

WRC



Newsletter



1st &
2nd

YOUTH
BASKETBALL

THE WRC IS EXCITED TO OFFER A 3V3, HALF-COURT YOUTH BASKETBALL LEAGUE FOR KIDS IN GRADES 1ST & 2ND. TEAMS WILL PRACTICE UP TO TWO TIMES PER WEEK WITH PRACTICE DAYS AND TIMES SELECTED BY VOLUNTEER COACHES BEGINNING NOV. 11. TEAMS WILL PLAY A 6 GAME SEASON WITH ALL GAMES BEING PLAYED ON SUNDAY AFTERNOONS AT THE THORNTON REC. CENTER STARTING DEC. 7. DEADLINE TO REGISTER IS OCT. 17. FEE IS \$20

3rd-6th

THE WRC HAS PARTNERED UP WITH THE WELLINGTON RECREATION COMMISSION TO OFFER YOUTH BASKETBALL LEAGUES FOR KIDS IN GRADES 3RD-6TH. TEAMS WILL PRACTICE DURING THE WEEK STARTING NOV. 11 AND GAMES WILL BE PLAYED ON SATURDAYS STARTING DEC. 7 WITH EACH TEAM PLAYING AN 8-GAME SCHEDULE. THERE WILL BE SOME TRAVEL FOR ALL TEAMS TO WELLINGTON AS ALL AGE GROUPS WILL PLAY GAMES IN BOTH WINFIELD AND WELLINGTON THROUGHOUT THE SEASON. DEADLINE TO REGISTER IS THURSDAY, OCT. 17 AND THE FEE IS \$30.

DEADLINE TO REGISTER, OCT. 17

Come see us at 624 College St. or go online to register
at www.winfieldrec.com



Trucktoberfest

Trucktoberfest

(A big Truck/Food Truck Celebration)

Saturday, October 5th

10:00am-1:00pm

Winfield Fairgrounds

Join the Winfield Recreation Commission for this popular family event! Service trucks and equipment of all sizes will be on display to enjoy. Eagle Med Helicopter will make a special appearance and a food truck will be serving delicious snacks, meals and drinks.



Upcoming Events Calendar

TRUCKTOBERFEST	Oct. 5th
U.S. MARINE BAND CONCERT	Oct 14th
COMMUNITY NIGHT OUT	Oct. 19th
2-PERSON GOLF SCRAMBLE	Oct. 25th
WRC TURKEY COMPETITION	Nov. 23rd
SENIOR TURKEY BINGO	Nov. 25th
MILE OF LIGHTS	Dec. 8th
SANTA'S MAILBOX- DEADLINE	Dec. 13th
FITNESS CENTER OPEN HOUSE	Jan. 4th

Tyler Osborn ♦ No more cardio?

No more cardio? Well, not quite-but if you train with weights correctly, you won't need to visit that boring treadmill quite as often to keep your abs sharp.

And I'm not talking about interval cardio, although the weight-training method I've been preaching has an HIIT feel to it. That's the F4X method, (featured in Old School New Body) which is moderate-weight, high-fatigue training with short rests between sets. It burns more fat and pumps up your muscles like crazy too. Here's the drill:

You take a wight with which you can get 15 reps, but you only do 10: rest 30 seconds, then do it again-and so on for four sets. On the fourth set, you go to failure, and if you get 10 reps, you increase the weight on the exercise at your next workout. Notice how those sets are like intervals with short breaks between-you can even pace between sets to burn extra calories, but there's more.

Fat-burning pathway1: While that training style does great things for muscle growth, via myofibrillar and sarcoplasmic expansion, you also get loads of muscle burn. That lactic acid pooling has a spiking effect on your growth hormone output-and GH is a potent fat burner. Fire up muscle burning to get your GH churning. (GH also amplifies other anabolic hormones, so it effects both muscle and rapidness.)

Fat-burning pathway 2: If you do the reps correctly on every set, you'll also get myofibrillar trauma.

