

Sports Report

Rehabilitation Institute of Chicago



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The RIC Health and Fitness Center expansion includes a new 800sf aerobic room.

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RIC Health and Fitness Center expands!

February was an exciting month for the Galvin Health and Fitness Center and Wirtz Sports Program! On February 5th the RIC Health and Fitness Center opened its new expansion to the Galvin Fitness Center. Construction on the expansion started in January and included adding over 1,500 square feet of office space, renovating the old administrative office into a new 800-square foot aerobic studio and NCPAD Resource Center, and building a new Functional Fitness room in the old fitness lab space. The RIC Galvin Health and Fitness Center now encompasses the entire third floor in Abbott Hall totaling 6,000 square feet of space.

The expansion represents a significant step forward in our ability to grow the repertoire of programs and services offered by RIC Sports and Fitness as well as better meet the needs of our par-

ticipants. The expanded space allows the Fitness Center to increase the size of specialized classes that are held at the Center, such as Exercise Essentials to Manage Arthritis and Integrated Exercise for Parkinson's, and it helps to support the growth of the RIC Functional Fitness Program.

A few highlights of the expansion include:

- A new 800-square foot fitness aerobics studio with high impact flooring allowing class enrollment to increase from 10 participants to 15;
- A dedicated resource center for the National Center on Physical Activity and Disability making our vast library of books, magazines, videos, and information readily available to participants;
- Expanded seating in the lobby;
- New reception area to greet participants and visitors;

- New location of the administrative office - office is now found around the corner from the elevators;
- Private office space for Wirtz Sports and Galvin Fitness staff located in new, larger administrative office space; and

- A "Walk through RIC Sports History" display in administrative office lobby.

While the administrative offices have moved across the hall, all contact information—the address and phone numbers — for the staff remain the same as before.

We would like to thank everyone involved in coordinating the expansion! If you have any questions regarding RIC Sports or Fitness or the newly expanded space please contact the main office at 312-238-5001, or better yet, come by for a visit!

Hornets at Rockford

The RIC Hornets returned from the Annual Rockford Tourney this past February with a 2 and 2 record. The Hornets opened the tourney on Saturday by revenging a tough loss they had against Ann Arbor, Michigan in the last month. Playing hard with an inspired defense the Hornets poured it on scoring 53 points and holding Michigan to 35 points. The Hornets had a tough second

game against veteran Rockford team the Chariots, who won by 24 points almost exclusively by scoring in the low post. The next test came in a different package: a young but extremely talented team from Milwaukee handed the Hornets their second loss. Using speed and a youthful exuberance the Milwaukee team pulled away in the second half. The final game for the Hornets was a game against the

RHI Pacers with the Hornets winning by 2. Overall this was a good tournament for the Hornets as they continue to get together as a team. March Madness is approaching and the regional tournament will be held in Rockford on March 16th-18th. The team is looking forward to the coming playoff challenges.



February Scoreboard

RIC HORNETS at Rockford



RIC	53	vs	Michigan	35
Rockford	68	vs	RIC	44
Milwaukee	73	vs	RIC	49
RIC	44	vs	RHI	42

RIC BEARS at Denver



Phoenix Heat Red	53	vs	RIC	52
Phoenix Heat Black	64	vs	RIC	51
RIC	52	vs	Harlequins White	51
RIC	55	vs	Harlequins Navy	41
RIC	61	vs	Wild Card	48

RIC BEARS at Heartland Regionals



RIC	61	vs	Indiana	25
RIC	38	vs	Ohio	7
RIC	49	vs	Milwaukee	19
RIC	62	vs	Pittsburgh	20
RIC	72	vs	Great Lakes	45

RIC Sports receives equipment donation from Cubs Care and Nike Sports

RIC Sports was one of fourteen community sports programs chosen by Cubs Care to receive a selection of new Nike equipment. At the 2006 LaSalle Bank Chicago Marathon, Nike challenged two 25-member teams of Chicagoland runners to compete for a Nike product donation to "their" side of town. Collectively, the fifty north side and south side runners completed 1,310

miles on race day. The North Side team's cumulative time was faster than the South Side team's making the Chicago Cubs Care Charities the recipient of this generous donation. The donation including gloves, basketballs, bat bags, bats, soccer and dodge balls,

and footballs helps re-equip the men's and women's competitive sports teams and the Caring for Kids Program.

