Learning Life Skills through the Riekes Center's Fitness Program by Cory Olcott

A seasoned educator and athlete, Cory Olcott is involved in several charitable organizations. One of the many groups that Cory Olcott supports is the Riekes Center, where he served as a board member.

[The Riekes Center](http://riekes.org/%E2%80%8E) offers a venue where students can enhance their skills while building their character. The center celebrates diversity and is committed to serving students regardless of their background or ability to pay. One key program through which children acquire important life skills is the Athletic Fitness program.

The Athletic Fitness program begins with a physical evaluation to assess each student and design a customized workout plan. Coaches guide the students during their first three workouts; after that, students take responsibility for their own workouts with minimal intervention from the coaches, who are always present. By going through the entire program, students learn the value of self-reliance, as they have the freedom to define their own objectives. Students also gain self-confidence when they achieve the fitness goals they set for themselves.