

PINNACLE SPORTS NEWSLETTER



A Message From The General Manager -

I am not sure about everyone else, but Fall is by far my favorite time of year. Especially the end of the Fall season that we are in right now. The beauty of the outdoors, the crisp smell of leaves, the warmth of bonfires, the excitement of high school sports, and so many other things about this season make it exciting. I guess another reason for the favoritism is that I know that the Holiday season is right around the corner.

We are excited for our Winter Season here at Pinnacle. We have some great new programs – Silver Sneakers, Zumba, Jump Shoot Score, 3 v 3 Soccer Leagues – just to name a few. We literally have something for everyone! No reason for me to go over all of the quality programs we have to offer both in Medina and Twinsburg. You can go to our website – www.pinnaclesports.org – or stop in either facility to get more information.

Something else that I am very excited about but don't shout it enough is the Mission of Pinnacle Sports. I would like to just remind

everyone – including myself – on why we do what we do. It really is very simple. It is to make your son or daughter, your grandson or granddaughter, your niece or nephew, your brother or sister or yourself a better person through athletics. We use sports and athletics as a tool in DEVELOPING ATHLETES FOR LIFE. This is not just a cute tag line that looks good on a business card – it is WHO WE ARE AND WHAT WE BELIEVE. We continue to make strides in staffing, training, programming, facilities and all that we do to make Pinnacle Sports your home away from home. Know that we appreciate your commitment and trust in us, who we are and what we do.

Have a wonderful and exciting fall/winter season and please know that we will do all we can to make your Pinnacle Sports experience the absolute best possible.

All the Best,
RICH
Rich Garbinsky, General Manager



Creating Your Off-Season Cross Training Plan

Creating an effective off-season cross-training plan is easy if you guide yourself by the following four principles.

Balance

Your cross-training program should incorporate a balance of training for all three components of your fitness foundation: core stability, aerobic

capacity and dynamic flexibility. Do at least three cardio workouts for aerobic capacity each week and at least two workouts emphasizing core strength.



There are two ways to include dynamic

stretches into your cross-training program. You can either do a few stretches as a warm-up preceding your cardio workouts, or because many dynamic stretches are also good strength exercises, you can incorporate them into your circuit strength workouts.

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Pinnacle Sports Character Development Program - by Todd Niece

It is our favorite time of the year when all of our athletes start to make their way back inside for another Ohio winter. This 2011-12-winter season, we are excited to announce that we will be impacting lives with the "ABC's of Character Training." As a coaching staff, we want to build the complete player and we feel by intentionally integrating these character qualities into our program we are standing behind our mission to develop better young men and women for life.

We will begin by explaining the word Character, which means to scratch and engrave. Think about that; if you scratch or engrave your name into a rock or tree it will be there forever. We will be scratching and engraving four very important character qualities into your sons and daughters while they

participate in our programs. They derive from the four quadrants of a person's character: The Body - Commitment, The Mind - Attitude, The Social - Cooperation, and The Spirit - Believe.

Each week during their class our coaches will define, describe, demand and debrief one character quality.

Parents and athletes should pick up the hand out and dinner discussion each week which are located in the lobby of both buildings.



- Character – Do you make the right decision when no one is looking? Substance vs. Image
- Attitude – An inward mindset and feeling expressed by behavior – What attitude are you choosing? Positive vs. Negative
- Believe – To be confident that someone is worthwhile or effective – Are you confident? I can vs. I will try
- Commitment – Devotion or dedication to a cause or person – Will you bring it today? – Dedicated vs. Uncommitted
- Cooperation – The act of working together to achieve a common goal – Will you come together today? – As one vs. My way

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Now Available at Pinnacle Sports -

by Derek Muffley



Pinnacle Sports is recognizing the unique needs of older adults in the community by partnering with the nationally recognized Healthways SilverSneakers® Fitness Program. Pinnacle Sports is helping older adults increase their levels of physical activity while motivating them to remain active. SilverSneakers is the nation's



leading exercise program designed exclusively for older adults and is available -- at little or no additional cost -- through many Medicare health plans, Medicare Supplement carriers and group retiree plans.

“Research points to the significant health benefits of regular exercise for older adults,” says Lisa Thompson. “In addition to helping our members stay physically healthy, SilverSneakers also offers a great way for them to socialize, meet new friends and have fun.”