A hearty thank you goes out to Cubs Care Charities, Nike Sports, to all the men and women who ran for the "North Side" and "South Side" in the spirit of helping their community of fellow athletes.



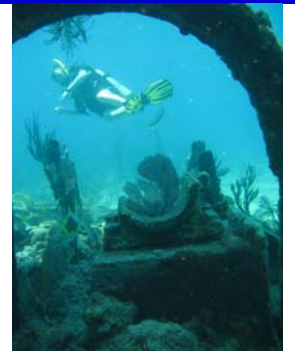
A Fund of the Robert R. McCormick Tribune Foundation

Sport Shorts

CAN SPRING BE IN THE AIR? The RIC Cubs wheelchair softball team is coming out of winter hibernation! First practice is April 4th. If you are interested in playing wheelchair softball contact Sam Glomp at 312-238-5011 or email sglomp@ric.org.

DISCOVER SCUBA! Diveheart and RIC Sports are teaming up again to bring children with disabilities on a life-changing scuba adventure

to the Florida Keys this June 23-30th. The first Discover Scuba meeting is on March 15th in Downers Grove and the second meeting is April 14th from 9:30am-12:30pm at the UIC pool in Chicago. Any teens over the age of 13 who are interested in learning to scuba dive should contact Janet Lutha at 312-238-5010 or email jlutha@ric.org for more information.



Oh, the places you can go when you scuba dive... A taste from last year's Discover Scuba underwater adventure to the Florida Keys.



diveheart.org

Easy exercises target "Core" and "Cuff" muscles

Check out www.NCPAD.org for video quick clips on Core & Stability exercises for Stroke Survivors and Persons with Multiple Sclerosis and rotator cuff exercises for wheelchair users.

The videos feature exercises for the "Core" muscles and are quick and easy enough to do the movements in your own home. The "Core" is a term commonly used to describe the muscles in the torso area; these muscles include your abdominals and

obliques, and the muscles of your back. Good core strength is essential for stability and good sitting posture essential for those using a wheelchair or scooter or for those using other assistive devices that help them get around.

Rotator cuff injuries are very common for manual wheelchair users. The repetitive 'push' movement is a great strengthening exercise for the chest, shoulders, and arms, but it can wreak havoc on

smaller muscle groups such as the rotator cuff. While the rotator cuff muscles are not used in the 'push' movement they can often become injured from the overuse of the shoulders. The quick clip on NCPAD.org demonstrates a great and simple exercise to strengthen these small muscles to help prevent injury.

To watch these clips go to <http://www.ncpad.org/videos/>.



Caring for Kids

February Caring for Kids has stayed busy with many week-end activities and no school programs. The month was kicked off with the youth enjoying Cosmic Bowling at Waveland Bowl on February 10th. For cosmic bowling the lights are turned down and the music is turned up for a fun filled 2 hours of unlimited bowling. The kids celebrated a day off from school for Lincoln's birthday on February 12th. The morning included a Caring for Kids scrapbooking session. The kids used quotes and pictures from magazines and past Caring for Kids events to create a collage of memories for the Caring for Kids Program. The group spent the afternoon at the Drucker Center expending energy on indoor sports including basketball, dodgeball and nerf pillow polo. Friday, February 16th was Teen Night. The

teens picked a movie theatre outing for their group event. We all laughed together and enjoyed "Norbit" at the AMC River East. Another no school day on February 19 was spent with Equestrian Connection in Lake Forest. The group continues to increase their riding skills and independence with horses. The month finished out with Special Recreation Day at a Chicago Storm indoor soccer game on February 24th. The group traveled to the new Sears Centre in Hoffman Estates to enjoy a fast-paced, high-scoring game of indoor soccer. Power soccer was featured during halftime and everyone was treated to a mock game between the Rockford Park District and the Great Lakes Adaptive Sports Association. Power soccer is soccer for youth and adults who use power wheelchairs. Yoga and karate began their new 5-week session on Febru-

ary 25th. Classes are now being held at the Drucker Center, which is a recreation center with the Menomonee Club for Boys and Girls. Parents, youth and instructors are excited about the new class space.