The myofibrils are the force-generating strands in muscle fibers. By "damaging" them with slower, controlled negative strokes, you force the need for extra energy during recovery. In other works, your body runs hotter while you're out of the gym as it revs to repair the microtears.

To attain that extra fat-burning trauma, use one-second positives and three-second negatives on all 10 reps of all four sets. On a bench press that's one second up and three seconds down. It's the slow lowering that will produce the metabolic momentum after your workout. (that rep speed will also give you 40 seconds of tension time on every set, and ideal hypertrophic TUT.)

Fat-burning pathway 3: Now if you really want to get some blubber-busting microtrauma, try your last ser of a F4X sequence in X-centric style. That's one-second positives and six-seconds negatives. You many have to reduce the weight, but it will be worth it. Try for eight of those, 56 seconds of tension time, and you should feel the results the next day. Your muscles will be aching, but it's a good indication that fat is baking.

F4X for a GH surge, slower negative for fat-burning micro trauma and X-

centric for even more time under tension and fat extinction. It all adds up to faster leanness with less meanness-because you'll need less cardio. Prepare for acid-etched abs! YES!! Even as you age this system works, in fact it is the closest thing we have to the fountain of youth.

TOP 10 FC Members

1. Lance Austin
2. Ashley Chastain
3. Sheryl Clower
4. Richard Clower
5. Terri Seidel
6. Viengxong Intha
7. Teddi Ricketts
8. Nicole Shea
9. Patricia Matthews
10. Lori Aikins, Noah Harris., Ian Martin, Calvin Nguyen

Cheese Soup with Broccoli

Source: Allrecipes.com

Directions:

Step 1: In a large saucepan on medium heat, saute the onions (1 onion, chopped), in the butter (6 tbsp) until tender. Add the Flour (1/3 C. all purpose) and salt and pepper to taste. Mix until smooth. Add milk (4 C.) slowly, until mixture is thick and bubbling.

Step 2: In a smaller saucepan, bring the chicken broth (3C.) to a boil. Add the carrot (1 carrot, shredded) , celery (1/2C chopped) and broccoli (1C. Florets). Cook about 5 minutes, or until tender. Combine the broth mixture with the milk mixture and stir until fully blended.

Step 3: Add the cheese (1 lb cubed) allow soup to heat over medium heat until cheese is melted. DO NOT let soup boil, the cheese will separate and curdle the soup.

Fitness Center Tip

Change your limits and surprise yourself. You will feel exhilarated from the discovery that you can do more than you thought you could. So, push yourself. When you surprise yourself, it will motivate you to keep going or set your sights higher



**Wellness
Director**

Tyler Osborn
624 College
Winfield, KS
620-221-3062

**Fitness Center
Supervisors**

**Lance Austin
Christy Weibe
Azie Roth**

Did You Know?

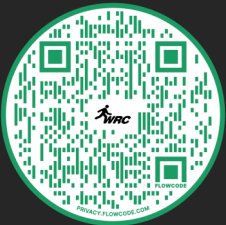
Adult Pickleball

NEW to the WRC...Adult Pickleball leagues. Matches will be played on Wednesday evenings at Thornton Rec Center. Competitive and Recreational Doubles divisions will be offered. Leagues will consist of an 8-match season. A match will be the best 2 out of 3 games to 15 (must win by 2). The deadline to register is November 7. Games will begin November 20 and run through January 22. Fee is \$30 if registered by November 7. Late registration will be accepted until November 14 with a \$20 late fee.



Helpful Information

Online Registration



The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for adult aerobics, youth classes, & youth sports leagues at any time of the day!

Instructions

1. Go to Winfieldrec.com
2. Select  Register Now
3. Create Account

* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

WRC TEXT ALERTS

Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.



Sign up @winfieldrec.com

Social Media



@winfieldrec2160



Facebook.com/
winfieldrecreationcommission



624 College, Winfield, KS 67156