



JRD May Newsletter 2018

A STORY JUST IN TIME FOR MOTHER'S DAY

When Chris Hoppe first started CrossFit, he used it as a way to help him recover from a battle with drug and alcohol addiction.

Now, several years later, he is ready for a different kind of battle at the 2014 South West Regional.

Hoppe, co-owner and head coach of Progressive Fitness CrossFit in Colorado Springs, Colorado, has been doing CrossFit since 2007. But last year was the first time he competed at the regional level. Hoppe suffered an injury in 2011, which forced him to take 2012 off from competing in the Open, but he returned in 2013 and took fifth place at the South West Regional, just two spots shy of qualifying for the Games.

Since then, Hoppe has recruited Dusty Hyland as his coach to help him work on some of the weaknesses he identified in his performance last year.

"We've been focusing on cleaner movements—basically technique on higher-end gymnastics, making sure that my pull-ups are clean, my push-ups are clean, and that my muscle-up transitions are more efficient and all my O-lifting is more efficient," Hoppe said. "Mainly making sure that the volume I'm doing is of the right efficiency."

The payoff has been apparent with top finishes at various local competitions and a fifth-place finish in the region in the Open.

"This year, I am looking to win at regionals rather than just see if I can compete with the big dogs," he said. "I want to qualify for Games then see what happens."

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“I feel prepared, and I’m not really scared about anything that they are going to throw out,” he said. “I’m looking forward to how we’re going to be able to game it since we are the last region to go. Over the course of the next (four) weeks, we get to watch people do it and fine-tune our plan. So for us, it’s basically relying on the past nine months of work and just being able to put the tools that you’ve acquired to great use.”

Should Hoppe accomplish his goal and qualify for the Games, he won’t be the only one in his family competing in the Games this year. Beth Hoppe, his mother and co-owner of Progressive Fitness CrossFit, finished in 11th place in her masters division after the Masters Qualifier.

“Coaching my mom to qualify for the Games was huge for me this year,” said the proud son. “As a coach, that was a big goal of mine and to be able to do that with my mom is pretty cool.”

Chris first got Beth into CrossFit six years ago when he became her personal trainer. He’s remained her coach since then.

“He was putting me through CrossFit when I didn’t know it,” Beth said. “He’d make me do these crazy workouts and I’d say, ‘Sure, I’ll do it.’ Then one thing led to another and when I realized I was doing CrossFit, I was just like, ‘Wow, OK.’ It was kind of a surprise start to it all, and then we just started doing it together.”

Both competitors had hopes to qualify for the CrossFit Games together, but the opportunity might come sooner than expected.

“Chris had told me last year: ‘One of these days, we’re going to make it to the Games together,’” Beth said. “And this might be the year, which is an accomplishment for both of us. ... Where we started with his addiction and going through all of that together, and then doing this together as a team and coming out winners on top. When he would always say, ‘We’re going to make it to the Games together one day,’ I’d say, ‘Yeah, you will.’ I never ever thought that I would make it to the Games.”

Beth said Chris’s confidence in her ability to make it to the Games is what got her there. Her confidence in her son’s ability to qualify might just result in the same happy ending.

“Watching him grow year by year ... he’s got such determination and such drive, anything that is thrown at him, he’s got the power to achieve it,” said the proud mother. “I’ve seen that throughout his life. He puts his mind to it and he stays so focused on what he’s doing. It’s amazing.”

Beth added: “I think he is going to kill it. He has put in the work, he has put in the time and he has put in the commitment. I think he is going to walk away a winner.”

—By Mandi Lo



WARNING

SIDE EFFECTS OF EXERCISE:

INCREASE IN ENERGY, A GOOD MOOD, WEIGHT-LOSS, REDUCED STRESS, BOOST IN IMMUNE SYSTEM, BOOST IN PRODUCTIVITY, IMPROVED QUALITY OF LIFE



Warning

My workouts may contain graphic material, like working out, using weights, and pushing myself to my limits. Viewer discretion is advised.

