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Fitness, fun and first-rate summer entertainment

CA summer activities to get up, get out and get moving!

BY AMBER GILLIGAN

With summer right around the corner and the end of the school year in sight, kids are



Kids participate in CA's Nature/Sail Camp.

anxiously awaiting their three months of carefree days filled with endless possibilities. Summers are always great in Columbia, and CA is excited to offer an abundance of activities to keep area youth active. So, toss that TV remote to the side and get ready for some summer fun!

For a more structured day, CA provides an impressive array of summer camps for students in Pre-K

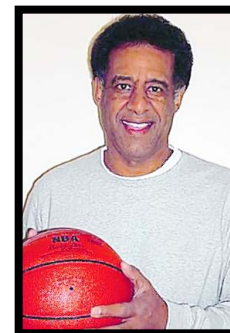


Check out CA's Summer Pool Schedule on page 3.

through High School. These camps are certified and regulated by the State of Maryland Department of Health and Mental Hygiene and accredited by the American Camp Association.

CA is excited to announce that David DuPree has joined the team as the new Director of Basketball Camp at Supreme Sports Club. An acclaimed sportswriter, DuPree's professional career spans 35

years. He has worked closely with top NBA coaches, players, referees and personal trainers. CA Basketball Camp begins on June 22 and will include nine separate one-week sessions. Boys and girls of all skill levels have the opportunity to enhance their skills and become better players. "I truly believe that you need to have a well-rounded physical education in order to be a well-rounded person," says DuPree. "Playing games creates positive influences for kids. Basketball, in



Dave DuPree joins CA as new Director of Basketball Camp

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webextras

Log on to www.CAmonthly.org for this month's additional features and more:

- Expanded village events calendar
- Meet Phillip L. Nelson
- CA scores with Dave DuPree
- Let the world go to the dogs!
- Nutrition Q&A: Fueling the Young Athlete

TAKE NOTE

this month on Columbia Matters

On May's show meet CA's new **Director of Basketball Camp, Dave DuPree**, learn about **CA's Teen Advisory Committee**, view **highlights from Dog Day Afternoon**, find out about **BRAC** and much more. **Visit www.ColumbiaMatters.org to watch this month's episode.**

Columbia Matters airs Mondays at 11am, 4pm and 7pm and Saturdays at 8:30pm on Comcast channel 96 and Verizon channel 41; Tuesdays and Thursdays at 10am, 2pm and 7pm on Comcast channel 98; and Fridays at 11am, 4pm and 9pm and Saturdays and Sundays at 10:30am on Comcast channel 99 and Verizon channel 44.
Visit www.ColumbiaMatters.org to watch this month's episode on demand.

CA summer activities to get up, get out and get moving!

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particular, teaches kids self-confidence,” he continues. For more advanced players (junior varsity or above), DuPree will run a Basketball Super Camp, which will be operated similar to an NBA or USA Basketball practice. “At Super Camp, you really have to have a passion for basketball. It’ll be fun, but it’ll be hard,” DuPree warns.

If basketball doesn’t pique your interest, be sure to check out the wide variety of camps available at CA by visiting www.ColumbiaCamps.org. Children learn best through experience, and camp is a fantastic opportunity to gain new knowledge and skills. **From art, to tennis, to cheerleading**, campers learn to invent themselves and grow as individuals.

Another way to curb summer boredom is through martial arts. Approximately, 100 million people around the world practice this sport. Not only does it provide self-defense skills, mental tranquility and leadership skills, but it also improves concentration, confidence and self-discipline. “The martial arts are for all different levels of children: younger, older, those who are good at sports and those that aren’t as good,” says John Bannon, CA’s martial arts director. He continues, “Anyone can do martial arts because it is very individual

and it’s based on improving. Our programs start at age two and go through adulthood. There is also a family class for parents and children, so families can have fun together.”

Residents are welcome to try a martial arts class for free, without any obligations. For more information and a schedule of classes, check out www.ColumbiaMartialArts.org.

Yet another way to get out and about this summer is through The First Tee of Howard County, located at CA’s Fairway Hills Golf Club. A World Golf Foundation initiative, the First Tee of Howard County helps to educate kids by teaching them life skills. “In golf, keeping one’s own score teaches honesty, calling a penalty on yourself displays integrity, golf etiquette shows courtesy and shaking hands after the match is good sportsmanship,” says Don Van Deusen, executive director of The First of Howard County. Van Deusen



Martial Arts provides fun for the whole family.

explains that “the Code of Conduct for The First Tee is respect – for yourself, for others and for your surroundings.” During a typical day at The First Tee of Howard County, students learn: “meeting and greeting;” the three tips for having fun; the 4 R’s of anger management; and golf skills such as putting, chipping, swinging and playing on the course.

