

2006-2007

December - February

KAC NEWS



THE KILPATRICK
Athletic Center
at Simons Rock College

Kilpatrick Athletic Center (413) 528-7777 Fax (413) 528-7429

Greetings!

Beginning December 2006, we will be printing the *KAC NEWS!* Within this quarterly newsletter you will be informed about special events and programs, new classes, policy changes, Llama and Snapper results and much more. We hope that you find the newsletter informative, inspiring, and fun. If you have any ideas or related stories, please forward them to Chris Nelson at cnelson@simons-rock.edu.

Give the Gift of Health

Beginning December 1st, you may purchase a 6 Week Membership for \$99 – the perfect way to say Happy Holidays! Inquire at the Service Desk for more details.

Upcoming Events

KAC HOLIDAY HOURS – The KAC will be closed on December 24, 25, 31 and January 1, 2007. Between Christmas and New Years (December 26-29) we will be open 6:00 am-8:00 pm. We will resume our normal hours of operation on January 2, 2007.

RUDOLF STEINER SCHOOL – The KAC is the home court for the Rudolf Steiner School. The boys have home games on December 18, January 17, 22 and the girls play on December 18, January 29, 31. All games start around 3:30 and there is no admission fee. For a complete schedule please visit the Service Desk.

RACQUETBALL – The KAC Racquetball League is set to begin the week of January 8. With everyone's different schedules, we have structured a league that allows players to play one match per week at their own convenience. All playing abilities are welcome. Sign up at the Service Desk. Please contact Chris Nelson 528-7770 for details.

We also have a "League Night" on Tuesdays and a "Challenge Night" on Thursdays. All playing abilities are welcome. Please contact Chris Nelson 528-7770 for details.

GOLDEN KNIGHTS BASKETBALL – The KAC will be co-hosting the Golden Knights Girls 7th & 8th grade Basketball Tournament on February 23-24. The gymnasium will be closed on 2/23 from 4:00-9:00 pm and 2/24 from 11:00-9:00 pm.

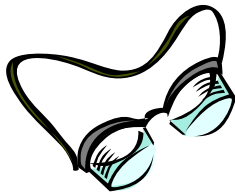
SQUASH – Mondays and Wednesdays from 6:30-8:00 pm are Challenge Nights. All levels of play are welcome. Fridays from 4:00-6:00 is our Squash Clinic. This is a coached clinic for all ability levels. The cost is \$10 for members, \$15 for nonmembers.

A look what's
inside:

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Simon's Rock Llama's



Sports

BASKETBALL - The SRC Llama's men's & women's basketball teams will be finishing up their seasons in December. Here's a list of home games that everyone is invited to attend.

Men's Team - 12/2 @ 2:00, 12/4 @ 7:30, 12/6 @ 9:00, 12/8 @ 4:30

Women's Team - 12/6 @ 7:30, 12/9 @ 2:00

SNAPPERS - The Snappers are off to a flying start in their winter season. The team held a successful United States Swimming invitational early in the season and saw some fast races with swimmers from all over New England. Swimmers have been working hard and breaking many personal records. At their most recent meet, the Pioneer Valley Invitational, Matt Meier (age 14) broke two meet records, one as old as he is! He now holds the 200 yard backstroke record with a time of 2:03.84 and the 100 yard backstroke record with a time of 56.30!

As usual, the pool is action-packed in the afternoon, as the Snappers practice from 4 to 6 PM. Two lap lanes will now be available during this time! The busiest pool hours will now be 6 to 8 PM as we will be hosting the Lenox Co-op High School swim team during those times.

Please note that the pool will be closed to host swim meets at the following times. Thank you for your patience and understanding of the shifting schedule as we support youth swimming in Berkshire County.