30-day Dumbbell Challenge

Beginner - 1 set
Intermediate - 2 sets
Advanced - 3 sets

WHAT YOU NEED: 5-20 lbs. Dumbbells, Exercise Ball, Chair, Stair

NO REST between exercises. Rest 2-4 min. between sets only

On Day 5, start back to Day 1 - Day 6, Day 2, on and on...

Day 1	REST
Day 2	Day 17
Day 3	Day 18
REST	Day 19
Day 5	REST
Day 6	Day 21
Day 7	Day 22
REST	Day 23
Day 9	REST
Day 10	Day 25
Day 11	Day 26
REST	Day 27
Day 13	REST
Day 14	Day 29
Day 15	Day 30

Day 1

- 12 alternating biceps curls (palms facing ceiling)
- 12 bent over one-arm triceps extensions (lean on a chair, flat back, elbow tight to body)
- 12 bench/chest press (I do these on my ball)
- 12 bent arm raises (bend at the elbow, 90 degrees and laterally raise you arms out to shoulder level)
- 12 bend to opposite foot (back flat, bend at hips, on both sides)
- 12 weighted crunches (hold weight at chest)

Day 2

- 12 ball alternating bicep curls (sit on ball, keep back of arm flat on leg, curl)
- 12 over the head tricep raises (both hands on dumbbell, 90 raise)
- 12 flys (I do these on my ball and lower weight)
- 12 lateral straight arm raises (lower weight)
- 12 calf raises w/ weights (on a stair)
- 24 oblique crunches (feet on ground, sit-up 1/2 way, hold dumbbell w/ both hands, touch ground on each side)

Day 3

- 12 alternating bicep curls (palms facing each other)
- 12 stair bench dips
- 12 push ups on knees (on Day 15 - off knees)
- 12 shoulder raises (standing or sitting on ball)
- 12 standing forward lunges with weights
- 12 reverse dumbbell crunch (lay on back with dumbbell over head - straight arm - feet at 90 deg. Bring knees to stomach lifting butt off ground.)

PRINT THIS OUT
MARK OFF YOUR DAYS!

If you start out Beginner, End at Advanced - PUSH yourself!!



Mother Daughter 5k Run or Walk

Saturday May 12, 2018 8:00am

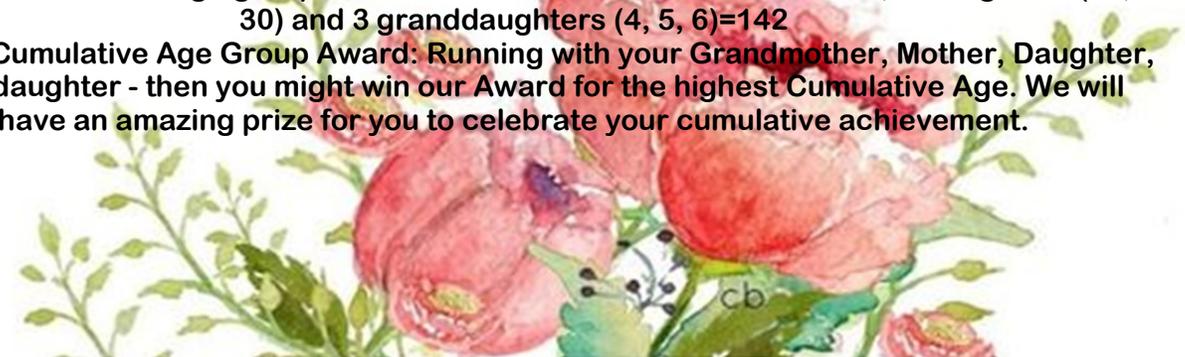
Cost: \$18.00 a person or \$60.00 Family



Must pre-register by May 7th to guarantee a shirt. If preregistered, participants receive a T-shirt, finishing charm and free photo downloads of any pictures taken during the event. Ages 9 and under are free but they must still register. Register at the office or by phone at 324-3389.

