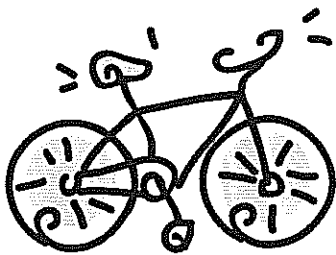
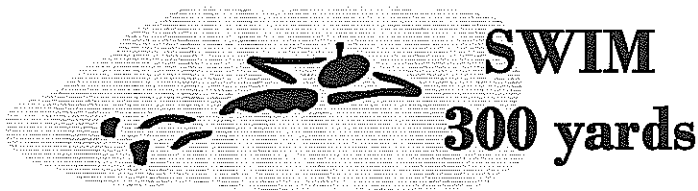


We build strong kids, strong families, strong communities.

City of Le Mars YMCA

August 2010

Le Mars Sprint Triathlon



BIKE
15 miles



RUN
5k

The 2010 Le Mars Sprint Triathlon will be Saturday, September 11 at 9:00am with check-in at 7:00-8:15am. Participants swim 300 yards in the heated Le Mars Outdoor Pool, then bike 15 miles out and back on blacktop on C-30 and south on K-64, the race finishes with a 5k run through residential Le Mars. Participants can compete as an individual or as a team of 2 to 3 people.

Fees include post event tshirt, use of timing chip and post race meal. No registrations will be accepted after September 9.

Individual

\$30 by August 9
\$35 by September 2
\$45 by September 9

Team

\$53 by August 9
\$60 by September 2
\$75 by September 9

Race Day Tips

- **Arrive Early** - Allow yourself plenty of time to park, visit the restroom, and relax. Without doing so you may feel rushed creating undo stress on your mind and body.
- **Double Check** - Shoes double knotted? Bib number pinned on? Timing chip fastened securely? Sweats off?
- **Hydrate** - Hydrate regularly along the way. Don't try anything new unless you've used it during training.
- **Lubricate** - Lubricate areas to prevent chafing.
- **Know Your Surroundings** - Move to the side if you here someone behind you say excuse me or coming through. Move to the side to tie your shoe or if you need to stop at a water station for a rest.

"We only live once, and if you do it right, once is enough."

Joe Lewis

The Brown Bomber

Heavy Weight Champion of the Year



News from the Le Mars Outdoor Pool

Water Fitness Classes

The LeMars Outdoor Pool offers a variety of water fitness classes this summer. Water fitness is an excellent low-impact exercise that gets your heart pumping! No swimming skills are needed for water fitness classes.

Rise and Shine Water Fitness - Monday, Wednesday, Friday 7:00-8:00am

This morning water fitness class is intended to help you gain strength, flexibility, cardiovascular endurance and energy without the stress on your joints.

Afternoon Water Delight - Monday and Wednesday 12:00-12:45pm

Join us in the shallow water for low impact, joint friendly exercise. The afternoon class helps improve range of motion, strength and cardiovascular endurance, flexibility and balance.

Evening Energizer - Monday and Wednesday 5:30-6:30pm

Need an end of the day pickup. Evening Energizer will help you gain strength, flexibility, cardiovascular endurance and energy without the stress on your joints.

Deep, Down & Dirty - Tuesday and Thursday 5:45-6:30pm

This all deep water class offers a great no impact workout perfect for all skill levels. Flotation aides as well as other equipment are used.

Triathlon Training Tips

Equipment - When training wear the shoes and use the equipment that you intend to use on race day.

Source:

www.riverratmarathon.com

Beat the Heat - Keep the sun out of your eyes with a visor, not a hat which traps heat.

Source: www.runnersworld.com

Transitions - Doing workouts where you swim first and bike second or bike first and run second will teach you to make smooth transitions.

Source: www.halhigdon.com

Cool Downs - Cool downs eliminate lactic acid, bring your heart rate to normal and prevent muscle cramps.

Source:

www.beginnertriathlete.com

Tapering - Two weeks of tapering is necessary so your body can appropriately rest and heal to get ready for your race day. Don't worry, you will not lose performance!

Source:

www.beginnertriathlete.com

Mark Your Calendars

Swim Lessons Session 3

Girls Volleyball Camp (3rd - 8th)

Back to School Bash

YMCA Closed for Labor Day

Le Mars Sprint Triathlon

Flag Football

Coed Soccer

YMCA Winter Hours Begin

Girls Volleyball League

August 2 - 13

August 9 - 11

August 19

September 6

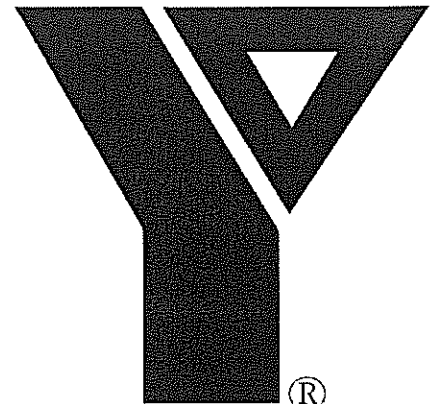
September 11

September 11 - October 16

September 20 - October 28

October 1

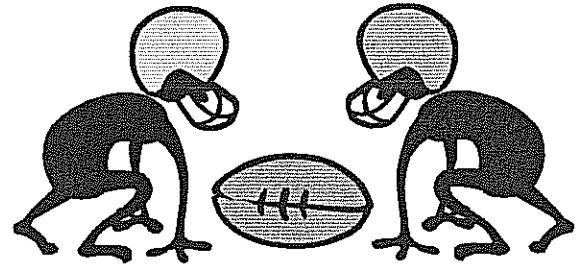
October 2 - November 20



F a l l

Flag Football (1st - 6th Grade)

Location: LCHS Practice Football Field
Duration: September 11 - October 16
Day: Saturdays
Time: 11:00am - noon
Deadline: September 4
Fee: **On/Before September 4**
Members: \$19.26
Non-members: \$34.24
On/After September 5
Members: \$29.96
Non-members: \$44.94



Coaches

Parent-coach volunteers are needed for 1st and 2nd graders. All coaches are required to complete a coach's application form.

Coaches Meeting - September 9
5:30pm

Coed Soccer (PreK - 8th Grade)

Location: West Floyd Soccer Complex
Duration: September 20 - October 28
Days/Times:

K-1st	Monday	5:15-6:15pm
2nd-4th	Tuesday	5:15-6:15pm
PreK	Wednesday	5:15-6:00pm
5th-8th	Thursday	5:15-6:15pm

Deadline: September 11
Fee: **On/Before September 11** **On/After September 12**
Members: \$23.54 Members: \$34.24
Non-members: \$38.52 Non-members: \$49.22



New Girls Volleyball League (6th and 7th Grade)

The City of Le Mars YMCA is excited to announce our new youth volleyball leagues for both 6th and 7th grade girls. Each league will consist of 7 weeks of league play and 1 week of tournament play. The tournament will be single elimination and seeded according to the final standings of league play. Only the top 4 teams from league will play in the tournament. Medals will be awarded to the team that wins the tournament. A minimum of 4 teams is needed in each age division with a maximum of 8 teams in each age division.

Location: YMCA Main Gym
Duration: October 2 - November 20
Days/Times:
6th Grade - Saturdays 8:30-10:30am
7th Grade - Saturdays 10:30am-12:30pm
Team Fee: \$187.25
Deadline: September 15

No team registrations will be taken after September 15. Each team is required to have a roster turned in by the deadline of Sept. 15.

S p o r t s