

## Red Lion Chess Academy

### Parental Guidelines

#### Where do I Start?

The best place to start is to browse our website for information or simply contact Red Lion's Chess Academy. We want to welcome all our parents and students with open paws. Request a parental guidance packet from our staff and speak to our team about your goals for your child in the chess program. Our coaches can complement these requests by offering a free assessment where we will provide detailed feedback on areas of strength and recommend the most appropriate program track and curriculum for your student!

\*If applicable or requested; we can also provide this assessment online over a virtual electronic chessboard. \*

#### New to Chess?

Chess is a board game played between two players. The current form of the game emerged in Southern Europe during the second half of the 15th century after evolving from similar, much older games of Indian and Persian origin. Today, chess is one of the world's most popular games, played by millions of people worldwide. Chess is an abstract strategy game and involves no hidden information. It is played on a square chessboard with sixty-four squares arranged in an eight-by-eight grid. At the start, each player (one controlling the white pieces, the other controlling the black pieces) controls sixteen pieces: one king, one queen, two rooks, two knights, two bishops, and eight pawns. The object of the game is to checkmate the opponent's king, whereby the king is under immediate attack (in "check") and there is no way for it to escape. There are also several ways a game can end in a draw.

Organized chess arose in the 19th century. Chess competition today is governed internationally by FIDE (International Chess Federation). The first universally recognized World Chess Champion, Wilhelm Steinitz, claimed his title in 1886; Magnus Carlsen is the current World Champion. A huge body of chess theory has developed since the game's inception. Aspects of art are found in chess composition; and chess in its turn influenced Western culture and art and has connections with other fields such as mathematics, computer science, and psychology.

## Why Chess?

Often known as a game for the intellectually gifted, chess is one of the best sports to exercise the brain. While Chess Grandmaster Bobby Fischer made it popular in the 1950s and 1960s, the game is still widely played around the world today among participants of all ages, from the young to the elderly. The game of chess might not help you build your biceps or tone your abdominal muscles, but your lifelong mental health can certainly benefit from it.

**Promotes brain growth:** Games like chess that challenge the brain to stimulate the growth of dendrites, the bodies that send out signals from the brain's neuron cells. With more dendrites, neural communication within the brain improves and becomes faster. Think of your brain as a computer processor. The tree-like branches of dendrites fire signals that communicate to other neurons, which makes that computer processor operate at a fast, optimal state. Interaction with people in challenging activities also fuels dendrite growth, and chess is a perfect example.

**It exercises both sides of the brain:** A German study indicated that when chess players were asked to identify chess positions and geometric shapes, both the left and right hemispheres of the brain became highly active. Their reaction times to the simple shapes were the same, but the experts were using both sides of their brains to respond more quickly to the chess position questions.

**Raises your IQ:** Do smart people play chess, or does chess make people smart? At least one scientific study has shown that playing the game can raise a person's IQ. A study of 4,000 Venezuelan students produced significant rises in the IQ scores of both boys and girls after four months of chess instruction. So, grab a chess board and improve your IQ!

**Helps prevent Alzheimer's:** As we age, it becomes increasingly important to give the brain a workout, just as you would every other major muscle group, to keep it healthy and fit. A recent study featured in The New England Journal of Medicine found that people over seventy-five who engage in brain-games like chess are less likely to develop dementia than their non-board-game-playing peers. The saying "use it or lose it" certainly applies here, as a sedentary brain can decrease brainpower. More reason to play chess before you turn seventy-five.

**Sparks your creativity:** Playing chess helps unleash your originality since it activates the right side of the brain, the side responsible for creativity. One four-year study had students from grades 7 to 9 play chess, use computers, or do other activities once a week for 32 weeks to see which activity fostered the most growth in creative thinking. The chess group scored higher in all measures of creativity, with originality being their biggest area of gain.

**Increases critical thinking skills:** A chess match requires fast thinking and problem-solving on the fly because your opponent is constantly changing the parameters. A 1992 study conducted on 450 fifth-grade students in New Brunswick indicated that those who learned to play chess scored significantly higher on standardized tests compared to those who did not play chess.

**Teaches planning and foresight:** One of the last parts of the brain to develop during adolescence is the prefrontal cortex, the area responsible for judgment, planning and self-control. Because playing chess requires strategic and critical thinking, it helps promote prefrontal cortex development and helps teenagers make better decisions in all areas of life, keeping them from making an irresponsible, risky choice.

Improves reading skills: In an oft-cited 1991 study, Dr. Stuart Margulies studied the reading performance of fifty-three elementary school students who participated in a chess program and evaluated them compared to non-chess-playing students in the district and around the country. He found definitive results that playing chess caused increased performance in reading. In a district where the average students evaluated below the national average, kids from the district who played the game evaluated above it.

Optimizes memory improvement: Chess players know that playing chess improves your memory, mainly because of the complex rules you must remember, as well as the memory recall needed when trying to avoid previous mistakes or remembering a certain opponent's playing style. Good chess players have exceptional memory performance and recall. A study of Pennsylvania sixth graders found that students who had never played chess improved their memories and verbal skills after playing.

Improves recovery from stroke or disability: Chess develops fine motor skills in individuals who have a disability or have suffered a stroke or other physically debilitating accidents. This form of rehabilitation requires the motion of chess pieces in different directions (forward, backward, diagonally forward motion, diagonally backward motion), which can help develop and fine-tune a patient's motor skills, while the mental effort required to play the game can improve cognitive and communication skills. Playing can also stimulate deep concentration and calm, helping to center and relax patients who are experiencing different degrees of anxiety.