You're running as a team, so our age groups will be the combined age of both the mother and the daughter. An example, if you are a 20 year old mother and have a 1 year old or less. Your combined age group will be 21. If you are a 65 year old with a 40 year old daughter. Your combined age group will be 105. A 65 Year Old Grandmother, 2 Daughters (32, 30) and 3 granddaughters (4, 5, 6)=142

Highest Cumulative Age Group Award: Running with your Grandmother, Mother, Daughter, Granddaughter - then you might win our Award for the highest Cumulative Age. We will have an amazing prize for you to celebrate your cumulative achievement.



The Benefits of Using A Foam Roller

By Dr. Sean Riley, Chiropractor

Almost anyone that goes to the gym, physical therapist, physical trainer, or chiropractor has seen a foam roller sitting in the corner. Many times, it will remain lying there, unused—because people don't know how to use it properly, or perhaps they don't even know what it is. A foam roller is typically a long, white tube made by one of various different companies. Foam rollers are usually somewhat dense and don't have much give to them. They can come in various different shapes, sizes, and colors.



The purpose of a foam roller is to break down adhesions or increase flexibility/mobility. Basically, it can be thought of as a very cheap form of massage. Many patients will visit a massage therapist because they want soft tissue release, to help loosen up their muscles, or to increase flexibility. Instead, one of these foam rollers can be purchased for around \$35 or less. They can be used at home as often as needed to provide similar results.

Here's a quick physiology lesson: A thin layer of tissue exists on top of muscle, called fascia. In healthy tissue, the fascia slides back and forth easily. In areas with trauma or injury (or most commonly, over-use), that fascia will develop adhesions or tightness. Stretching will not be of any benefit. Imagine trying to stretch a rubber band that has a knot tied in it. You're essentially just going to tighten the knot even further. **The foam roller actually unties that knot by decreasing the adhesions in the fascia.** The fascia will begin to function properly, which will increase mobility. After using the foam roller, you can work on some self-stretching techniques or other similar treatments.

*It can be difficult to use foam rollers in the beginning because any tight points throughout the body will be exposed. Persistence will be rewarded, however, since **the areas that are most uncomfortable are typically the ones that need the most work.** The mid-thoracic (mid-back) area is a common point of weakness for people who sit at a desk for extended periods. This is probably the top reason to use the foam roller.. The area between the shoulder blades also becomes rounded off from sitting at a desk or using a computer all day. The roller will be helpful with relieving that adhesion, which can sometimes feel like a crack or pop. That feeling means that the spine is opening up a bit, which is a good sign.*

Secondary to that, doctors often see athletes and non-athletes alike with IT (iliotibial) band dysfunction. This involves the soft tissue on the outside of the leg. Over time, runners can experience a buildup of tightness that leads to knee injury. Even though someone might be asymptomatic, the roller can still be useful. Hamstrings, hip flexors, and calves are other areas that are often affected. Most patients will be advised to stay off the low back area due to these areas of dysfunction. The roller can be used effectively on the hips, outer hips, glutes, hamstrings, hip flexors, and the mid-back area as well. It can even be used to provide some stress relief.

Many companies that make foam rollers will provide a simple manual that makes the process of using a foam roller easy to understand. Patients will have an easy time determining how much pressure must be applied to the apparatus. A chiropractor or physical therapist is also a good way to get started. Professional guidance allows anybody to use a foam roller effectively. Additionally, there are many useful online resources that can provide instructions for proper use. Foam rollers can ultimately result in a wide variety of benefits, including preventing common injuries.



flexible
foam rolling

01. calf muscle



place foam roll under heel ball. raise left leg over right leg to increase pressure (optional). raise also in 3-4 minute phase. slowly roll roll area to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite leg.

02. peroneals



place foam roll under lateral part of calf. raise left leg over right leg to increase pressure (optional) when in place. slowly roll area to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite leg.

03. adductors



lie prone with one leg extended to the floor under the knee right, under the knee left. raise also in 3-4 minute phase. slowly roll the medial thigh area to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite leg.

04. it-band



lie on one side with knee on top of calf. raise the top leg over the lower leg with foot touching the floor & the bottom leg raised. slowly roll the outer thigh area to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite leg.

05. piriformis



roll on top of the foam roll positioned on the back of the leg. raise one foot to the opposite knee. raise also in 3-4 minute phase. slowly roll the top of the hamstring. slowly raise the knee to the opposite knee. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite leg.

