

PINNACLE SPORTS NEWSLETTER



A Message From The President

As I was pulling out of the Pinnacle parking lot last night I saw a group of boys on our outdoor field engaged in lacrosse training. These boys were middle schools age and were dressed as middle school boys do – shorts, t-shirts and of course all of their lacrosse gear. Nothing extraordinary about what I saw except for one thing - the date. It was February 1, 2012. That is not a typo – it was the first day of February and we had athletes training on our outdoor field.

Why do I talk about this in a letter?

First is that it brought me back to when I was young - which was quite a long time ago. No matter what the weather or the season we were always outside playing. Snow baseball or home run derby in the snow, football in the rain and snow (the best time to play), basketball on

someone's icy driveway – always outside playing whatever sport we wanted.

Second is that it reminded me of how lucky we are to have a facility where people can play inside or outside with no rain outs or snow outs. Sometimes I take the place where I come daily for granted. We allow the opportunity for families, teams, clubs, schools, etc. to come and play.

Finally – even though the boys were working hard – they were having fun and enjoying the training. No doubt in my mind that although they were working, they enjoyed what they were doing.

Maybe we need to learn couple of things from my observations. Remember that playing – sports, athletics, games, etc. is essential in everyone's life. Remember to never take for granted who is in your life, where you work, what you do and how you influence and treat others. Remember to enjoy all you do – work, play and life.

We wish you joy in all you do!

Rich



MOTIVATION - 10 STEPS TO HELP YOU LOOK AND FEEL GREAT

Sometimes, regardless of the fact that you know you should workout, you just somehow can't convince yourself to. In fact, you have pretty much become a pro at convincing yourself otherwise. You are able to justify exactly why you don't have to work out and why it's ok for you to eat that entire bag of M&Ms — until the next am when you regret that decision. Here are 10 ways to

motivate yourself to stay on your fit plan.

1. Psych Yourself Up!:

Pretend you're a boxer, a marathon runner, a professional athlete, be a fast running gazelle — it sounds corny, but it works. Get yourself in that mindset, be the boxer, get yourself pumped up, channel Rocky if you want. See it, feel it, see

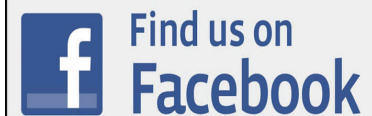


the environment you would be in. The point is to get your head in the game and out of your "I don't feel like working out" head.

2. No-More Piggy Bank:

Every time I REALLY don't want to work out, but do anyway, or every time I SO BADLY want a brownie but make a cup of tea instead, I put \$1 in my No-More Piggy, also called a "Fit Bank."

Cont. Page 4 - Off-Season



The Impact of the Loss of Free, Undirected Play in Childhood

By Michael Thompson, Ph.D.

As wonderful as the cherished traditions and programmatic aspects of a camp may be, what we teach campers may not be the most important part of their summer experience. The most crucial and unexpected moments of a summer may be when children are left alone to engage in free, undirected play. For many campers, the experience of playing outside “alone” or with a group of friends may be a truly new and joyful one. The loss of time for free, undirected play in everyday life is one of the saddest facts of modern childhood.

As a school consultant, I have watched the growing phenomenon of the over-scheduled child, particularly in affluent suburbs, and in independent and international schools. As a camp consultant, I have observed how many campers’ parents monitor them extremely closely; one might say microscopically. Indeed, Ron Taffel, a psychologist in New York, reports that much of modern parenting involves meticulous time management of a child’s packed schedule. This is a source of sadness for me, and for many people who care about children. Every thoughtful educator and parent has worried that there is something missing in the lives of today’s children.

Some conclude that what is missing is play or a work/play balance. More specifically, though, what is really missing is a certain kind of play that should exist in childhood: *free, undirected* play. We are doing great things for children in many ways, but we are not leaving them alone enough.

