



## Mission Statement

The Batesville Parks and Recreation Department is committed to improving our community by providing high quality recreational programs, facilities that promote tourism, beautiful parks and opportunities to engage in a healthy lifestyle.

June was a wonderful month with a lot of swimming. There were a ton of personal best from our youth and adults swim team, our Camp Rec Children are AWESOME and a lot of new friendships are developing along the way. Our clubs' and programs leadership has set us on a great path for success!

### **ARE YOU READY FOR THE FIRE IT UP 50K (ULTRA MARATHON)?**

When: Month of July

Registration Price: Members \$25 Guests \$30

Ages/Divisions: All

A long-distance running marathon challenge where participants have the option to run/walk 50k (30 miles) or 100K (60 miles) throughout the month of July. We'll also offer a "Beast Mode" challenge for advanced runners who may opt to do all options which would total 150k (90 miles). All participants will receive a running shirt for registering and a medal upon completion of the program.

### **"EXPERIENCE INDEPENDENCE 5K"**

Join us July 4th for the inaugural Experience Independence 5K in historic Batesville. This 5k is brand new to the running scene and offering some pretty cool swag along with cash prizes for the super low price of \$20! Get the most bang for your buck and join us July 4<sup>th</sup>.

This race is a part of the "Celebrate America," annual Fourth of July celebration which will be hosted by Citizens Bank for the

### **Aquatic's Calendar**

**WATER AEROBICS:** Morning Classes are offered M-F at 10 a.m. & 11 a.m. Evening Classes are offered T-TH at 6 p.m.

### **SWIM LESSONS:**

#### Morning Sessions

M through TH **Level 1** @ 9:15 a.m.

M through TH **Level 2** @ 10 a.m.

#### Afternoon Sessions

M & W or T & TH **Level 1** @ 4:30 p.m.

M & W or T & TH **Level 2** @ 5 p.m.

**PRIVATE LESSONS:** Available all year round upon request!

**YOUTH SWIM TEAM:** Morning Practice T-TH-F from 5:45 a.m. to 7:30 a.m. & Afternoon Practice M through F from 3:45 p.m. to 6 p.m. Join us TODAY!

**MASTERS SWIM PROGRAM:** Practice M-W-F from 5:45 a.m. to 7:45 a.m. Join us TODAY!

**TRIATHLON JULY 13 @ 9 A.M.**

**SWIM MEET JULY 13 @ 1 P.M.**

22nd consecutive year on Thursday, July 4, at Riverside Park in Batesville.

A full afternoon and evening of fun, food, and music are scheduled along the banks of the White River in Riverside Park. A variety of food vendors and children's activities, including bounce houses and face-painting.

Register here:

<https://runsignup.com/Race/AR/Batesville/ExperienceIndependence5K>

### **"3 WORKOUT TECHNIQUES THAT WILL MAKE YOU AN EXPLOSIVE ATHLETE"**

Explosiveness is the key to athletic development. The ability to start and stop at high speeds is what makes an athlete "explosive." How can coaches make their athletes more explosive? Below are three methods.

**PLYOMETRICS** to improve neural capacity and stretch reflex Plyometrics are anything that requires jumping and change of direction. In reality, this happens constantly during a game. Therefore, we must train our athletes' bodies and nervous systems to maximize their plyometric qualities and produce the most force development possible. Plyometric exercises include Box Jumps, Broad Jumps, lateral jumping, multi-jumps and other similar exercises. The key to training plyometrics is to keep the volume of the jumps low but the intensity incredibly high. In a single workout, our athletes will never perform more than 32 jumps. So, our sets will be 4 sets of 4 (each side) if we're doing single-leg jumping. This puts the total volume at 32. For Box Jumps, we would do 5 sets of 4 for a total volume of 20 reps. There are many ways to integrate plyometrics into your workouts. One idea I use a lot is to pair Med Ball Throws with Jumps to save time.

## **Community Center Calendar**

**BIKE BATESVILLE:** We will meet in the South Parking lot at 6:00 PM and the ride will start at 6:15 PM. Everyone is invited (ages 10 & up). This is a free event. We will ride approximately 10 miles and should take around an hour and a half to complete. This is a beginner friendly bike ride, it's not a race so we take our time, enjoy the ride, the people and all the great scenery... It's a family ride so come join the fun and bring all your friends! Helmets are mandatory, so please don't forget yours!

**ADULT KICKBALL:** Come kick it with us for Open Adult Kickball nights every Monday in July starting on July 8<sup>th</sup>. Get your friends and family together and join us for pick-up games from 6-7pm and 7-8pm. You are welcome to stay for both or one or the other.

Terry Sims Diamond Sports Complex  
(T-Ball Field 1)

July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>

### **Movies in the Park (MIP)**

The Little Mermaid (2018) OR  
Spiderman: Into the Spider-Verse

July 12<sup>th</sup>

Showtime @ DARK (around 8:30pm)

### **Youth Soccer**

Fall Registration is now open!

Registration closes on August 3rd

### **Experience Independence 5K**

July 4<sup>th</sup>

**POWER & STRENGTH TRAINING** to build horsepower and make the body stronger. Strength is the base for every athlete, and it dictates the ceiling for power development. Strength and power are directly correlated. When evaluating strength training, we look at weight room strength. Total body strength is the most valuable, and it can be quantified with Squats, Deadlifts, Pull-Ups, Bench Presses and Rows. To develop power, use explosive lifts. The most valuable and safest are auxiliary Olympic lifts such as the Hang Clean, Single-Arm Dumbbell Snatch and Dumbbell Push-Press. Training the total body three days a week during the offseason will provide the best results for your athletes.

**MOBILITY** to increase range of motion. Mobility is by far the most disregarded part of training by coaches worldwide. It is vital to having full range of motion through movement. If athletes don't have mobility, they will not be able to develop strength or power to the highest degree. If our athletes have mobility issues and we train them through their issue, it typically will cause injury. Strategies for increasing range of motion are done before workouts and practice: foam rolling or any soft tissue work, such as massage and mobility drills. Getting some kind of mobility and foam rolling completed before activity will make your athletes less injury-prone.

#### **FUNNY JOKE OF THE MONTH**

How do crazy runners go through the forest?

They take the psycho path. 😊

#### **Youth Baseball/Softball**

Fall Developmental League

Registration begins July 1<sup>st</sup>.

3-Weeks of clinical style training prior to team separation and games.

#### **Healthy Tips of The Month**

##### **Energize with grains.**

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

##### **Power up with protein.**

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

##### **Mix it up with plant protein foods.**

Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

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