

FOR IMMEDIATE RELEASE

DATE: March 12, 2008  
CONTACT: Cynthia Terpstra  
(561) 395-3632 x15  
[clterpstra@adventelca.org](mailto:clterpstra@adventelca.org)

**Advent Lutheran School Teams Up with the Miami Dolphins to Get Fit**

Boca Raton, Florida – Students at Advent Lutheran Elementary and Middle School in Boca Raton were treated to a day of fun and fitness thanks to the Miami Dolphins Gatorade® Junior Training Camp Program. Led by former Miami Dolphins linebacker Twan Russell, the Junior Training Camp emphasized physical fitness through non-contact football drills. Boys and girls at Advent were able to test their skills in both offensive and defensive drills featuring hurdles, knock-away dummies, ladders and halfback pads just like the athletes of the Miami Dolphins. Students also learned a cheer routine taught by Miami Dolphin’s cheerleader Arriann.

“The Dolphin Training Camp was a great experience for our students,” said Amy Hart, Principal of Advent Lutheran Elementary School. “The program coordinator made physical fitness fun for all participants and emphasized the importance of doing well in school at the same time. What a tremendous organization to put on such a program.”

Advent Lutheran School, located at 300 East Yamato Road in Boca Raton, teaches children in kindergarten through 8<sup>th</sup> grade. Advent’s Early Childhood Center serves infants through Pre-kindergarten. For more information about Advent’s schools and programs, please call 561-395-3631 or visit [www.AdventLifenet.org](http://www.AdventLifenet.org)

###