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Olympians get students moving

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Published: Tuesday, November 30, 2010 11:47 AM CST

Print Page

CLINTON — Students were moving to the music in the spirit of fitness Monday.

Clinton Elementary School was visited by former Olympians Casey FitzRandolph and Suzy Favor Hamilton, Wisconsin natives who travel the state encouraging kids to be more physically active through fun activities.

FitzRandolph and Hamilton visited the school as part of the "Movin' and Munchin' Schools" program, which is administered through the Department of Public Instruction and sponsored by the Wisconsin Education Association Trust, a non-for-profit group health insurer that insures many Wisconsin public school employees, including Clinton's.

The program "encourages kids, their families, and public school employees to eat healthy and have regular physical activity through the program offered in their local schools," said Michelle Berryman, WEA Trust Public Relations Coordinator.

Students participated in several activities that had them up and moving, including foot races and a "YMCA" dance off. During one segment of the program Hamilton called upon a number of students and allowed them to choose which teacher they wanted to see dance.

Hamilton told the students that if they put forth the effort, they can accomplish great things.

"It's great to see a room full of kids that all have goals," she said. "Anyone in this room can do anything they want if they set goals."

Clinton was chosen as the site of the event because of its enthusiasm and commitment to nutrition and exercise programs for its students, Berryman said.

FitzRandolph won an Olympic Gold Medal at Salt Lake City in 2002, and holds the Olympic record for fastest performance in 500 meter long-track speed skating. A three-time Olympic competitor, he graduated from Verona Area High School and attended Carroll College in Waukesha.

Hamilton, also a three-time Olympic competitor, has won seven U.S. Championships, holds nine NCAA Titles, and was named Big Ten Female Athlete of the year four times. She has run sub-4 in the 1,500 meter five times. She graduated from Stevens Point High School and attended University of Wisconsin-Madison.



Olympian Suzy Favor Hamilton performs dance exercises with Clinton Elementary School students Monday. Hamilton and fellow Olympian Casey FitzRandolph (background) visited the school as part of the "Movin' and Munchin' Schools" program, which promotes healthy eating and living among children.

Staff photo by Justin Weaver