Upcoming March events include horseback riding on March 5th, an outing on March 10th to Navy Pier's Shakespeare Theatre to see "How Can You Run With a Shell on Your Back", sled hockey on March 24th, a Chicago Blackhawks game on March 30th and a Chicago Bulls game on April 6th. Yoga & karate is currently in session from February 25th-March 25th on Sundays from 12-2 PM.



For more information on Caring for Kids, please contact Janet Lutha at (312) 238-5010 or email at jlutha@ric.org.

Red-hot RIC Bears play into the post season

The RIC Bears quad rugby team warmed up for post season play with the Mile High Massacre on Feb. 9-11th in Denver, CO. This tourney pitted RIC against split squads from Denver and Phoenix, both of which are both highly ranked Division I teams. The Bears ended up going 3-2 at the tourney, but the experience they gained in

Denver was immeasurable. On February 23rd the Bears opened up post season play at the Heartland Regionals, which they entered as the #1 ranked team in the region and heavily favored to win. The Bears dominated the competition by going 5-0 and taking first place and earning the #2

seed for the Heartland Sectionals, which will be held in Birmingham, AL March 9-10th. All tourney honors were earned by Nick Fonner best 1.0 class, Brad Schrammel best 1.5 class and Fabien Lavoie best 3.0 class. Fabien also took home Most Valuable Player honors. Go Bears!

Athlete of the Month

The athlete of the month award for March goes to Joe Murphy of the RIC Fitness Center. Nearly sixteen months after Joe's spinal cord injury, Joe returned to work full-time in December as a Commander for the Chicago Police Department. Prior to returning to the

force, Joe became a dedicated member of the RIC Fitness Center. In September, Joe began participating in the new Functional Fitness Program. Joe's functional program consists of both land-based and water-based exercises. The water exercises have

allowed Joe to significantly improve his cardiovascular conditioning and his ability to hold his breath under water for the entire length of the pool. Congratulations Joe!



Fitness Tip of the Month

If you suffer from a sports related injury, use **R.I.C.E.** The term stands for Rest, Ice, Compression, and Elevation.

Rest - Take a break from exercise or any type of movement that may stress the injured area. A minor injury should be rested for one or two days, while more severe injuries may need longer.

Ice - Ice the affected area. Icing reduces pain, limits swelling and bleeding, and encourages rapid healing. Wrap ice in a towel to avoid direct contact with the skin.

Compress - Compress the injury with a stretch bandage. Make sure not to wrap it too tight, just enough to support the injured area comfortably.

Elevate - Elevate the limb. If possible, try to keep the injured part above the level of the heart. At the very least, try to keep it higher than the hips. This helps limit swelling and also prevents movement of the area that is injured.

Powerlifting!

Powerlifting practices are back. Open to men and women, powerlifting practice meets every Monday from 4-5 p.m. at the Health and Fitness Center. Call RIC Sports at 312-238-5001 for more information or contact coach Aditya Chawla at aditya.chawla@gmail.com.



It's harder than it looks! Joe Murphy (left) working with fitness specialist Evan McDowell during a Functional Fitness session in the pool.



Web Sites

ricsports.org
richealthfit.org
ric.org
usparalympics.org
blazesports.com
ncpad.org
lifecenter.ric.org

Calendar of Events

Mar 16-18	Men’s Midwest Regional Basketball Tournament, Rockford, IL
Mar 24	Caring for Kids: Sled Hockey at Heartland Ice Arena
Mar 30	RIC Blackhawks at the United Center, Chicago
Mar 30	Caring for Kids: Chicago Blackhawks, United Center, Chicago
Mar 30-31	Men’s Basketball Division II Championship, Lexington, KY
Apr 3	RIC Cubs softball practice begins, Chicago
Apr 6	Caring for Kids: Chicago Bulls vs New Jersey Nets, United Center
Apr 16	RIC Golf begins, weather permitting, Chicago
Apr 20-22	USQRA National Championship, Louisville, KY
May 18-20	RIC Cubs: Walt Disney Tournament, Orlando, FL
Jun 15	RIC women’s wheelchair basketball demo at the Chicago Sky, UIC
Jun 18	John Dolan Golf Challenge, Merit Club, Libertyville, IL