

ACTION TEAM REPORT

Action Team Service Project

Cold Spring Harbor Action Team: Into Action Fast on Healthy Choices

Action Team Stats	
Action Team	Cold Spring Harbor High School
Location	Cold Spring Harbor, New York
Year Joined	2010

Online resources and flexibility make it easy to start an Action Team and get service projects up and running fast. The Cold Spring Harbor Action Team is a great example. When it launched last fall, it attracted teens who want to plan activities and be service leaders. Within a few months, Action Team Captains kicked off a two-part project on making healthy choices.

First they hosted sixth, seventh and eighth graders at a screening of *The Fat Boy Chronicles* – available at Learn360.com, along with Action Team materials. Then they organized a drive to collect gently used sports equipment for younger children. Two successful projects in a few short months: the Cold Spring Harbor Action Team is off to a great start.

By collecting equipment for community programs, we're giving more kids a chance to participate in sports and be active.

–Action Team Captain Robert D'Agostino



Project Part 1: Cold Spring Harbor Action Team Captains talk about anti-bullying messages in *The Fat Boy Chronicles* at a school event in early March.

I've been involved in other service activities, but with the Action Team, I like being able to plan projects and encourage students to volunteer.

–Action Team Captain Theresa Solinger



Project Part 2: Action Team Captains collect donated sports equipment for after-school programs.

Major Leaguers Service Profile

Big League Tips for Making Healthy Choices

Did you know ...?

- **Los Angeles Angels' Torii Hunter** eats six small meals a day, including three snacks, for better metabolism.
- **New York Yankees' Mark Teixeira** is adamant about injury prevention. He works hard to condition his body to ensure he stays in the game.
- **Texas Rangers' Michael Young** has great advice on everything from weight training to building confidence.

Like other Major Leaguers, Hunter, Teixeira and Young all make nutrition and fitness a priority to stay on top of their game. This trio is also committed to encouraging teens to choose a healthy lifestyle. Each teamed with the Partnership at Drugfree.org on a series of videos on good-health choices. The players reveal personal experiences and life lessons gained over the years. Watch the videos at timetotalk.org/HealthyCompetition.

Summer Service: Spread the Health

Make a choice that will benefit you and others too by making time for service this summer. Here and online you'll find resources and ideas for volunteer activities in your community that promote good-health habits and smart decision-making.

Start your summer-service planning by reading one or more of the following articles from *The Wall Street Journal*. Each is posted at WSJclassroom.com/VolunteerCenter:



Take responsibility for what goes inside your body.

–Mark Teixeira
First baseman
New York Yankees

When I 'snack,' I eat fruit. Chips aren't snacks. They're junk food.

–Torii Hunter
Outfielder, Los Angeles Angels

Work to lift your own body weight with pull-ups, sit-ups, push-ups.

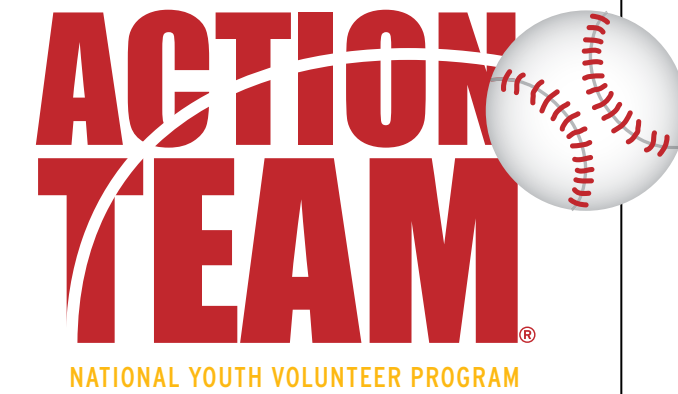
–Michael Young
Infielder, Texas Rangers



THE WALL STREET JOURNAL.

- "Are 'Sext' Messages a Teenage Felony or Folly?"
- "Teen Use of Menthol Cigarettes on the Rise"
- "The Mayor Wants You to Lose Some Weight"
- "2011: The Year of the Vegetable"
- "Out2Play Helps Fill Playground Void"

Choose the topic that interests you and then check the "Summer Service" chart at WSJclassroom.com/VolunteerCenter for related service projects and links to resources.



Get Your High School in on the Action

Start an Action Team Today!

Don't wait for September to put service into action in your school. Launch an Action Team now! Your high school gets immediate access to online resources and project ideas that can jumpstart volunteer activities for this summer or fall.

Plus, add your high school today and help bring the Action Team into 200 schools nationwide before the end of this school year. It's quick and easy to get started. Go to ActionTeam.org for an Action Team Application.

Goal: 200 Action Teams

To Date: 162 Action Teams



Questions? Email ActionTeam@mlbpa.org

