



senior moment

by chris matuscak

Full or Partial Range of Motion: Which is best?
You may have looked around the Fitness Center and noticed different methods of resistance training. Some members perform their exercises faster, some slower. Some move through a full range of motion (ROM) with each repetition, others use shorter, quicker movements.

There are benefits to both full and partial ROM workouts. Dr. Len Kravitz, from the University of New Mexico, conducted a study comparing the two forms of resistance training. When comparing muscular strength gains while performing bicep curls and bench presses, the groups that did full ROM exercises outperformed the groups that did partial ROM exercises. The full ROM groups had greater strength gains than the partial groups. However, the partial ROM groups did well enough to suggest that partial ROM training does have its place. Confused?

It is best to start with full ROM when doing resistance training. You will see the greatest strength gains and increased flexibility in the joints. To add variety, you may add partial ROM exercises using the strongest part of the movement. Partial ROM exercise is also effective when doing rehab for injured joints. For example, if you have a knee injury and cannot complete a full squat without pain, a quarter squat will strengthen the quadriceps muscle without stressing the knee joint. Athletes may also train with partial ROM exercises to mimic their specific sport movement.

By moving through a full range of motion you will gain greater overall strength. Partial ROM exercises are beneficial for specific purposes such as sports training, rehab, cross training, or variety.

effective recovery: ice or heat?

by sally betscher



For years, most of us have heard that icing muscles after a tough workout is the way to go for maximum recovery. Current research, however, is challenging this assumption in favor of moist heat.

Indeed, many in sports medicine are looking to studies that support the theory that there is actually no scientific evidence that icing helps with muscle recovery. Even the creator of the firmly established R.I.C.E. protocol (Rest, Ice, Compression, Elevation), Dr. Gabe Mirkin, recently changed his stance, admitting that it now appears that icing and complete rest may actually delay, not help, the healing process.

One Swedish study measured recovery in two ways; how hard muscles could work (power output) and how fast muscles replenished their carbohydrate supply (muscle glycogen resynthesis). On both fronts, heating was more effective than icing. (Incidentally, consuming carbs post-exercise is also important to recovery, as this encourages muscles to replenish any glycogen used up during intense exercise.)

So give moist heat a try while consuming healthy carbs after working out. Sitting in the hot tub, eating a banana, while drinking a glass of chocolate milk just might do the trick! It's a pretty safe bet that icing, while sometimes useful for pain relief, is less effective when it comes to reducing swelling and increasing athletic performance.



simply feel better news

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1010 South Side Dr, Decatur, Illinois 62521 | Phone 217.423.7020 Fax 217.423.7562 | www.decaturationathleticclub.com

dress code reminder

We all know that workouts can get HOT, especially with summer on its way, but please remember to wear appropriate clothing when working out in the fitness center for everyone's health and safety! Shirts worn in the fitness center must be designed as outerwear and must cover the full front and back to prevent MRSA, ringworm, etc from being passed through skin to pad/mat contact. Please make sure you are cleaning your machines and mats after use as well!

Summer Hours Start Memorial Day Weekend!

summer hours

Monday - Thursday	4:30a-10p
Friday	4:30a-8p
Saturday - Sunday	7a-6p

memorial day weekend hrs

Friday, May 25	Close @ 8p
Saturday, May 26	Close @ 6p
Sunday, May 27	Close @ 6p
Monday, May 28	9a-5p

swimming lessons

Summer is just around the corner! The DAC offers swimming lessons to all ages. We start with survival lessons for 6mos - 4yrs and learn to swim strokes ages 2yrs - adults. Call Cheri for more information at 217-423-7020.

taking down the bubble

Summer is on its way which means it's time to transform our indoor pool into an outdoor pool! We will be taking the bubble down on May 19th and we need a few good men to help us. The take-down starts at 7am and will continue until the work is done. Workers will be paid \$15 per hour and must wear swimwear and bring a hammer. Sign-up at the DAC front desk!

basketball camp

Boys and girls 6th grade - 8th grade are welcome to participate. During this camp we will work on fundamentals followed by an hour of scrimmage time. Keep your basketball skills going during the summer months! Call Cheri at 217-423-7020 to sign up. Space is limited.
 When: May 29, 30, and 31
 Where: DAC Gym
 Time: 9am - 11:00am
 Cost: Member \$50.00
 Non-Member \$65.00

SPEND YOUR SUMMER WITH THE DECATUR ATHLETIC CLUB!