With the SilverSneakers premier network, members receive access to a variety of participating locations throughout the country, including Pinnacle Sports. This location offers amenities such as fitness equipment, treadmills and free weights, and the signature SilverSneakers Fitness Program classes, designed specifically for older adults and taught by certified instructors. Pinnacle offers a Muscular Strength and Range of Movement class on Mondays and Thursdays from 10am – 11am. Come join the fun and make new friends this week!

To find out if you are eligible for SilverSneakers, please contact your health plan provider. To learn more about Pinnacle Sports, call (330) 239-0616. For more information regarding the SilverSneakers Fitness Program, visit www.silversneakers.com or call 888-423-4632.

About Healthways Fitness Programs

Healthways, the leading well-being improvement company, offers the award-winning SilverSneakers® Fitness Program, the nation's leading exercise program designed exclusively for older adults, and Prime Fitness, a comprehensive physical activity program for adult health plan members and employees of large companies.

Healthways fitness offerings are available to more than 7 million individuals at participating fitness and wellness



centers in all 50 states, Puerto Rico and Washington, D.C. For more information on Healthways fitness programming, call 888-423-4632 or visit www.healthways.com or www.silversneakers.com.



Look for details on our website SOON on Holiday times for Softball, Baseball, Soccer, Edge, Football, Volleyball, Basketball and More!

COACH'S SPOTLIGHT on Bill Goddard

Baseball Coordinator

Coach Goddard is the former head baseball coach at Wadsworth High school where he had a highly successful 17-year run as head coach. Under Goddard the Grizzlies won seven Suburban League titles and two district crowns. He holds the Wadsworth school record for most wins in school history.



Bill played at Wadsworth High School before furthering his career at the University of Akron. He patrolled centerfield for the Zips and was the 1980 Captain and Outstanding Defensive Player. He at one time held the University of Akron record for most hits in a season.

After college, Bill played amateur baseball in the Akron area where he was named to 8 All Star teams and once posted a 36 game hitting streak. Coach Goddard is in the

Wadsworth High School Hall of Fame, Medina County Sports Hall of Fame and Greater Akron Baseball Hall of Fame.

Bill is and has been a science teacher at Wadsworth High School for over 30 years. He and his wife Nancy are parents to four children: Nick, Joe, Sam and Rachel. The Goddard's reside in Wadsworth (surprise). He has been the Baseball Coordinator at Pinnacle Sports since 2006.



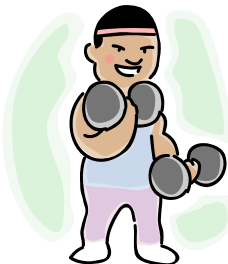
Off-Season Training (continued from Page 1)

Specificity While half the point of cross-training is to get a break from your main sport, your cross-training activities should involve movements that are similar to those used in your main sport, or else the fitness carry-over will be minimal. For example, if you're a swimmer, your strength workouts should include more exercises for the shoulders, chest and upper back than if you're a runner.

It's also best that you choose a sport-specific form of cardio exercise.

Progression

To make progress in any dimension



of fitness, you need to perform exercises and workouts that offer just the right degree of challenge. If they are too easy, your progress will be minimal. If they are too hard, you'll get hurt. And as you do make progress, you need to periodically crank your workouts up a notch so they remain challenging.

At the beginning of your off-season cross-training period your body won't be well accustomed to the new sorts of workouts you're doing, so they should be fairly manageable. After the first week, make your cross-training workouts a little harder in each subsequent week.

There are several ways to make core

workouts progressive. You can increase the difficulty level of exercises, for example, by moving from standard squats to single leg squats. You can also increase the number of repetitions of each exercise (eight squats to 10), increase the resistance (squats with no weight to those with dumbbells), increase the number of times you repeat each exercise (one set of squats to two sets), and/or increase the number of exercises you do in your core workout.



Cont. Page 6 - Off-Season

Announcing a new partnership with: **STRIVE4**

STRIVE4 is a retail establishment that was a logical expansion to an on-line business that was in operation for two years, providing volleyball apparel and gear to local teams and individuals.

STRIVE4, which opened its doors on October 27, 2010, is enthused about their recent move inside of the Pinnacle Sports facility in Twinsburg. The new store-front is a new piece of the partnership to the business, with Pinnacle Sports Twinsburg also housing local and travel teams such as IGNITE Volleyball, SMAC Basketball, Everest Soccer Club, Ambassadors Soccer Club and others.

While STRIVE4's specialty has been volleyball apparel and gear, they will be expanding their product offering to include soccer, basketball and baseball

apparel, shoes and accessories in order to meet the needs of the growing market at Pinnacle.