Fairway Hills Golf Club has a First Tee Learning Center, club house, putting green and driving range. For more information about First Tee and Fairway Hills, visit www.thefirstteehowardcounty.org and www.ColumbiaGolf.net

Acclaimed American author, Henry James, once wrote: “Summer afternoon, summer afternoon; to me, those have always been the two

most beautiful words in the English language.”

From swimming, to camps, to martial arts, to golf, CA provides everything you will need to fill your summer days. So, get up, get out, get moving – and get ready for a summer to remember! ■



LAKEFRONT WEDNESDAYS

WEDNESDAYS, MAY 13-JULY 1:

Noon-2pm at Lake Kittamaquidi. Live music, free beverages and fun by the lake every Wednesday. Bring a bag lunch or grab a mid-day meal at area restaurants. Information: 410-715-3104.

May 13: Straight on Red

May 20: David LaFleur

May 27: HCC Faculty Jazz Quintet

Check out www.CAmonthly.org

and click on

KidsKorner for this month’s fun features!

Contest: May is National Physical Fitness and Sports Month, but kids need physical education all year! Write about what you do to stay physically fit. **You could win four CA facility passes!** Visit the KidsKorner web site for submission information.

Columbia Association
kidskorner

Courtside

Q & A with **with Mike Lissner Jr.**

Bouncing Back from Tennis Elbow

Tennis pro Mike Lissner offers his advice on overcoming elbow pain while playing tennis and gives tips on how to alleviate and avoid it in the future.



Q *What can I do to get over a fairly severe case of tennis elbow?* — **Colin**

A Colin,

I can offer you a number of good ideas to help you reduce the stress on your elbow, but first you may want to see a doctor to be sure there is nothing structural that is causing your elbow pain. Begin with ice and rest. Then work to improve the flexibility and strength in the muscles of the forearm. Take a careful look at how you produce your strokes. The alignment of the arm, elbow and wrist in each stroke are important to keep the joints healthy. The hand/arm absorbs 50-70 pounds of force each time you strike the ball. Thus, the arm position and mechanics in which you strike the ball are important in how that force is absorbed and dissipated. You may want to see one of the Columbia Association's USPTA or PTR certified professionals if you feel you could use some help in that regard. Be sure to incorporate some stretching/strengthening exercises into your pre-tennis warm-up. Also, begin your hitting with a few minutes of "short court" or "mini tennis" to gradually build the force your arm receives rather than go all-out from the first ball you strike. Additionally, you may want to begin your hitting with short sessions of cooperative hitting using large foam balls or a low pressure ball to reduce the force on your arm. You will probably want to ice the area after hitting. If you have changed racquets or string, consider returning to what you were previously playing with. Finally, consider playing with a Soft Court Ball exclusively. They will impart a bit less of the forces on the arm each time you strike the ball.

Good luck in your recovery! — Mike Lissner

This column is intended to provide only general information that may be of interest to the public and is not intended to provide and should not be relied on for specific medical advice. Any questions regarding your personal health and medical issues should be directed to your physician.

Have a question for a CA expert? E-mail your questions to CAmonthly@ColumbiaAssociation.com. Please include your full name, village of residence, phone number and e-mail.

Read an extend version of this article online at www.CAmonthly.org.

ABOUT MIKE LISSNER, JR.

Mike Lissner is a CA team member and a United States Professional Tennis Association Professional 1 and Competitive Player Development specialist. He holds High Performance Certification from the United States Tennis Association and has been teaching tennis since 1975.

outdoor open Memorial Day Weekend!

Columbia's 23 outdoor pools open for the season on Saturday, May 23

Get ready to splish and splash the summer away when CA's outdoor pools open Memorial Day weekend!

Whether you prefer to swim laps, cannonball off the diving board or simply relax poolside, our friendly, well-trained lifeguards are ready to watch over you!

In addition to the 12 to 15 hours of recertification training that all returning lifeguards receive, new lifeguards are equipped with at least 48 hours of training in rescue techniques,

CPR and first aid. Please remember that children between the ages of 8 and 12 must pass the free Safety First Test before being admitted in the pool alone.