Summer Memberships will be available starting in May!

COST

- \$300 for an Individual
- \$347 for a Couple
- \$415 for a Family

Summer Membership will be active for 3 months from the date of sign-up.

pool closed

The DAC pool will be closed for maintenance following the take-down of the bubble for a short period of time. The pool and patio will be getting a fresh paint job and some regular maintenance to ensure it's at its best for the start of summer!

tennis news and updates

adult tennis

Summer Adult Programs @ Fairview Park

The DAC and Decatur Park District will continue their partnership this summer to operate the Fairview Tennis Complex. This partnership is made possible through the efforts of the Decatur Community Tennis Foundation. Chuck Kuhle manages the public facility and oversees the clubhouse as well as the DAC and Decatur Park District tennis programs. Below are the adult programs that will be available at the Fairview Tennis Complex:

Activity	Day	Time	Cost	Dates	Deadline
Coed 2.5 Adult Tennis Play Group	Monday	6-7:30 pm	\$86	6/4-7/23	June 1
Men's Doubles Challenge Court	Tuesday	6-8 pm	\$49	6/5-7/24	May 31
Ladies Doubles Challenge Court	Wednesday	6-8 pm	\$49	6/6-7/25	May 31
Thursday Morning Coed 2.5+	Thursday	9-10:30 am	\$49	6/7-7/26	May 31

Contact Chuck Kuhle for sign up at 423-7020 or chuck@decaturationathleticclub.com

Start/Re-Start Tennis

A new session of the Start/Re-Start Tennis Clinics begins the night of Wednesday, June 6th and ends July 25th (no meeting July 4). This beginner/begin again class will be held at the DAC from 6-7 pm. This is a great way for adults to learn tennis and meet new friends at the same time. The class fee is \$45 for the entire session. Racquets are available for use at no charge. Please contact Chuck for available spots.

Free Court Time Starts

One of the many benefits of your membership at the DAC is free indoor court time during the summer months. From Memorial Day weekend to Labor Day weekend, you may play one hour of singles or one and a half hours of doubles each day at no charge. Some courts will be reserved in case of rain for our teaching program as well as special events and USTA League matches. Take advantage of this opportunity and get your game in shape!

USTA/Ursula Beck Pro Tennis Classic

This men's professional tournament, in its 20th year, will be held at Fairview Park July 28-August 5th. This is a great opportunity for the tennis community to help support local tennis by volunteering or sponsoring the event. Funds raised help support tennis throughout the Decatur area. In addition, monies are given to the Decatur Park District to help keep the Fairview Park Tennis Complex one of the nicest park facilities in the state. For more information, contact tournament director Chuck Kuhle.

Adult Tennis Clinics

For those players interested in more advanced adult summer instructional clinics, please contact Chuck Kuhle and we will be happy to try and set up a class according to your schedule.

Tennis Calendar

May 4	6:30 pm	Junior Compass Tournament	DAC
May 7	11:00 am	Ladies versus Senior (55+) Challenge	DAC
May 11	6 pm	Decatur Community Tennis Foundation Event	DAC
May 18	6 pm	Game Set Money Mixed 6.0	DAC
June 2-3	All day	97th Annual Central Illinois Adult Open	FP
June 23-24	All day	97th Annual Central Illinois Junior Open	FP
June 30-July 1	All day	Midwest Level 3 Boy's 18 Championships	FP
July 13	8 am-1 pm	Decatur City Junior Tennis Championships	FP
July 28-August 5	All day	USTA/Ursula Beck Pro Tennis Classic	FP

decaturation area junior summertennis program

Presented by R. D. McMillen Enterprises

The Decatur Area Junior Summer Tennis Program will be running junior programs at the Fairview Park Tennis Complex and the Decatur Athletic Club this summer June 4th-July 26th. Below is the junior schedule for the summer tennis:

Chuck Kuhle's Junior Tennis Camps

Meets: Monday-Thursday 8:30 am-3:30 pm
 Where: Fairview Tennis Center (Decatur Athletic Club - rain site)
 Dates: June 11-14 and July 9-12
 Cost: \$250 Early Bird Rate, \$300 thereafter.