06. rectus femoris



lie prone with both feet under the anterior upper leg. maintain proper knee control. raise also in 3-4 minute phase. slowly roll from the pelvic crease to the knee area to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite leg.

07. latissimus dorsi



lie on the floor on one side with the arm closest to the floor extended and thumb facing upward. place the foam roll at the armpit area under the armpit. raise also in 3-4 minute phase. slowly move back & forth to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite side.

08. hamstrings



place foam roll under hamstring with knee unsupported. raise left leg over to increase pressure (optional) when in place. slowly roll from the back of the thigh towards the posterior leg to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again. repeat on opposite leg.

09. thoracic spine



lie on the floor with knees bent placed behind the back. raise arms to the opposite shoulder to clear the shoulder blades across the mid-back. lie back on top of the foam roll so that it is positioned under the upper back. raise also in 3-4 minute phase. slowly raise back & forth to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again.



lie on the floor with knees bent placed behind the back. raise arms to the opposite shoulder to clear the shoulder blades across the mid-back. lie back on top of the foam roll so that it is positioned under the upper back. raise also in 3-4 minute phase. slowly raise back & forth to find the most tender spot. raise shoulder/heel backer spot until the discomfort is reduced to at least 75%. progress to the next tender spot & back again.

Chocolate Oatmeal No Bakes Makeover

Ingredients

1/4 cup + 3 tbsp peanut butter, almond butter, or cashew butter

1/4 cup + 3 tbsp pure maple syrup, honey, or agave

1/4 cup virgin coconut oil

1/2 tsp pure vanilla extract

1/4 tsp salt

2 cups quick oats

1/4 cup cocoa powder

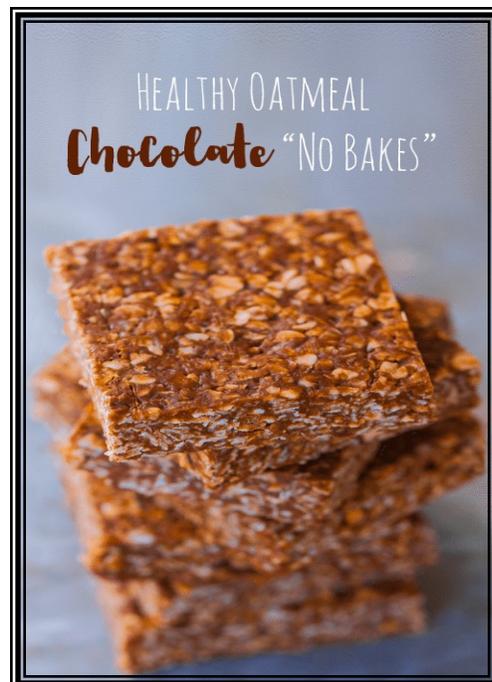
Instructions

Line an 8-inch square pan with parchment or wax.

Set aside. Stir together the first three ingredients.

Gently heat until the oil is melted and peanut butter is easily stir-able. Whisk in the vanilla extract and salt, stirring until completely smooth. Stir in the

quick oats and cocoa powder until evenly coated. Smooth into the prepared pan, and press down with a spoon as hard as you can. Really pack it in. Freeze until firm enough to cut. Leftovers can stay out a few hours, but I like to keep them in the freezer for optimum freshness, where they last a few weeks.



Not Your Ordinary Pancake

Ingredients

1 1/2 cups rolled oats

1 tsp. baking powder

1/2 tsp. salt

1 tsp. cinnamon

1 tsp. vanilla

1 egg

1 cup milk or almond milk

Instructions

Place all ingredients in a blender. Blend well. Let sit 5 minutes. Bake on greased griddle.

*If you like a finer pancake pulse the oats on the blender for a couple of minutes before adding other ingredients.



Oats=Superfood!!!

