

Polk Scholastic Chess Tournament Newsletter
(January 2019)

Greetings Chess Players, Parents and Coaches,

Our January tournament day was quite eventful! We had one of our enterprising players who graduated last year, **Mr. Noah Hamilton**, talk about his chess journey of over 12 years at Polk Scholastic Chess. He encouraged all kids to learn, compete with fun and participate in the scholarship program. He especially recognized his coach Mr. Dan French for teaching the nuances of chess. His inspiring speech was welcomed by all and we wish him the best for college.



above: Lawton Chiles students with Noah Hamilton.



Pic above: Wedell Watson Elementary students with their proud coach Ms. Susie Hardee and parents.



Then we took the **Yoga route!**

We talked about how every parent and teacher would like to see the kids increase their concentration powers. I strongly encourage all to try a few simple yoga postures along with the scientific techniques of rhythmic and regulated Yogic breathing ("Prana-Ayama") for a few months and experience the results first hand! We were fortunate to have **Ms. Brooke Bridgeford**, a Lakeland based certified Yoga instructor, join us and teach a few of these techniques to the players. She was able to get the players involved and enthralled for experiencing relaxation techniques and alternate nostril breathing (Anulom-Viloma) to increase their focus.

Ms. Bridgeford can be reached at
soulshinebrooke@gmail.com

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