Early Bird rate is May 15th for the June Camp and June 9th for the July Camp.

Chuck Kuhle will hold two tennis camps this summer at the Fairview Tennis Center. The camps are open to boys and girls ages 10-18 years of age and will be held Monday-Thursdays from 8:30 am - 3:30 pm. Players outside the age range should contact Chuck Kuhle directly for compatibility with the camp. The camps will include instruction, competitive drills, fitness, video analysis and supervised match play. Pick up a camp brochure at the club or request one by email.

10 and Under Tennis Clinics

All 10 and under programs will be held at the Decatur Athletic Club this summer. Below are the selections for players 3-10 years old.

Pee Wee •Ages: 3-5

Where: Decatur Athletic Club

Wednesdays (7x) 4:30-5:00 \$74
 Thursdays (8x) 4:30-5:00 \$84

Pee Wee classes are for 3-5yr olds where fun is most important! While having fun, basic skills are developed mainly focusing on hand/eye coordination. Each Pee Wee class lasts 30 minutes.

8 and under •Ages 6-8 (foam and red balls)

Where: Decatur Athletic Club

Wednesdays (7x) 2:00-3:00 \$116
 Thursdays (8x) 2:00-3:00 \$132

The clinic is designed for players 8 and under using USTA's 8 and under format. Players will play on the 36 foot court using red felt balls and foam balls. Players will be introduced to ground stroke, volley, and serve technique and will perform drills to acquire racquet control. These shots will be used to develop rally skills, perform drills and play games.

10 and under

•Ages 9-10 (orange and green dot balls)

Where: Decatur Athletic Club

Wednesdays (7x) 3:00-4:30 \$161
 Thursdays (8x) 3:00-4:30 \$176

The clinic is designed for players 10 and under using USTA's 10 and under format. Players will play on the 60 foot and 78 foot using orange and green dot balls. Players will be introduced to ground stroke, volley, and serve technique and will perform drills to acquire racquet control. These shots will be used to develop rally skills, perform drills, and play points.

High School Clinic

Meets: Monday 6pm-8pm
 Where: Fairview Tennis Center
 Dates of Clinic: June 4th-July 23rd
 Cost: \$24.00 per day
 (Pick all 8 and receive 10% off)

The high school tennis clinic will be held at the Fairview Tennis Complex this summer (rain site- Decatur Athletic Club). The clinic will be led by Chuck Kuhle, USPTA Master Professional or Brett Scroggins St. Teresa Boy's Tennis Coach. In addition, local college players and adult instructors will assist. This is not an introductory program. Players should be able to play unassisted matches, as this is an important component of the program. The clinics will include instruction, competitive drills, fitness, and match play with pro supervision. All participants will receive a complimentary t-shirt.

June 5, 12, 19, 26

July 5, 10, 17, 24

High School League

Meets: Thursday 6pm-8pm
 Where: Fairview Tennis Center
 Dates of League: June 7th-July 26th
 Cost: \$100
 Deadline: June 4

Players in high school can participate in a summer tennis league this summer at Fairview Tennis Center. Players will participate in singles and doubles matches through the summer set up by Cory Sandgren. Awards will be given to top finishers at the end of the league. Rain site will be the Decatur Athletic Club. All players will receive a t-shirt.

RIP classes

If you've ever thought about getting into a weight lifting program but are intimidated by weights and afraid of looking like a body builder, RIP is the class for you! RIP stands for **Repetitions Intensity and Performance**. The class meets **Monday, Wednesday, and Friday from 9:30-10:30am and Tuesdays at 5:30pm**. Strength training is done to music and can be tailored to any individual. The instructors are knowledgeable and concentrate on helping all participants learn about weight lifting, bands (resistive training), and the way the body moves. We are just starting the **Ripping Phase** of our **3 part program** so now would be an excellent time to start with us! This phase concentrates on defining muscles and prepping the body for the next two phases. In this phase we do not use the barbells; we use resistive bands and small dumbbells. If you've never attended a RIP class before please give it a try - your first class is free! If you have done RIP before, please try it again as some things have changed to make the program even better. After all, we all need strength in order to be as healthy and fit as we can be!