There is another important reason to be excited about the partnering between Pinnacle Sports and STRIVE4...both organizations are propelled by the same mission to give back to the community and to promote strong, moral characteristics in our youth. Both STRIVE4 and Pinnacle Sports, along with IGNITE Volleyball Club will organize annual charitable events such as: Shoebox Christmas Gift Donations, Local Food Bank Drives, Christmas Giving Tree and donating uniforms and gear to local individuals and teams in need.

For more information please contact Deb Wordell, 440-223-2146 or STRIVE4.sportswear@gmail.com.

HOURS:
Mon. 11am – 7pm

Tue. 11am – 7pm

Wed.

Thu. 11am – 7pm

Fri. 11am – 6pm

Sat. 11am – 3pm

SERVICES:
TEAM sales

Individual sales

Closed for Embellishment services

Special orders

Fundraising possibilities

Discount pricing

TEAM sales and Special Shopping hours can be made by appointment.



Register NOW for Winter II Training! January 2, 2012 - February 19th, 2012



FOR CHILDREN FROM AGE 3 TO THE ELITE HIGH SCHOOL ATHLETE

SOCCKER: Little Tots Soccer, Pinnacle Preseason Soccer, *Dribble Pass Score, Footskills for all abilities and High School Skills Practice with Games

BASEBALL: Little Tots Intro to Baseball, *Hit Run Score, Developmental Hitting, Middle and High School Hitting, Pitching Classes for all levels Catching Classes.

SOFTBALL: Little Tots, Intro to Softball, Building the Perfect Swing, Advanced Hitting, Pitching Classes for all levels and Catching Classes for all levels.

**Signature Classes*

In each class and team training, Pinnacle Sports with Coaching 4 Life, integrates Character Development. We are proud to prepare kids for a summer, a tournament, a season and a lifetime.



OTHER PROGRAMS AT PINNACLE SPORTS



BASKETBALL

VOLLEYBALL

FOOTBALL

ROLLER HOCKEY

LACROSSE

DODGEBALL

JUMP ROPE

MENTAL COACHING

MEETINGS

FIELD RENTALS

MARTIAL ARTS

PHYSICAL FITNESS

CORPORATE EVENTS

BIRTHDAY PARTIES

AND MUCH MORE!



Off-Season Training (continued from Page 4)

In aerobic cross-training workouts, progression is achieved by increasing the duration and/or intensity of the workouts (but not both simultaneously). And in the case of dynamic flexibility, you move forward by increasing the range of motion in a given movement, increasing the number of movements you do, and/or increasing the number of times you repeat a given movement.

Fun

We tend to think of fun as being independent of improvement in sports, but fun contributes to improvement, mainly by boosting motivation. During the competitive season of any sport your options for keeping the training process fun are limited, but in the off-season you can go wild.

At least once a week throughout your

six-week off-season cross-training program, participate in an activity purely for the fun of it. Your pick should be intense enough to count as exercise (checkers isn't), but otherwise there are no limits, and you can even choose a different activity every week. Consider indoor rock climbing, downhill skiing or snowboarding, a hip-hop dance class, pickup basketball, ice skating, martial arts, and the like.

Following is a basic six-week off-season cross-training schedule. It includes six workouts

per week: aerobic cross-training workouts on Tuesday, Thursday and Saturday; core strength workouts on

Wednesday and Sunday; and a just-for-fun workout on Friday. Monday is a rest day.

The specific activities you participate in within each category are up to you. Use the sport-specific guidelines previously discussed to pick your aerobic cross-training activity (or activities). Your core strength workout can be circuit strength training, yoga, Pilates or something similar.

Get specific workout guidelines from a trusted resource such as a licensed and experienced personal trainer. Any of the Edge trainers at Pinnacle Sports would be happy to work with you, whether individually or as a group.

And, again, your fun activity (or activities) should be just that!



Happy Hour

FEATURING:
MON-FRI • 3PM-6PM

\$4.50
APPETIZERS*
IN THE WHOLE RESTAURANT!

\$5
BURGERS
AT THE BAR

*Excludes Appetizer Sampler, Trio and 20/30 count Buffalo Wings.

WHAT ARE YOU DOING **after 9?**

FEATURING:
9PM-CLOSE • SUN-THURS
10PM-CLOSE • FRI & SAT

\$4.50
APPETIZERS*
IN THE WHOLE RESTAURANT!

\$5
BURGERS
AT THE BAR



*Excludes Appetizer Sampler, Trio and 20/30 count Buffalo Wings.