Researchers tell us that over the past two decades, children in the United States have lost nine to twelve hours of free play per week. Over the past decade, forty percent of elementary schools in the U.S. have eliminated recess, leaving children with less than a twenty-minute break (for lunch) in a six-hour school day. At school, we have replaced recess time with increased seat time as preparation for state tests; at home, parents have replaced free play time with organized sports, art, dance, and, of course, tutoring.

Free, undirected play used to be valued as a central, indeed, the defining activity of childhood, for good reason. Jaak Panskeep, play researcher at Washington State University, calls play the “signature mammalian behavior.” According to David Elkind it is a child’s “. . . inborn disposition for learning, curiosity, imagination, and fantasy.” In 2007, The American Academy of Pediatrics issued a report declaring that, “It is through play that children at a very early age engage and interact with the world they can master, conquering their fears while practicing adult roles.” Play makes children creative and strong; play reassures children that they are okay in the world.

What happened to play time? A lot of free time has simply disappeared because American children spend so much time at computer screens or in the car commuting to school and after-school activities. Many parents worry about their children’s safety if left alone to play in the neighborhood. Others feel their children must be constantly engaged in productive activity to succeed in a competitive, globalized economy.

But our children are paying the price for the loss of time for free play. We see it in obesity; high stress levels; rapidly increasing diagnosis of ADHD, depression, and emotional fragility; social incompetence; excessive dependence on adults, and the loss of a relationship with nature. While research indicating links between loss of free play time and obesity and high stress might be considered obvious, many researchers also have suggested that the increase in ADHD is a direct result of reduced play time. Some researchers believe that children may be missing a crucial modulator of nerve cell development (BDNF, brain-derived neurotrophic factor) which is generated by vigorous exercise and learning.

We don’t need to wait for more research to confirm that the loss of free, undirected play is a significant problem in contemporary childhood. Parents, educators, camp counselors, and childcare workers need to protect the time they give children to play freely; they need to increase that time if possible. The most important and unexpected thing we can do for our children — at home or at camp — is to give them time for free play, time to confront their own “boredom,” learn how to entertain themselves with a friend, and organize a game with their peers.

In the end, you can’t *teach* children to play alone; you have to *let* them play alone. Many parents are too frightened to do so, and schools cannot find the time to do so. It may be that camp is the place where grown-ups can make nonscheduled time and free, undirected play a priority. I hope so. Our children’s imagination, spontaneity, leadership skills, and happiness depend on it.

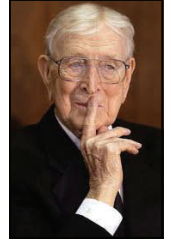
Michael Thompson is a psychologist, author and camp consultant. His most recent book is *It's a Boy: Your Son's Development from Birth to Eighteen*. www.michaelthompson-phd.com

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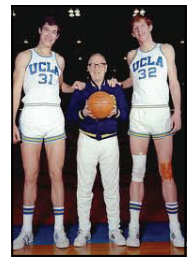


WOODENISMS

from the desk of Coach John Wooden



- Why... are there so many who want to build up the weak by tearing down the strong?
- Why... is it that many non-attainers are very quick to explain and belittle the attainers?
- Why... are there so many who cannot seem to realize that winners are usually the ones who merely execute better, at least on that particular occasion?
- Why... is it difficult to realize that you can not antagonize and influence at the same time?
- Why... is it that we are so slow to understand that failing to prepare is preparing to fail?
- Why... can't we realize that it only weakens those we want to help when we do things for them that they should do themselves?
- Why... is it so much easier to complain about the thing we do not have, than to make the most of and appreciate the thing we do have?
- Why... is it that so often we permit emotion rather than reason to control our decisions?
- Why... is it so difficult to realize, at times, that nothing we can do now will change the past, and the only way to affect the future is by what we do now?
- Why... is it that it is so much easier to give others blame than it is to give them credit?
- Why... is it that many who are quick to make suggestions find it difficult to make decisions?
- Why... don't we realize that others are certain to listen to us if we first listen to them?
- Why... aren't we more interested in finding the best way rather than having our own way?
- Why... is it so difficult to develop the feeling that those under our supervision are working with us and not for us?
- Why... is it much easier to be a critic than a model?
- Why... is it so hard to disagree without being disagreeable?
- Why... can't we understand that all progress comes through change even though all change may not be progress?
- Why... is it that we often forget that big things are accomplished only by the perfection of minor details?
- Why... do we dread adversity so much, when facing it is the only way to become stronger?
- Why... can't we motivate ourselves when we know that results come through motivation?
- Why... is it that some seem ashamed to let others know that they pray or read the Bible?
- Why... is it difficult to give thanks, express thanks, or merely to say, "Thank You?"
- Why... can't we have patience and expect good things to take time?
- Why... is it so easy to be quick to judge when possessed of only a few facts?
- Why... is it so easy to see the faults of others and so difficult to see our own?



