

# Y FAMILY TIME™

We build strong kids, strong families, strong communities.

The newsletter of the Eugene Family YMCA Fall 2008



**TEE TOWN, USA?** Well, not exactly, but The First Tee of Willamette Valley has just received the exciting news that we have won the bid to host the *Leadership and Life Skills Academy* in 2009 and 2010. One hundred participants of The First Tee who have shown exemplary leadership and golf skills will come to Eugene next July to spend an intensive week refining those skills. They'll come from across the country and around the world, with chapter representation at this summer's academy including Singapore, Australia and New Zealand—and Eugene, Oregon! Emma Mitchem and Coach Dennis Nakata represented our chapter and Emma came home as the female winner of the 9-hole Tournament Championship. Dennis came home with excellent **Good, Better, How** notes. What was **good** about the Manhattan, Kansas Academy? (Great coaches and counselors). What could be **better**? (The weather. Check). **How**? (We'll be sure not to move to Kansas this year).

**BIG BROTHER IN BEIJING** Nick Symmonds, a 24-year-old Olympic trials champion from Springfield, Oregon, is competing for his first Olympic medal in the 800m in Beijing and nine year old Clayton is watching every minute of it. Nick and Clayton were matched in the Big Brothers Big Sisters program of the YMCA early last year and have nurtured a growing friendship every since. *On Pizza and Wii:* "Nick is really nice to me," Clayton said. "The day we met, we played Guitar Hero®. He told me jokes. He takes me to my favorite places to eat, plus once we went to this cool pizza place that I had never been to before and it was really good!" *On Olympic Dreams and the Lane County Trials:* "I just knew Nick was going to win every race and he did. I got to watch him race in all three qualifying meets," Clayton said. "After he finished the last race, he took a victory lap. He saw me in the crowd and high fived me in the air! I couldn't believe it!" Olympic medals? Not this time. A champion? Always.



**Big Brothers Big Sisters**  
A Youth Program  
of the Eugene Family YMCA

## EUGENE FAMILY YMCA

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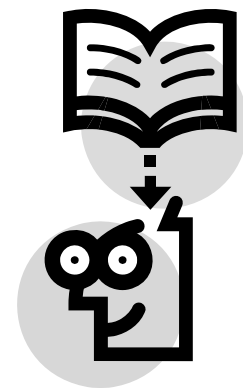
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# Teaching Your Kids to Read...

Back to school means back to the books. Opening the world of words and books to your children sets them on a path of personal and academic growth that will last a lifetime. Reading is also quality time spent together when they're young, and a passion you can share as they get older. Here are some simple tips to make reading part of the fabric of your family's everyday life:

- ✦ Be an enthusiastic reader yourself
- ✦ Make reading fun: let your kids pick the book, use funny voices
- ✦ Make regular outings to the library
  - Help your child find books that match his or her interests—bugs, Medieval knights, science fiction, hot air balloons—the world's your oyster
- ✦ Read to, and with, your child, taking turns with pages or chapters
- ✦ Have books available throughout your living space, but especially in a young child's bedroom
- ✦ Talk about what you're reading; ask your older children about what they're reading
- ✦ Set aside special time to read— bedtime, before or after dinner, weekend mornings or afternoons



# Tennis...

**League News...**The Adult USTA League season is over with both the women's and men's 3.5 teams doing well at playoffs. Currently the senior (50+) and super senior (60+) leagues are forming for fall league play. Liz Kurtz is captain of the women's 3.0; Nancy Blickenstaff and Henriette Heiny each have a women's 3.5 team; Richard Clark has a men's 3.0, and Mike Severt has a men's 3.5 team. Work is underway to create a men's 4.0 league. In addition, Diane Robison captains a women's 6.0 super senior team; Nancy Blickenstaff captains a women's 7.0 super senior; Bob Jellesed captains a men's 6.0, and Elwin Heiny has a men's 7.0. Along with the seniors and super senior leagues, there are also adult MIXED leagues and an 8.0 adult league captained by Joy Lum. If you are interested in any of these leagues, feel free to ask the captain or talk to Eric about playing on a league.

Jeff Kurtz's 7.0 mixed doubles league (Joel Cherrytree, Larry Walton, David Thomas, Roger Schaljo, Carlos Cabrera, Jeff Kurtz, Janice Auger, Nancy Blickenstaff, Eileen O'Neil, Setsuko Reed, Connie Clark, and Helen Walton) are heading for sectionals in Sunriver August 16-19. In the past they have been champions—so good luck to the 7.0 team.

**Family and Juniors...**Don't forget that Saturday night lessons are for the whole family regardless of level of each participant, and that Family Fun and fitness on Sundays is also intended as a family event. Junior night drop-in is an exclusive junior event that is held every Friday and the last Friday of each month is pizza night with a \$5.00 fee to cover the cost of the pizza and pop.

**The Sunriver Retreat ...** This year the retreat will be September 19<sup>th</sup>-21<sup>st</sup>. We have information flyers in the tennis lobby. There is also a junior tennis tournament on the same date. October 10<sup>th</sup>-12<sup>th</sup> we are having an adult doubles tournament as well as an adult doubles tournament held December 5<sup>th</sup>-7<sup>th</sup>.

**Wanted...** If anyone is passionate about the tennis program and thinks that they have energy, expertise, and time to contribute, we will be electing new advisory members to the tennis committee in November '08.

