



Greater Johnstown Community YMCA

LINK

Your LINK to YMCA news, events, updates and member information.

Issue 10

MARCH-APRIL-MAY 2005

POINTS OF INTEREST

- Bright Stars!
- YMCA 3-Point Shootout
- 3-on-3 Basketball
- Wellness Calendars
- Healthy Kids Day and Community Health Screenings Day
- And more!

INSIDE THIS ISSUE:

- Bright Stars-Executive Corner
- Aquatic Fun
- Sports 'n Stuff
- Here's To Your Health
- Y-News
- Know the Warning Signs

Our Mission:

Putting Christian Principles into practice through programs that build health spirit, mind and body for all.

Greater Johnstown Community YMCA

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How to reach us:

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Bright Stars...Begin Today at the YMCA!



Every time you walk into the YMCA we hope your day is left brighter because of the people you see here, the feeling of success you got as you completed your workout, the stress level that was lowered because of the physical activity you took part in or the smile and thumbs up you gave your child as they swam across the pool for the first time.

We believe that everyone should have the opportunity to have a brighter day because of their experience at the YMCA. That is why in 2004 The Greater Johnstown Community YMCA started what many YMCAs have been doing for years; we started an Annual Support Campaign and raised over \$20,000.

The purpose of an Annual Support Campaign is to raise money so that the following can be achieved:

1. Youth and College membership remain affordable.
2. The YMCA financial assistance plan continues to be funded to accommodate the growing need for scholarship memberships.
3. New programs and initiatives can be funded.

Due to the request of last years donors, the purpose of our YMCAs Annual Support Campaign includes the above mentioned areas but has been expanded to include donations that can be ere marked for the following:

1. Equipment purchases
2. Other areas as designated by the donor
3. Summer Camp scholarships

The Annual Support Campaign is being held again this year and is scheduled to kick off in a few weeks. This year our goal is \$36,000 and we are confident that through the generosity of our members, community residents and area businesses we will meet this goal.

You can be the light behind someone's bright day by making a tax deductible contribution to this great cause. Because of your contribution, we will be able to offer to others the great experience that you have every time you come to the YMCA.

More information will be mailed to all of you in the very near future. Please take a moment to read how you can help light the stars of tomorrow by making a contribution today.

For those of you who may be interested in participating on a team that works together to raise funds for this campaign, please leave your name and phone number at the front desk or contact Vicki Clark or me and we will be happy to get you involved with this rewarding event.

I hope that you will join me in making a gift to this year's campaign to ensure that the YMCA is available to everyone who wants to participate.

Bright starts...begin today through the power of giving!

SPORTS 'N STUFF

2005 BEGINS...in a flurry with many adult and youth sports programs starting in January.

ROLLER HOCKEY



A new season of roller hockey began with an increase to 8 teams, including defending champions from the Fall season-CBM Business Machines. WPP Dough Company Doughboys are back along with 3-D Graphix. Cobras, Ace Screen Printing, Slovenian Hall, Festinus, and Drenning Electric are the new entries for the winter season. Two weeks into the season has already shown that this league is going to be a competitive one. Scott Taylor, referee, and Joyce Foster, scorekeeper returned also.



SOCCER

ADULT SOCCER LEAGUE

The Adult Co-ed Soccer League has moved from the pick-up format in the fall to the more traditional team entry format. At the time of this article, 10 teams have entered into this league. Finbarr Ryan, League Coordinator, states that there is a good representation of skilled players taking part in this Sunday afternoon activity. Ray Leverknight is helping out with the officiating for this league.

Y-WINNERS INDOOR SOCCER

Mike Flynn, Lead Instructor, and Jesse George are running two nights of drills, instruction, and games for Y-kids, ages 5 through 12. With the help of volunteers, the oldest age group of players is being taught soccer skills through various, more advanced drills before enjoying a structured game on Thursday evenings. Thanks to all the volunteers who assist the instructors in the soccer program.

An off-site instructional soccer program has 70+ players enrolled at the Cambria Heights Elementary School in Carrolltown on Saturday mornings. Mona Sider, Finbarr Ryan, and Bob Grassi are working with these future soccer stars. Volunteer coaches in this league abound, with at least one volunteer coach on each of the 9 teams registered, although most teams have 2!

BASKETBALL



COMPETITIVE BASKETBALL

Bob Weimann, YMCA Basketball Coordinator, and his staff are busy at the Y on Saturdays with the youth competitive basketball league. Ten teams in the 3rd and 4th grade division and four teams in the 1st and 2nd grade divisions round out this league. Bob has seen some of the players from his instructional program "graduate" to the competitive level in this league. Volunteers, PIAA and non-PIAA referees are working to provide a quality program for the kids.