18th Annual Night At The Races
Saturday, February 25, 2012, 6-11pm
COST: \$25 per ticket

- Our Lady of Cedars Banquet Hall
- Dinner, Wagering, Auction, Cash Bar
- www.theheartbeats.org

STAFF SPOTLIGHT on Brian Shannon

Maintenance Director, Roller Hockey Director, Baseball Coach

A life-long resident of Cuyahoga Falls, Brian Shannon has been involved with athletics his entire life. Growing up he was involved with many youth sports, and while attending Cuyahoga Falls High School, he was a letter winner in both Baseball and Wrestling. His senior year of baseball, Brian was voted Mr. Tiger, an award that is voted on by teammates and given to one player each year who demonstrates excellent team work and character qualities.

Outside of high school sports, Brian participated in recreational roller hockey leagues all over the greater Akron area. A passion for roller hockey is what brought Brian to Pinnacle Sports. He is now in his fourth year as the administrator, as well as a player, for the roller hockey



programs at Pinnacle.

After high school, Brian spent time as a volunteer baseball coach. He spent one season as an assistant JV coach at Kenston High School, 2 seasons as an assistant for a 10u team in the Cuyahoga Falls Amateur Baseball Association, and 2 seasons coaching his oldest son's T-

ball team in the Cuyahoga Falls South Little League.

Brian continues to live in Cuyahoga Falls with his wife Cariann and his sons Tyler and Timothy. He enjoys watching Tyler play ice hockey, and Timothy grow and learn to cope with his disabilities. He spends time volunteering to raise funds for the Cystic Fibrosis Foundation each year. He also enjoys his job at Pinnacle Sports as the Facilities Manager, overseeing the day to day maintenance and operations of both Pinnacle Medina and Twinsburg.



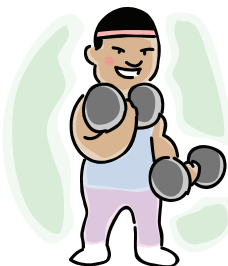
Motivation (continued from Page 1)

Once it adds up a bit, I get to spend it anyway I want! Then when I'm strutting around with my new sexy stilettos, I'll be able to think "my workouts and fit mindset bought this for me..."

3. Photo at your Heaviest:

If you have an old pic at your heaviest, place it where you will remind yourself to get fit. So, if food is your issue: put it in the kitchen — on your fridge, in your pantry, in your freezer, on your counter —

wherever you are going to see it before eating foods that you know you don't need to eat. If your issue is exercise, put that pic on your closet



door to remind you to grab your sneakers, put it next to your alarm clock so that when you go to hit "snooze" you see it and decide to [get up and exercise](#) instead

4. Photo at your Thinnest:

Same idea, but reversed. Yes, this is a serious glamour shot, a picture of you flexing your muscles or looking sexy in a bathing suit. Why? Because some people are driven by the positive, and others are driven by the negative. What type are you?

5. Accountability Chart:

Create a chart, [writing down](#) your weekly fit plan, tape it to your refrigerator and every time you workout, check it off!

