

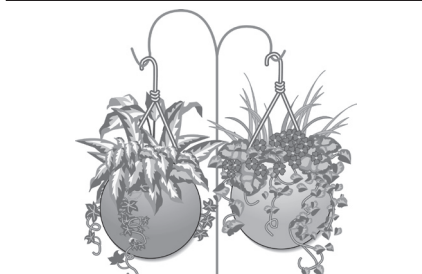
# The Community Page

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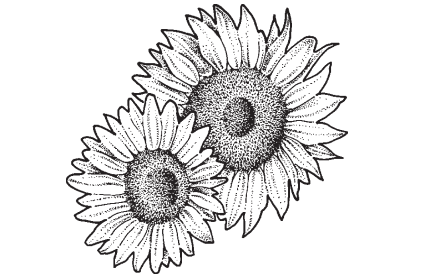
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The kids that competed in the Regional NBA Fit Challenge were Kyndell King (from left), Noal Deeds, Kaleigh McCombs, Evan Peter and Kate-Lynn King.  
Photos by Carrie Peter

## Challenge encourages healthy, active lives

By Pat Schiefen  
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Five Goodland kids qualified to participate in the regional NBA Fit Challenge from 6 to 8 p.m. on Tuesday and Wednesday, Jan. 5 and 6, at West Middle School at Greenwood Village, Colo., a suburb of Denver. Participating were Kaleigh McCombs in the 9/10 girls division, Noal Deeds in the 11/12 boys division, Evan Peter in the 9/10 boys division, Kyndell King and Kate-Lynn King in the 13/14 girls division. This was the first year for the event.

McCombs and Kyndell King were first in their division. Peter was second. Deeds and Kate-Lynn King were third in their division.

The NBA Fit Challenge encourages participants to maintain healthy, active lifestyles.

The kids qualified to go to regional after competing with 24 other boys and girls at the local competition held on Wednesday,

Oct. 21 at the Goodland Activities Center. They competed in five different stations for 30 seconds each. Then the results were posted online and it was from the ranking at that posting that competitors were chosen for regional. Goodland Activities Center Administrator Sarah King said the Center had the fitness challenge with its board and the parents which was not done in Denver.

Administrator King said she learned of the event from an email from the NBA. They sent us fitness information.

The different stations included line sprints, jumping rope, speed revolutions, wall pass and the defensive shuffle. Speed revolutions are how many times a kid can wrap a basketball around their waist. Wall pass is chest passing a basketball at a point on a wall, catching it and seeing how many times they can do it in 30 seconds.

The categories are 8 and under boys and girls, 9/10 boys and girls, 11/12 boys and girls and 13/14 boys and girls.

The different stations test the kid's speed, strength, agility and overall physical fitness.

The event in Denver was run by Steve Hess, fitness trainer for the Denver Nuggets.

For the first hour of the challenge in Denver everyone saw a program on nutrition and how to stay fit.

Usually only one NBA player comes to the challenge but four showed up from the Denver Nuggets. The players that came were Carmelo Anthony, J.R. Smith, Malik Allen and Renaldo Balkman.

The results from the regional were posted on the Internet and from that the finalists were chosen. The finalists compete at the NBA All-Star Weekend from Thursday to Sunday, Feb. 11 to 14, in Dallas. No one from Goodland made it to the nationals.

"We plan to hold it again," said Sarah King.



Kyndell King competed in one of the different stations of the NBA Fit Challenge on Tuesday and Wednesday, Jan. 5 and 6 at Denver as Denver Nugget J. R. Smith watches. She placed first in the 13/14 girls division but did not get to go on to national competition.



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