Y-WINNERS BASKETBALL

A second season of Y-Winners instructional basketball is scheduled to begin in March.

MIDNIGHT BASKETBALL

Midnight Basketball still continues in full force on Friday Nights.

GETTIN' KICKIN' PRESCHOOL FUN!

Registration is now taking place for Preschool Soccer-an extension program scheduled to take place on Fridays following Preschool Gym Time. Early reports indicate that there are many little soccer players out there.



BEGINS APRIL 1ST!

Volunteer focus

If you are interested in volunteer opportunities at the Greater Johnstown Community YMCA, please call 535-8381.



- Kids programs
- Sports Activities
- Special Events
- Swimming Lessons

More SPORTS 'N STUFF

SO SAD... Sadly, due to the early uncertain winter weather, the YMCA Ski Club was not able to schedule a trip this year. Hopefully, with an earlier announcement of club details and more cooperative weather, next year's club will be successful! SEE YOU ON THE SLOPES!



DO YOU GOT GAME? PROVE IT!

6th Annual YMCA 3 Point Shootout

Friday, April 8, 2005

7:00 p.m.

Separate Male, Female & Age Divisions

Competition is limited!

register early!

MUSIC at the Y

YMCA Music Lessons seem to be a big hit with a waiting list for guitar lessons and quick-growing list for violin. George Byich and Jens Kramer are the guitar and violin instructors.

FENCING Anyone?

Fencing class will return to the YMCA in March with a full class registered already. Ken Pesto is our Instructor. Names are being taken at the Front desk for a potential, second future class.

VOLLEYBALL

Under the direction of Bob Grassi, the Y is conducting its first ever YMCA-Winners developmental volleyball program at the Saint Nicholas Community Center in Nicktown for boys and girls in grades 3 through 8. Enrollment for this initial program is close to 50 kids from the northern Cambria County and surrounding areas. Program direction is being adapted from the YCMA of the USA Y-Winners Volleyball and the United States Youth Volleyball League Programs.


ARE YOU INTERESTED?

We are still trying to generate interest for:

- Teen/Adult Pick-up Volleyball
- Racquetball Round Robin League
- Youth/Teen Clubs

If you are interested in participating, volunteering or have ideas, contact Bob Grassi, through the Front Desk, for more information.

Support the youth in our community!

The Greater Johnstown Community 

YMCA

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6th Annual

**Basketball
Tournament**

April 8, 9, & 10, 2005

Sponsored by 1st Summit Bank

KNOW THE WARNING SIGNS!

HEART ATTACK WARNING SIGNS

Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort. Here are some signs that can mean a heart attack is happening.

CHEST DISCOMFORT. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

OTHER SIGNS. They may include breaking out in a cold sweat, nausea or lightheadedness.

WARNING SIGNS OF A STROKE - time lost is brain lost.

WEAKNESS AND NUMBNESS. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.

CONFUSION. Sudden confusion, trouble speaking or understanding.

VISUAL DIFFICULTY. Sudden trouble seeing in one or both eyes.

LOSS OF COORDINATION. Sudden trouble walking, dizziness, loss of balance or coordination.

SEVERE HEADACHE. Sudden, severe headache with no known cause.

GET HELP FAST!

If you or someone you're with has any of these warning signs, don't wait more than 5 minutes before call for help.

Call 9-1-1. Get to a hospital right away. (Calling 9-1-1 is almost always the fastest way to get lifesaving treatment.)

If you're the one having symptoms and you can't access emergency medical services (EMS), have someone drive you to the hospital right away. Don't drive yourself, unless you have absolutely no other option.

TAKE THESE STEPS TO REDUCE YOUR RISK FOR HEART DISEASE

- ✓ Eat a sensible diet limiting foods high in saturated fat, trans fat and cholesterol. Enjoy a variety of fruits, vegetables, whole grains and fat-free or low-fat milk products.
- ✓ To avoid weight gain, balance the calories you take in. Enjoy at least 30 minutes of physical activity on most days.
- ✓ Schedule time for physical activity. Walking briskly three or four times a week for just 30 minutes can help condition your heart, control your blood pressure and increase your HDL (good cholesterol).
- ✓ No ifs, ands or butts-stop smoking! Smoking greatly increases your risk of heart disease and stroke.
- ✓ Get regular medical checkups and follow your doctor's advice. Regular checkups are even more important for people with a personal or family history of heart disease, stroke, high blood pressure, high blood cholesterol, obesity or diabetes.
- ✓ A healthy lifestyle is up to you. Most people can do a lot to help prevent heart disease and stroke. When you take control of your own life and health and work to control your risk factors, you can reduce your risk of heart attack and stroke.