6. Tester Jeans:

If I'm on the verge of eating that or not working out when I know I need to, I

just try on my tester jeans. They are my scale alternative when it comes to gauging my body size. For me it's less how much I weigh and more about how I feel and how big/small I am. I know that the scale stresses me out and I obsess over the number. If I feel like my testers a little tight, I don't even hesitate — I put that cookie down or I tie on my sneakers and head out for a run!



7. Skinny Jeans in the Kitchen:

Literally hang your [skinny jeans](#) in your kitchen or pantry so that every

Cont. Page 5 - Motivation

Motivation (continued from Page 4)

time you walk in to “see what’s new in the fridge” or do some [emotional eating](#) in hopes of making yourself feel better (which will ultimately make yourself feel worse) you see those skinny jeans hanging there and realize that, while those 10 seconds of taste bud bliss as you down that bag of chips will be heavenly — if you avoid that daily bag for a month, you will be



slipping, as opposed to squeezing, into your skinny jeans. And in the end, nothing tastes as good as thin feels.

8. Post-Its in the Pantry:

Find yourself opening the refrigerator

door and eyeballing everything (as if you don’t already know what it’s stocked with), [perusing the pantry](#), and riffling through the freezer, even when you’re still full from dinner? I do.

Waaaaay too often. I am great at late-night self-convincing that enjoying a few (or a heaping handful) of M&Ms is “okay” and that, no, I won’t regret it in the morning. Instead, I place Post-It notes with little reminders that I shouldn’t eat that cookie, alternatives to eating that cookie, and, worst case — the result of eating that cookie: weight gain.

9. Strip!:

If you’re having a hard time motivating, strip down to your [eco skivvies](#) and face yourself in the mirror. It’s not about looking for flaws, it’s about looking at where you stand right now and being honest about it. Yes, I could use a run right now. No, I really don’t want to paste that cookie to the side of my thighs...

10. Say It Out Loud!:

Yes, if you are about to [mindlessly snack](#), take it out of your mind and make the announcement: “I am now eating this entire bowl of leftover pasta because I’m bored, not hungry, even though I know it will go right to my butt.” If not working out is your issue, say “I am not going to work out right now because I would prefer be lazy and not address the fact that I need to get healthy. I am making the decision to prolong and even worsen my health and make my weight loss journey take even longer.” Chances are your statement will make you think better of it.



Register NOW for Winter III and Spring Training!

February 20th—April 1, 2012



FOR CHILDREN FROM AGE 3 TO THE ELITE HIGH SCHOOL ATHLETE

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**Signature Classes*

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



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VOLLEYBALL

FOOTBALL

ROLLER HOCKEY

LACROSSE

DODGEBALL

JUMP ROPE

MENTAL COACHING

MEETINGS

FIELD RENTALS

MARTIAL ARTS

PHYSICAL FITNESS

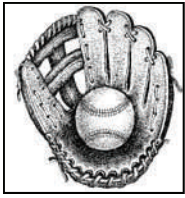
CORPORATE EVENTS

BIRTHDAY PARTIES

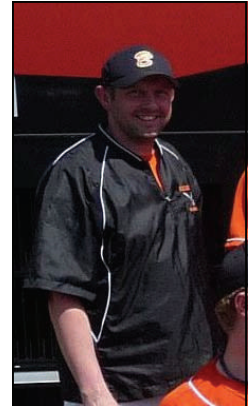
AND MUCH MORE!



Steve Wright named Head BB Coach at Buckeye HS



CONGRATULATIONS to Steve Wright, Baseball and Softball Administrator at Pinnacle Sports, for being named Head Baseball Coach at Buckeye High School. We wish Steve and the Bucks all the best in their upcoming season!



Future Fitness Club and Future Fitness Teens at Pinnacle Sports

Future Fitness Club: M, W, TH 6-7pm; cost: \$30 per 8 week session

Future Fitness Teens: M, W, TH 7-9pm; cost: \$40 per 8 week session

For more information: www.akronchildrens.org/kohlsfitness or www.pinnaclesports.org

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