

The Dream and the Reality
CATS of 49th Street, Inc.

CATS –The Children’s Athletic Training School, Inc., began its first CATS classes in October 1984 with a dream that would provide young children with a safe, supervised opportunity in which to acquire *foundational* sports skills in a *fun filled* environment.

Over the past 35 years, CATS has watched this dream come to fruition. It is *this spirit of fun* that continues to motivate children to participate in our unique format of games, tasks, and movement activities which inventively teach skills that develop athletic coordination enabling children to have a healthy physical self-esteem. Ensuring a positive experience with athletic development is critical to the development of well-rounded individuals. It is CATS’ “*Play with success*” *philosophy which* allows a child to arrive at his or her potential carrying with them the needed tools to enter a happy, healthy and active adulthood.

CATS success comes from the combined efforts of Butch Seewagen, a two time All American from Rice University, a winner of 15 National and International titles, and a competitor at Wimbledon, the French and U.S. Opens along with his sister, and co-director, educator Barbara Seewagen Steger, a former mixed doubles champion. Butch and Barbara drew experience from their father, George Seewagen (teacher and former coach of *St. John’s University Tennis Team* for 50 years) who, through demonstration, instilled in them the importance of a life dedicated to enriching children’s lives through sports.

More than ever children need sports. CATS offers fun reasons to be pulled away from computers, televisions, etc.

“Childhood obesity has reached record levels in this country. Many children have poor diet habits. Physical education programs are being eliminated in schools. Many children do not exercise. This could be the first generation of children to die before their parents...”

November 2018: New federal guidelines on exercise advise starting sooner to get children active. Physical activity guidelines used to start at age 6, but the advice released Monday recommends involving kids as young as 3 in active play. (Nov. 12)

For the first time, the guidelines make recommendations for young children aged 3 to 5 years old, noting that "preschool-aged children should be physically active throughout the day to enhance growth and development."

CATS continues to meet our goals--The program successfully serves not only growing numbers of New York children, but now has adult programs as well.