Oats are loaded with important vitamins, minerals and antioxidant plant compounds. Half a cup (78 grams) of dry oats contains:

*Manganese: 191% of the RDI

*Phosphorus: 41% of the RDI

*Magnesium: 34% of the RDI

*Copper: 24% of the RDI

*Iron: 20% of the RDI

*Zinc: 20% of the RDI

*Folate: 11% of the RDI

*Vitamin B1 (thiamin): 39% of the RDI

*Vitamin B5 (pantothenic acid): 10% of the RDI

*Smaller amounts of calcium, potassium, vitamin B6 (pyridoxine) and vitamin B3 (niacin)

*This is coming with 51 grams of carbs, 13 grams of protein, 5 grams of fat and 8 grams of fiber, but..... only 303 calories.

This means that oats are among the most nutrient-dense foods you can eat.

Oats contain large amounts of beta-glucan, a type of soluble fiber. Beta-glucan partially dissolves in water and forms a thick, gel-like solution in the gut. The health benefits of beta-glucan fiber include:

- Reduced LDL and total cholesterol levels
- Reduced blood sugar and insulin response
- Increased feeling of fullness
- Increased growth of good bacteria in the digestive tract

Here is a very simple way to make oatmeal:

1/2 cup of rolled oats

1 cup of water or milk, coconut or almond milk work well, too.

A pinch of salt

Combine ingredients in a pot and bring to a boil. Reduce heat to a simmer and cook the oats, stirring occasionally, until soft.

To make your oatmeal even tastier and more nutritious, you can add cinnamon, fruits, nuts, seeds, or Greek yogurt.

Just for Kids

This Old Typewriter

Xvxn though this typxwritr is an old modxl, it works vxry wxll, xxcxpt for onx kxy. You'd think that with all thx othx kxys working, onx kxy would hardly bx noticxd. But just onx kxy out of whack sxxms to ruin thx wholx xffort. Havx ou vxvr said to yoursxlf, "I'm only onx pxrson. No onx will noticx if I don't do my bxst." But it doxs makx a diffxrxncx, bxcxusc to bx xffctivx, vxvryonx must do his or hxr bxst. So if you'rx havng onx of thosx days whxn you think you just arxn't vxry important and you'rx txmptxd to slack off, rxmxmbxr this old typxwritr. You arx a kxy pxrson, and whxn you don't do your bxst, nothing xlsx works out thx way it should.



Pink Lemonade Playdough

1 cup water
1 cup flour
1/2 cup salt
1 Tablespoon
vegetable oil
1 Tablespoon Cream
of Tartar
5-8 drops Lemon es-
sential oil (optional,
but this is what
makes it smell like
lemonade)
Pink food dye



© www.firefliesandmudpies.com

Mix the water, flour, salt, vegetable oil, Cream of Tartar, and food dye in a small saucepan. Cook the mixture over medium heat, stirring frequently, until the mix clumps into a ball. Dump the dough onto the counter; let it cool. When cool enough to touch, make a small well in the dough. Drop in essential oil. Knead well until the essential oil is mixed in. Keep in sealed container when not using.

Funfetti Mini Pancake Muffins for Mom on Mother's Day!

Super easy and fun!

Using store bought or homemade pancake batter just stir in some chocolate rainbow sprinkles.

Spray a mini muffin pan really well with non-stick spray. Pour your pancake batter in the pan.

Bake at 350 for about 9-10 minutes.

Serve with maple syrup.

Yummy!!!



what's *fit activity* for kids **your name!**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |



To educate and encourage kids in fitness and nutrition and to offer a **FREE** camp that builds self-esteem and a healthy lifestyle.

Camp runs 6 weeks (July 2-August 9th) every day, Monday-Friday (9am-2pm). 130 kids will be chosen for camp based on their need for this camp and their application letter.

