



# HEY, BESSEMER 6TH GRADERS!

***Yes! We Can Play** is a fun new after-school program that helps 6th grade students develop skills to play on sports teams while learning healthy eating and physical activity habits.*

- Submit an online registration form, (available from <https://redcap.link/BCMS>) consent (available from <https://adobe.ly/2WpL5WO>) and assent forms(available from <https://adobe.ly/3Dnaem2>).
- All athletes will receive a Fitbit and physical activity kit filled with fun activity gear.
- Practice will take place three days a week based on the School's schedule.
- Contact Ambiiir Gray at [ambiirgray@uabmc.edu](mailto:ambiirgray@uabmc.edu), Grace Okoro at [gokoro@uabmc.edu](mailto:gokoro@uabmc.edu), or Principal James for more information.



## Sports:

- Basketball
- Tennis
- Track & Field
- Softball
- Flag Football
- Volleyball
- Cheer/Dance

This program is part of a study funded by the Department of Health and Human Services, Office of Minority Health and Office of Women's Health and is led by Drs. Lori Bateman and Olivia Affuso in the Division of Preventative Medicine at the University of Alabama at Birmingham.

