

RAVENS IN OUR COMMUNITY

HALOTI NGATA VISITS SANDYMOUNT ELEMENTARY



DT Haloti Ngata answers questions on how he stays fit.

On Tuesday (9/27), more than 400 students filled the gym at Sandymount Elementary to kick off the Project ACES/Play 60 challenge, the NFL's campaign to encourage youth to get active and play for at least 60 minutes every day.

The gym erupted into loud cheers and applause when Ravens cheerleaders and **DT Haloti Ngata** surprised children by appearing on stage. After greeting the children, Ngata introduced his Ravens teammates **WR Tandon Doss**, **P Sam Koch** and **RBs Ray Rice** and **Ricky Williams** to the stunned crowd.

During the assembly, a few students were chosen to show off their touchdown dances and participate in mini relay



Children learn how to perform stretching exercises.

races against the players. Children also had the opportunity to ask the players questions about their favorite things and how they stay fit and healthy. Ngata encouraged children to eat plenty of fruits and vegetables daily so that one day, they can grow up to be big and strong like he is.

After the assembly, additional Ravens players, including **DT Brandon McKinney** and **Cory Redding**, joined the children outside to participate in a variety of different activities, including capture the football and relay races.

HISPANIC FOOTBALL CLINIC



In celebration of Hispanic Heritage Month and Worldwide Day of Play, the Ravens hosted a Hispanic football clinic on Tuesday (9/27) for more than 150 predominantly Hispanic youth at Du Burns Arena.

Ravens players **RB Anthony Allen**, **LB Brendon Ayanbadejo**, **CB Chris Carr**, **TE Ed Dickson** (above left), **FB Vonta Leach** and **T Bryant McKinnie** joined local coaches to teach participants the fundamentals of football.

The event included festive music and appearances by mascot Poe and Ravens cheerleaders. Each participant received a healthy snack pack and football. One lucky participant received tickets to the Ravens-Jets game on Sunday (10/2).

FOUNDATION SPOTLIGHT

On Tuesday (9/27), Ravens **C Matt Birk** (below) teamed up with other professional athletes to join students at Holabird Elementary School for a special family literacy day to celebrate the importance of reading and childhood literacy at home.

With the help of Birk's HIKE Foundation, every child received a \$5 reading certificate to use at the Scholastic Read and Rise Book Fair to help every child experience the joy of owning their own book to take home.

The HIKE Foundation was established to impact the lives of at-risk children by providing interactive programs and resources needed to guide a child through the key educational transitions between elementary, middle, high school and college.