What to expect at JRD Summer Camp

Daily Nutrition Classes

Daily Fitness Classes- Kickboxing, Boot Camp, Zumba, Hip Hop, Self Defense, and Gymnastics

Cooking Classes- Smoothie contests, whole grains, sprouting, breads, beans, whole food cooking

Enrichment Classes- Science, wild-life, crafts, biology, recycling and bird sleuthing

Fieldtrips- Dierke's Lake, Baker Lake, Oregon Trail Hike (Hagerman), Fire Dept., Hilex Poly, Brett Thompson Motorsports

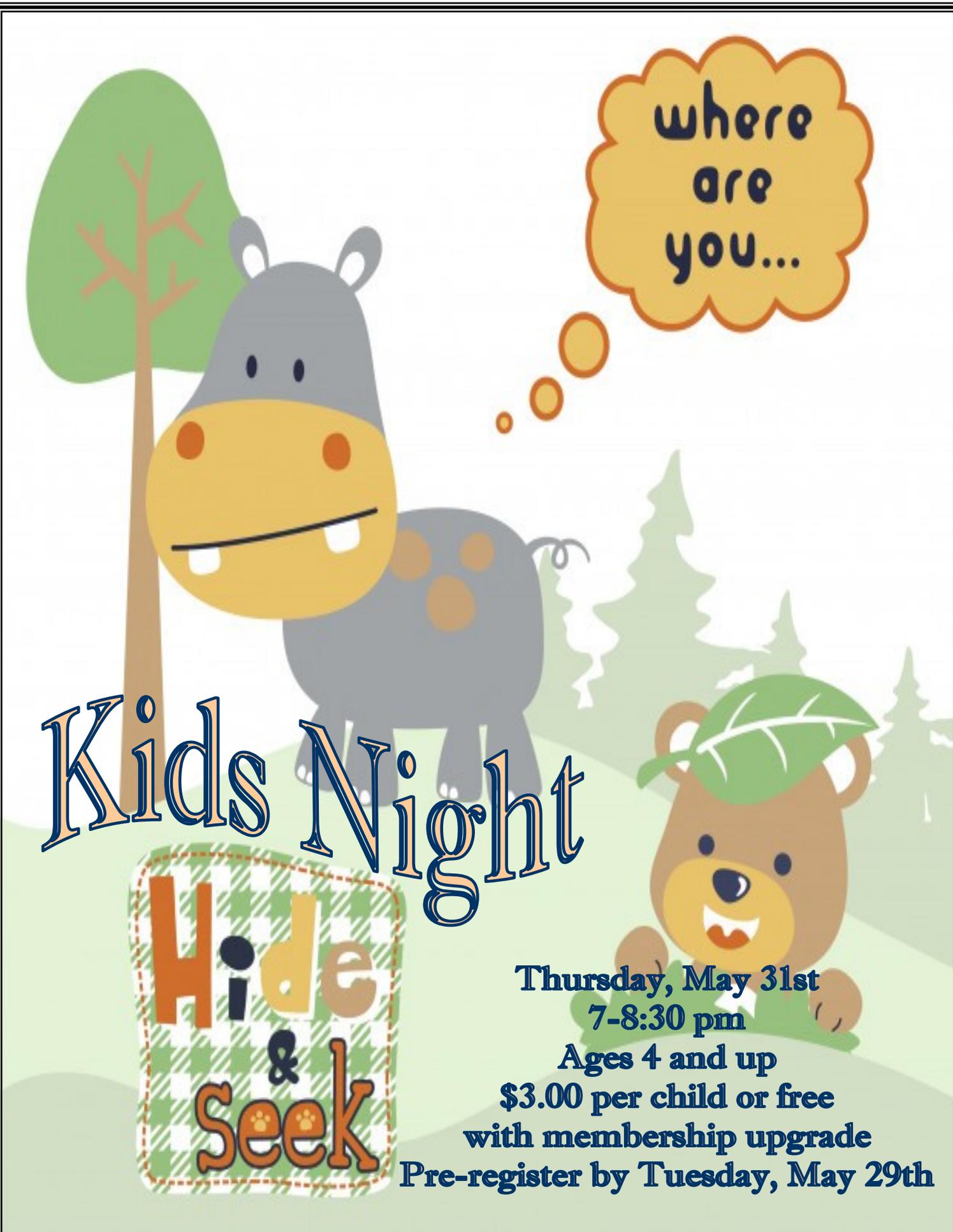
PE games and Teambuilding games

Daily Swimming

Weekly Theme Days

Sample Daily Schedule

9:00am-9:10am- Warm-up
 9:10am-9:30am- Team Games
 9:30am-10:15am- Stations
 10:15am-10:45am- Nutrition Class
 10:45am-11:30am- Water or Outside games
 11:30am-12:15pm-Lunch
 12:15pm-1:00pm-Exercise class
 1:00pm-2:00pm-Swimming



where
are
you...