Health Fitness Revolution, et al. "Top 10 Health Benefits of Chess." *Health Fitness Revolution*, 23 June 2020, <https://www.healthfitnessrevolution.com/top-10-health-benefits-chess/>.



Coach Consultation Awareness Assessment:

Please circle the following answers with a "Y" for YES or "N" for NO.

1. Can this student show or explain how the pieces move or capture? Y N
  
2. Does your student know how to "check" safely? Y N
  
3. Does this student understand the three ways of getting out of "check"? Y N
  
4. Is this student aware of beginner game mechanics such as pawn promotion, castling, stalemate, or chess notation? Y N
  
5. Is this student considered an advanced player (1000+ ELO)? Y N
  
6. Is this child allowed to be photographed and those pictures uploaded to Red Lion's social media for recognition or awards won? Check with parent if unsure. Y N
  
7. After answering all above questions, which program is best suited for this student? White, Green, Blue, or red lesson plans? Y N

Parent and Student Contact Information

Student's Name:

Email Address (if applicable):

Mother's Name:

Cell phone:

Emergency Phone:

Email Address:

Father's Name:

Cell Phone:

Emergency Phone:

Email Address:

How this Student Gets Home?

Circle the applicable Option:

BUS

Parent Pick-Up

Day-Care

Walks Home

Are we allowed to photograph your child and share those photos on our social media regarding awards won or recognition deserved? Circle YES or NO.



## What is Chess-Kid?

ChessKid.com is the premier coaching tool designed just for children. On the site or app, safety is a top priority. There are no advertisements, Chess-Kid approves all usernames, and children and adults cannot interact except for a specified 'Guardianship.' This revolutionary tool not only engages the student in a 'kid-friendly' way but also allows the Red Lion instructors to track their students' progress. Our teachers can see their games, activities, send them assignments, and then customize our lessons to the needs of the child.

Chess-Kid is the best website to help your child improve at chess! The standard 1-year membership from Chesskid.com is \$49; however, there are one-to-four-month memberships if interested for a cheaper rate. Ask our staff for our promotional code and get Chess-kid Gold Club with our exclusive discount!

So, what does my student receive?

Gold Club Features: Full, unlimited access to the entire ChessKid.com site and unlocks all the Chess-Kid educational features: all our Levels (with interactive, guided lessons), unlimited live chess, slow chess, all ten computer chess levels, puzzles, puzzle duels, computer workouts and more than eight hundred educational videos - with added content added all the time. The game history for Gold Members saves all the games played on the site. Play Games against Red Lion Coaches receive customer support from Red Lion Staff.

**\*\*RETURN and REFUND POLICY\*\***: If you are dissatisfied with your purchase and no lessons have been taken a full refund will be issued. Now, if lessons have taken on this membership than unfortunately there are no refunds.

## What is Chess-Kid Adventure Game?

Chess-Kid Adventure is a magical world of quests and characters to help kids learn and expert chess!

This is an additional app to the existing Chess-Kid app already available. Now kids can have double the fun, either on iOS or Android.

Across six quests and over two hundred mini challenges, learn how to play and master chess from engaging animated characters. Collect gold coins along the way to fill out your collection of costume outfits. Chess-Kid Adventure is great for beginners!

Once you learn the rules, play live chess games against other kids on a platform designed for privacy and security. Chess-Kid offers the largest chess server in the world that is safe for kids, with no free-form chat.

Improve your skills by challenging 40+ unique mythical characters across 15 distinct levels of difficulty. Learn their backstories then see if you can defeat them on your own to win coins and prizes.

And the best part? Your Chess-Kid membership works with Chess-Kid Adventure! Use your Chess-Kid username and password to log in to Chess-Kid Adventure. And if you have a Gold Membership, those benefits extend to Chess-Kid Adventure too!

Frequently Asked Questions

How is Chess--Kid Adventure different from Chess-Kid?

Chess-Kid Adventure is a fun innovative approach to chess for kids. The app has many of the chess features you know and love -- such as live games, puzzles, and lessons -- built into a magical world of dragons and unicorns. Both Chess-Kid and Chess-Kid Adventure is focused on helping kids learn to play and enjoy the game of chess.

While there are many stylistic differences between Chess-Kid and Chess-Kid Adventure, the most noteworthy difference is that Chess-Kid Adventure is designed for individuals and is only available on mobile (iOS and Android) devices. Chess-Kid is intended for a much broader audience in that it works on mobile and any web browser, and not only collaborates with individuals, but also organizations such as schools, clubs, associations, etc.

Which should my kid play – Chess--Kid or Chess-Kid Adventure?

Let your Chess-Kid decide! Both apps are built for kids to learn and have fun playing chess. If your child is part of a club or school-sponsored group, or has assigned lessons etc., those features are only available through Chess-Kid, not Chess-Kid Adventure.

Do I have to buy a separate membership for Chess-Kid Adventure?

No. After purchasing your Gold Membership from Red Lion; you can log in to Chess-Kid Adventure with your Chess-Kid username and password. If you have a Gold Membership on Chess-Kid your same Gold Membership will be available to you on Chess-Kid Adventure.

What is unique about Chess-Kid Adventure?

The top priority is to make it fun for kids to learn and play chess. ChessKid Adventure is unique because while chess is still the focal point, it also uses a magical world of characters, quests, coins, etc. that enhance the learning experience.