We have a U of O Women's Tennis exhibition coming up. For more information on this and other Tennis Center tournaments, events and activities, please see our website at [www.eugeneymca.org/tennis\\_news.htm](http://www.eugeneymca.org/tennis_news.htm)

# Did you know...

- The height at which professional basketball hoops stand was determined when a Y staffer first invented the game by hanging peach baskets on an elevated running track.
- Studies show that Americans now get nearly twice as many calories from beverages as they did in the 1960s.

# Health and Wellness Updates...

## **Health & Wellness Schedule...**

We have a great new fall Health & Wellness Schedule for all of you to enjoy. We are bringing you more yoga (a request we get very often) and more Friday class offerings, the return of T/TH Abs/Back & Turbo Kick and a new class too, called Body Balance. We hope that the selection of classes will be good for people in all stages of their fitness and exercise desires. If you have suggestions and ideas for improvement, please share them with Kari, Health & Wellness Director, at [Kari@eugeneymca.org](mailto:Kari@eugeneymca.org). Please enjoy the fall season & our class selection.

## **Brain Agility....**

Brain Agility will be offered again this fall. This course was first offered in the spring of '08 and it was an instant hit. This fall the class returns with Doug DeWitt, YMCA Group Exercise Instructor and Norma, YMCA member and volunteer. Class begins on October 1<sup>st</sup>, will be offered on Wednesday afternoons, from 2:30-3:30, and will last for 7 weeks (one exception, one week class is offered on Thursday, Oct. 16<sup>th</sup>). Pre-registration is required, classes have filled in the past so sign up early. To register for the class, visit the Reception Center at the YMCA. Class fees are: \$45.00 (member), \$55 (potential member).

## **America On the Move Week...**

This year the dates for America On the Move (AOM) week are set for Sept. 20<sup>th</sup> – 27<sup>th</sup>. The goal behind AOM is to get people to make small steps to make positive changes in their lives. The changes AOM encourages is for Americans to eat 100 fewer calories a day and take 2,000 more steps each day. How you choose to make these positive changes is up to you, but being mindful of living healthier will help each individual, then their family, then their community, and move onto a state and national level. Please join us for all the usual wonderful fun classes and programs we offer each week, in addition to the special schedule specific to AOM week. Please pick up a schedule at the Reception Desk, as those dates get closer.

Help the Eugene Family YMCA get more steps, sign up at the front desk, participate in our special classes and sign up on the web on your own; nationally the YMCA wants to count 10 billion steps – please help us make this goal a reality.

To sign up on the web go to: <http://september.americaonthemove.org/>

## Fall Basketball Leagues...

### Youth Basketball

Grades: 5<sup>th</sup> to High School

Divisions separated by gender and grade:

5<sup>th</sup>/6<sup>th</sup> plays together & 7<sup>th</sup>/8<sup>th</sup> play together

Practices: Starts Monday, September 29<sup>th</sup>

Games: Played on Saturdays & Sundays

Season: October 4<sup>th</sup> to November 23<sup>rd</sup>

(Early games on Saturdays game when there's a home Duck Game)

Deadline: Monday, September 22<sup>nd</sup>

Fee: \$80.00 per player

(\$10.00 discount for Y members)

Sign-up individually or as a team

### Adult Women's Basketball

Team registration Only

Games: Played on Sunday Afternoons

Season: September 21<sup>st</sup> to November 23<sup>rd</sup>

Deadline: Wednesday, September 10<sup>th</sup>

Fee: \$480.00 per team

## Fall Soccer ...

### Itty-Bitty Soccer Clinics

3, 4, & 5 year olds play together

Meets 4 Thursdays (Oct 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>)

Time: 6:00 – 6:45pm

Clinic held at South Eugene Field (Across from Y)

Deadline: Wednesday, September 25<sup>th</sup>

Fee: \$30.00 per player (\$5.00 discount for Y members)

## Creswell Soccer Leagues

Grades: Kindergarten to 5<sup>th</sup>

Divisions separated by grade:

Coed (K/1<sup>st</sup>, 2<sup>nd</sup>/3<sup>rd</sup>, 4<sup>th</sup>/5<sup>th</sup>)

Practice can start September 22<sup>nd</sup>

All Games and Practices held in Creswell

Games played mostly on Saturday Mornings

Season: September 27<sup>th</sup> to November 1<sup>st</sup>

Deadline: Tuesday, September 16<sup>th</sup>

Fee: \$50.00 per player

## Fall Volleyball Leagues...

### Girls Full Season Volleyball

Grades: 6<sup>th</sup> to 8<sup>th</sup> (Leagues divided by grade)

Practices: Starts Monday, September 15<sup>th</sup>

14 Matches: Played on Saturdays & Sundays

Season: September 21<sup>st</sup> to November 1<sup>st</sup>

Deadline: Tuesday, September 9<sup>th</sup>

Fee: \$100.00 per player (\$20.00 discount for Y members)

Sign-up individually or as a team

## Group Swim & Tennis Lessons...

Fall swim Lessons: Session

- 1 September 8<sup>th</sup> - October 2<sup>nd</sup>
- 2 October 2 – October 30<sup>th</sup>
- 3 November 3<sup>rd</sup> - November 26<sup>th</sup>
- 4 December 1<sup>st</sup> - December 18<sup>th</sup> (3 week)

