

# DODGEBALL

## SERIOUS FUN FOR GROWNUPS



**Are you looking for a unique and fun team-building event? Or do you just want to have a blast re-discovering a favorite childhood game? Either way, Dodgeball is the answer.**

Inspired by the movie, Dodgeball, PRO Sports Club now offers a members only co-ed league. The teams are made up of 10-12 players, with 8 players on the court at any one time.

And to jog your memory of the game...

Think Dodge, Duck, Dip, and Dive!

The game is started with six dodge balls (made of composite foam) in the middle of the basketball court. When the whistle blows, everybody runs out and tries to grab a ball, runs back to touch their baseline, and the game is live. If you get hit with the ball, you're out. If you catch a ball that's thrown at you, the person who threw it at you is out, and a person on your team gets to come in. The game continues until one team is completely eliminated. Then we set it up and do it all over again.

Think kids are the only ones who have fun? Think again! Dodgeball is serious fun for grownups. And it'll only be offered twice a year, spring and winter, so don't hesitate. Jump right in (but watch out for that ball)!

By Raheena Charania

# SPEED & AGILITY TRAINING

Whatever your sport, Speed & Agility Training can improve your game. Instructor Kevin Chiles, whose background includes 10 years of track & field and 12 years of football (5 at Boise State University), has worked with athletes at many different levels.

"Speed and agility is not only the foundation for a lot of sports, but it also helps with aging by building functional balance, coordination, and stability," says Chiles. "The age groups I've taught have ranged from 9 to 50. Anyone can benefit from this training."

"We do a lot of the drills at a very fast pace, going really hard for a short time, resting for a few seconds, and then going hard again. This training is aimed at improving your coordination, agility, overall speed, balance, and vertical. We try to hit on all those areas. It might help a little bit with your overall conditioning, but that's not the goal of the class. It's designed for basketball, football, or track athletes who want to have a quicker first step, whether it's taking the basketball to the hoop or trying to get off the line faster."

Chiles has been working with local high schools for the past two summers. In addition to working with the Skyline High School football team, which finished second in the state championships this year, he has also worked with soccer, tennis, baseball and volleyball players. The class is also popular with recreational sports players, ranging from flag football and basketball to competitive Frisbee.

*Group training is held on Tuesday nights and private lessons can be arranged through Kevin Chiles (425-861-6211 x7530#) or [kchiles@proclub.com](mailto:kchiles@proclub.com).*