Kids Night

Hide
&
Seek

Thursday, May 31st
7-8:30 pm

Ages 4 and up

\$3.00 per child or free

with membership upgrade

Pre-register by Tuesday, May 29th



1st Annual

Jerome High School &
Youth Club Wrestling Fundraiser

5k

Fun Run & Walk

Saturday, May 19th

Jerome Recreation Center: 8am

\$15 ENTRY | \$50 FOR FAMILY OF 4

Register online at www.jeromerecreationdistrict.com or at the Jerome Rec Center.

****Register by May 13th to guarantee a t-shirt. After May 13th no guarantee to receive t-shirt or proper size.**

On-Site Registration Available Morning of Race: 7am - 8am

\$18 ON-SITE ENTRY | \$58 ON-SITE FAMILY OF 4

**ALL PROCEEDS GO TO THE JEROME HIGH SCHOOL &
YOUTH CLUB WRESTLING PROGRAMS**

May Obstacle Course Class schedule!

Wednesday May 2 at 7pm
Saturday May 5 at 8am
Saturday May 12 at 8am
Wednesday May 16 at 7pm
Saturday May 19 at 8am
Wednesday May 23 at 7pm
Saturday May 26 at 8am
Wednesday May 30 at 7pm



COST: \$3 A CLASS OR FREE WITH MEMBERSHIP UPGRADE

INSTRUCTOR: DARIN HARRISON



Beginners to advanced participants welcome!

An obstacle course is a series of challenging physical obstacles an individual or team must navigate usually while being timed. Obstacle courses can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed and endurance. Sometimes a course involves mental tests. Come out and try an obstacle course class and you will be on your way to competing in Spartan like races if you choose to do

so. Even if you don't do any obstacle course events, you will still enjoy it and get an excellent full

TENNIS LESSONS 2018

****at the City Tennis Courts****



gg63671659 www.gograph.com

June 4-8, 2018

Register by June 1, 2018

10:00 AM - 12:00 PM

Ages 8 and up

Things you will need:

Tennis racket, one can of tennis balls and water bottle.

\$30 in district / \$40 out of district

Instructor: Nicole Waitley, JHS Head Tennis Coach

Golf Lessons Summer 2018

JUNE 26, 27, 28 - Register by June 22

****Lessons given by Al Rohweder and the Golf Pros at 93 Golf Ranch****

YOUTH LESSONS - \$25 in district or \$35 out of district

- Age 6 yrs to 11 yrs - 8:15 AM - 9:15 OR

Ages 6 yrs to 11 yrs - 9:30 AM - 10:30 AM

Ages 12 yrs to 17 yrs - 10:45 AM - 11:45 AM

ADULT LESSONS - \$35 in district or \$45 out of district

- Session 1 5:30 PM - 6:45 PM OR

- Session 2 7:00 PM - 8:15 PM

****EXTRA CHARGE FOR RANGE BALLS****

Clubs are available to borrow at the clubhouse.

Limited to 10 participants per age group



Swimming Alert!!

Swim Team registration opens April 16th

Starts June 4th, Monday thru Thursday.

MUST be able to swim the full length of the pool.

This is NOT a substitute for swimming lessons.

Practice times

1. 6:30-7:15 am (max 30)
2. 7:15-8:00 am (max 30)
3. 8:00-8:45 am (max 30)

\$60.00 in district

\$70.00 out of district

Swimming lessons registration opens **May**

10th, 6:00 am.