POOL CLOSINGS

WEDNESDAY, DECEMBER 13	6:00 PM - CLOSE
WEDNESDAY, DECEMBER 20	6:00 PM - CLOSE
WEDNESDAY, JANUARY 3	6:00 PM - CLOSE
SATURDAY, JANUARY 6	12:30 PM - 4:30 PM
FRIDAY, JANUARY 12	6:00 PM - CLOSE
FRIDAY, JANUARY 19	6:00 PM - CLOSE
FRIDAY, JANUARY 26	6:00 PM - CLOSE
SATURDAY, JANUARY 27	ALL DAY
SUNDAY JANUARY 28	ALL DAY

*"If we score more than
20 and keep them
under 70, I'll take that
as a win."*

*Artie Epstein
Men's Basketball Coach*

Aquatic Notes

This fall was quite busy in the pool area. From Master's Swim Team to Parent/Infant Lessons, from Scuba to Aquatic Living Fitness, we have witnessed healthy growth in pool use during this time period. Let's let the numbers speak for themselves:

Aquatic Living Fitness – 15 to 25 participants per class
SwimAmerica Swim Lessons – 94 swimmers age 7 months to 14 years
Scuba – 8 divers
Snappers Swim Team – 58 athletes
Master's Swim Team – 5 to 15 swimmers per practice
Simon's Rock College Llamas Swim Team – 21 athletes
Lenox High School Collaborative Team – 48 athletes

We'd like to thank everyone involved with these programs, especially Sue Kapchinski, John Fullop, and Jill Brown for the dedication to daily practice, courage when facing new skills and good-will when the water gets a little choppy.

Kayak – Starting Sunday, December 3, 4 lanes of the pool will be open for kayak practice from 4:00-5:30 p.m. There will still be open swim and lap swimming in the other side of the pool during this time. You must provide your own boat.

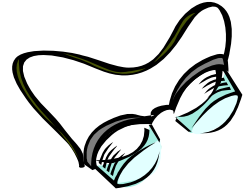
WHEN SHOULD I SWIM?

The Lenox High Swim Team started practice on November 27. To say the least, everyone involved has been surprised by the overwhelming response to this offering. Almost 50 swimmers showed up for practice on that first night. Please understand it is the Aquatic Department's goal to provide room for all pool users, especially members. We ask that you have patience as we adjust. There has been some confusion about pool availability as the team settles in.

To clarify –

- The pool is closed to lap and recreational swimming from 6:00-7:00 p.m. on Tuesdays and Thursdays ONLY.
- Although the 4:00-6:00 p.m. time slot was previously crowded, there will be at least two lanes available at this time through the winter.
- During the 6:00-8:00 weekday time slot, the two closest lanes to the lockers will be open except, as previously stated, on Tuesday and Thursday.

It is the Aquatics Department's goal to afford pool space to as many user groups as possible, with our first priority always to students and members. We ask that you have patience when a new program starts. As we have done over the years, everyone will be provided for. Thank you for your flexibility.



Gym Notes

Better Your Body Bingo-Fitness Center game running from 10/1 - 11/11. Participants played on a BINGO game card, with each space containing a different activity to complete. Each Bingo winner was awarded with a prize. All participants were in a race to complete "Blackout" or to fill their entire game card. The grand prize winners were:

1st Patrice Colle (winner of 3 month membership)
2nd Becky Rozhon (winner of a 1 hour personal training session)
3rd Bonnie Namiot (winner of a KAC / Simon's Rock gift bag)

Bingo was a lot of fun; everyone did a great job and learned something new! Look for another fitness center game after the New Year.

PERSONAL TRAINING – Here at the Kilpatrick Athletic Center, we encourage you to take advantage of our excellent staff. Our trainers want to work with you because we are passionate about fitness and helping others to live their healthiest life! Let them help you improve your skills, start a new program or get you excited about your health!

Do you want to....

- ✓ Lose Weight
- ✓ Decrease Body Fat
- ✓ Increase Lean Muscle Mass
- ✓ Reduce Aches and Pains
- ✓ Boost Your Immune System
- ✓ Reduce Stress
- ✓ Increase Self-confidence
- ✓ Recover From an Injury
- ✓ Gain Energy and Reduce Fatigue

The benefits are endless! Try a session today. Your body will thank you for it. Contact Rebecca Hunter, Fitness Director, to schedule an appointment (413)528-7774.

Safety Reminders

- Drop-off & Pick-up Circle

The one-way semi-circle driveway in front of the building is for dropping off and picking up people that use the athletic center. It also serves as the primary access for emergency vehicles. **Vehicles SHOULD NOT be left unattended in the circle.** Please assist us in our goal to provide optimal safety and customer service by using the driveway for its intended use.

- Children Supervision

It is the responsibility of all parents to ensure that children under the age of 14 are directly supervised by an adult, 18 years or older, at all times.

