



FOR IMMEDIATE RELEASE

Fight For Children and 2-4-1 CARE Announce the Launch of the Early Access to Sports (E.A.T.S) Program at Garfield Elementary School

[Washington, D.C. – February, 19, 2025] – Fight For Children and 2-4-1 CARE announce the launch of an exciting new partnership with D.C. Public Schools - - **Early Access to Sports (E.A.T.S)**. **E.A.T.S** is a free afterschool sports sampling program designed specifically for 1st and 2nd graders lacking the opportunity to experience a variety of sports. The pilot program will be held at Garfield Elementary School in Ward 8. This innovative initiative aims to provide young students with a fun, supportive, and safe environment that fosters confidence, personal development and positive habits through sports and nutrition education.

“We are thrilled to partner with 2-4-1 to bring this exciting and impactful program to children and their families in Ward 8,” said James Kallusky, President of Fight For Children. “This program will provide the opportunity for young students to explore, learn, and grow through sports and nutrition, and our plan is to scale this program to more schools in the near future so thousands of youngsters in DC can benefit from the positive outcomes associated with sports and nutritional education.

“At 2-4-1, we see ourselves first and foremost as a social-emotional learning organization that uses sports as a vehicle to teach essential life skills,” said Steve Boyle, Executive Director at 2-4-1 CARE. “The Early Access to Sports (E.A.T.S) program isn’t just about introducing kids to different activities—it’s about fostering confidence, resilience, and connection in a supportive, play-based environment. We’re proud to partner with Fight For Children to ensure that every child, regardless of background, has the opportunity to grow emotionally and socially through movement and play.”

The E.A.T.S program will be overseen by a dedicated teacher from Garfield Elementary School and Fight For Children staff, while Fight For Children’s nonprofit partners who specialize in sports-based youth development will introduce students to flag football, basketball, lacrosse, golf, tennis, fencing, soccer, baseball/softball, and other sports. In addition, five 5th grade students will serve as ‘Physical Literacy Pals’ to foster their own leadership skills while mentoring and providing the younger students with meaningful interaction and guidance. The program will take place afterschool at Garfield Elementary School, Monday through Thursday, with occasional ‘Field Trip Fridays,’ where students and their families will go on sports, health, and nutrition-related outings.

The Early Access to Sports Program is founded on evidence-based principles that highlight the importance of early exposure to sports and healthy nutrition:



- **Reducing Barriers to Participation:** Many young students face obstacles in trying out various sports due to accessibility and affordability challenges.
- **Enhancing Social-Emotional Development:** Sports-based youth programs foster important skills such as teamwork, decision-making, and resilience.
- **Supporting Health and Well-being:** Children who engage in regular physical activity and receive proper nutrition improve their mental health, academic performance, and overall well-being.

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About Fight For Children

Fight For Children (FFC) was founded in 1990 by the late Joseph E. Robert Jr. to improve the lives of children in the nation's capital. FFC has impacted the lives of more than 400,000 children through improvements in healthcare, education and policy. FFC's mission is to help individuals, organizations, and communities leverage the power of sports to improve the lives of underserved youth. FFC achieves this through the Fight For Children Youth Development Institute, the region's first and only sports-based youth development collaborative, and the Fight For Children Sports Medicine Center at Children's National, the region's first and only pediatric sports medicine facility. For information visit www.fightforchildren.org.

About 2-4-1 CARE

Founded in 2008, 2-4-1 CARE is an internationally recognized not-for-profit organization dedicated to fostering social-emotional growth through sport and play throughout the globe. Recognized as a model program by the Aspen Institute's Project Play, 2-4-1 integrates evidence-based SEL strategies with sport-based youth development to promote well-being, connection, and leadership in young people.