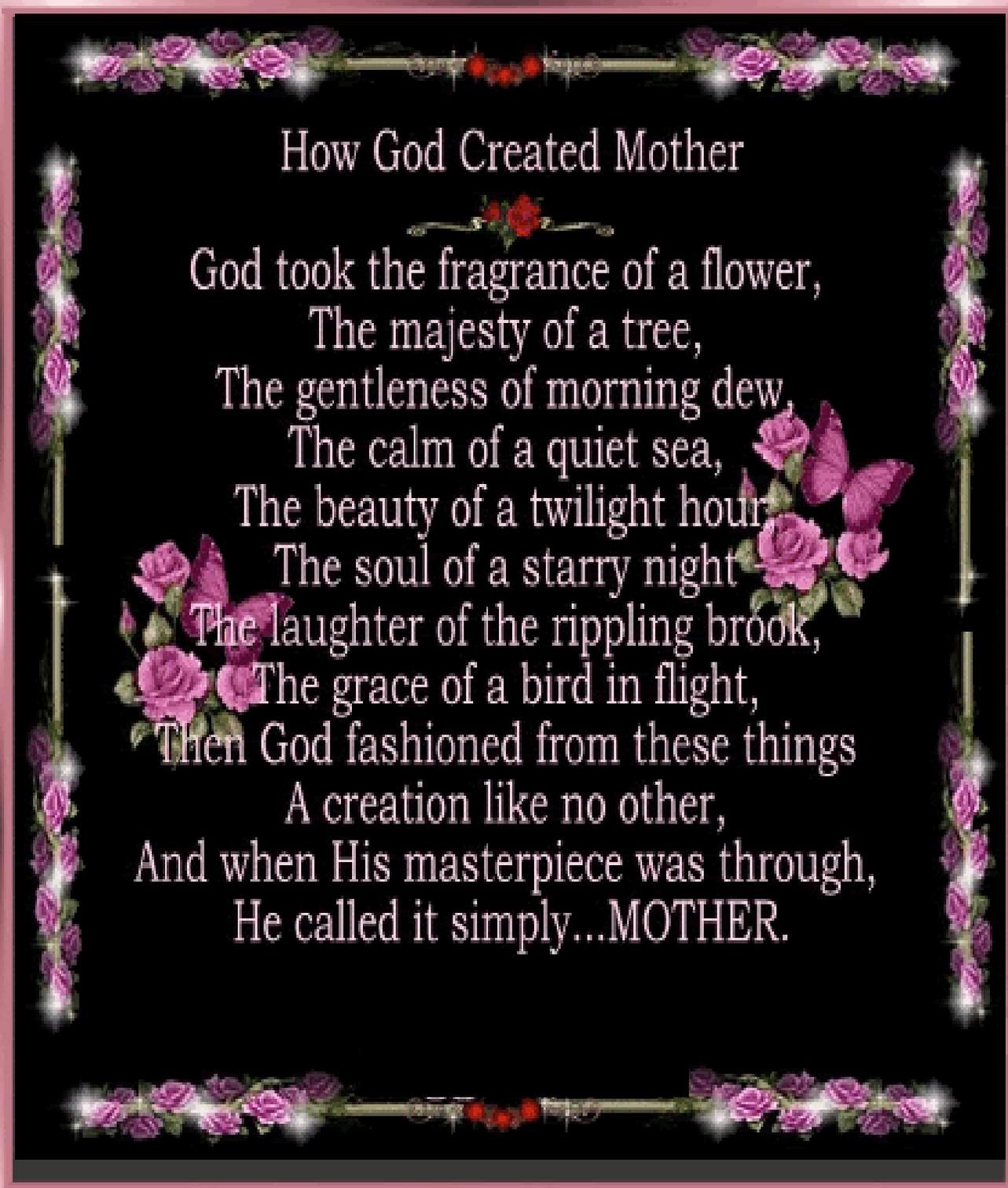
Free Swim Day

May 25th 1-4 pm

Swimming Alert!!



How God Created Mother

A decorative border of pink roses and butterflies surrounds the text. The border is set against a black background.

God took the fragrance of a flower,
The majesty of a tree,
The gentleness of morning dew,
The calm of a quiet sea,
The beauty of a twilight hour,
The soul of a starry night,
The laughter of the rippling brook,
The grace of a bird in flight,
Then God fashioned from these things
A creation like no other,
And when His masterpiece was through,
He called it simply...MOTHER.