skills with age-appropriate tasks that reward children for thinking in new and innovative ways. Xtreme Challenge is an environment that perfectly blends both perspectives while managing to add a critical third dimension—children love the experience so much, they can't get enough!

At Xtreme Challenge, children participate in activities that foster physical abilities such as enhanced coordination and gross-motor skills while cultivating psychological traits like decision-making and confidence in a context that is both fun and stimulating. Instead of grinding through repetitive tasks that emphasize conformity and blind competition, the activities are structured around productive, goal-directed tasks that challenge kids to think outside the box.

My wife and I have enrolled our boys in numerous classes at recreation centers and sports-based programs, but nothing comes close to matching the extraordinary experience that they have encountered at Xtreme Challenge. The instructors are enthusiastic, patient, encouraging, and wholly dedicated to their student's progress. In fact, I've noticed that my children talk more freely to their Xtreme Challenge instructors than any other teacher. On several occasions, they couldn't wait to tell their Xtreme Challenge coach how they made up an activity at home based on something they learned in their course. Without question, the Xtreme Challenge classes are the highlight of the week for my kids.

In short, Xtreme Challenge Arena is an engaging, balanced atmosphere that brings out the best in kids, both athletically and intellectually. And I'm not at all surprised to learn that the same principles hold true in corporate workshops. The valuable lessons taught at Xtreme Challenge Arena are relevant and important at any age of life!

Sincerely,


D. Brett King, Ph.D.