



# BrainSport Basics

~ A Roundtable Forum ~

for Parents & Students

*Initiated and sponsored by*

Gifted Education Advisory Council (GEAC)

A non-profit 501(c)3 serving LWSD Highly Capable

**Date:** Thursday, January 10, 2008  
**Time:** 7:00pm - 8:30/9:00pm (includes Q/A)  
**Location:** Redmond High School (RHS - Cafeteria)  
17272 NE 104<sup>th</sup>  
Redmond, WA 98052

### *What is a BrainSport?*

Definition: a team and individual extracurricular activity primarily of interest due to the *mental* challenge it offers. Similar to how athletic sports (soccer, basketball, gymnastics, fencing, etc.) make physical demands, BrainSports require forming teams to practice, learn, and potentially compete in one or more organized competitions for creativity, problem solving, teamwork, growth, and fun!

*BrainSport* enrichment opportunities might include (but are definitely not limited to):

- ✚ Math Club
- ✚ Chess Club
- ✚ Robotics\*\*
- ✚ Destination Imagination (creative problem-solving)



Parents and students who are passionate enough can work together to bring, support, and/or lead BrainSports activities for any school within LWSD for any interested children. All interested folks, please attend—you do not need to be in Quest.

**\*\*Live Demonstration by FIRST LEGO League Robotics challenge, RJH Quest Team ✚**

Forum Objective: **BrainSport Basics** will cover connections, resources and timing key to be successful. It will provide a complete but concise picture of what is needed to form teams, plus the planning and practice recommended to participate effectively in one or more local officially related competitive events. LWSD Quest has been fortunate to have parent volunteers lead BrainSport type programs in our schools for quite a number of years. Due to their interests, passion, and long experience, some key people have become valuable resources for information and ideas about running BrainSports programs and they will be the presenters at this Roundtable Forum. Parents & students are welcome!



GEAC invites you to come to learn the foundation and resources needed to establish, modify, and/or grow **BrainSport** programs to serve your children, school, and community.