The 2009 summer pool schedule below includes information for all of Columbia's 23 outdoor pools. **Visit the Columbia pools web site at www.ColumbiaPools.org or contact the Membership Service Center at 410-730-1801 for more information.** ■

STAY COOL BY THE POOL Outdoor Pools Schedule 2009

Bryant Woods	BW	410-730-5326	Tue	Aug 30
Clary's Forest	CF*	410-964-0805	Mon	Aug 30
Clemens Crossing	CC	410-997-4214	Tue	Sep 7
Dasher Green	DG*	410-381-1461	Tue	Aug 30
Dickinson	DI*	410-381-3080	Thu	Aug 16
Dorsey Hall	DH*	410-461-1481	—	Sep 7
Faulkner Ridge	FR	410-730-5292	Wed	Aug 16
Hawthorn	HA*	410-730-0943	Wed	Aug 16
Hobbit's Glen	HG	410-730-6770	Wed	Aug 16
Hopewell	HW	410-381-1460	Wed	Sep 7
Huntington	HU*	301-490-3310	Mon	Sep 7
Jeffers Hill	JH	410-730-1220	Thu	Aug 16
Kendall Ridge	KR*	410-715-3074	Tue	Aug 16
Locust Park	LP	410-730-5621	Fri	Sep 7
Longfellow	LF	410-730-4978	Mon	Aug 30
Macgill's Common	MC	410-730-5995	Tue	Aug 30
Phelps Luck	PL	410-730-5765	Wed	Aug 30
River Hill	RH*	410-531-0191	—	Sep 7
Running Brook	RB	410-730-5293	Thu	Aug 30
Steven's Forest	SF	410-730-5452	Mon	Sep 13
Swansfield	SW	410-730-3180	Thu	Sep 13
Talbott Springs	TS	410-730-5421	Wed	Aug 16
Thunder Hill	TH	410-730-5563	Tue	Sep 7

*Special provisions for handicap access. Call Aquatics Office for information.

Aquatics Office PHONE 410-312-6332
9450 Gerwig Lane FAX 410-312-6320
Columbia, MD 21046 E-MAIL Aquatics@ColumbiaAssociation.com
Visit: www.ColumbiaPools.org

DAILY ADMISSION RATES*

CA MEMBERS FREE

CA RESIDENT NON-MEMBERS

\$8 Adult • \$5 Child (15 & under)

*CA Residents must show Resident ID card to be admitted to the facilities. Non-CA Residents are invited to become members. Otherwise, admission is restricted.

Ann Scherr Fund: Financial assistance for pool memberships at Columbia Association's (CA) outdoor pools is available through the Columbia Foundation for individuals and families who qualify. Families are eligible for the Ann Scherr Fund if their income is 50 percent less than CA's regularly reduced-income guidelines. Information: 410-730-1801.

Be a part of it!

Columbia Association Board/Committee Schedules

CA Board of Directors meetings and committee meetings are an excellent way to learn about Columbia Association and its programs. Unless otherwise noted, regular meetings are held at the Columbia Association headquarters building, 10221 Wincopin Circle. For more information, call 410-715-3000.

CA Board	May 28	7:30pm
External Relations	TBD	TBD
Performance Oversight	TBD	TBD
Planning & Strategy	TBD	TBD
Board Operations	May 18	6pm

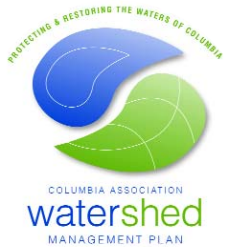
TASTE OF WILDE LAKE

SATURDAY, MAY 16, from noon-4pm at Slayton House in Wilde Lake. This village festival includes tastings, entertainment, family fun, crafts, music, a watermelon eating contest, children's art contest and lots more. Fun for the whole family! Information: 410-730-3987.

VILLAGE-WIDE YARD SALE

SATURDAY, MAY 16, all day throughout Long Reach Village. Information: 410-730-8113.

Watershed Plan



CA's Watershed Plan is now available on the watershed web site

www.ColumbiaWatershed.org.

Residents can learn about the watershed, view maps, take surveys, try quick tips and view a calendar of events and meetings online.

AFTERNOON TEA AT HISTORIC OAKLAND

THURSDAY, MAY 28, from 4:30-6pm at Historic Oakland. Catered by The Tea Trolley. Reservations are required. \$20.00 (tax included) per person. To register, please contact Historic Oakland at 410-730-4801 or at info@historic-oakland.com.

NATIONAL CHILD CARE PROVIDER APPRECIATION DAY

FRIDAY, MAY 8. Thank your child care providers for all they do for our children!

Flea Market

SUNDAY, MAY 31, from 10am-1pm at the River Hill Village Center. An outdoor Flea Market with vendors of all types. Don't miss this opportunity to sell or find a treasure! For information or to sign up as a vendor call 410-531-1749 or visit Claret Hall.

BIKE TO WORK DAY

Kickoff "Clean Commute Month" by trading your car for a bicycle on **FRIDAY, MAY 15.** For a fun, healthy and environmentally-friendly alternative to driving, join local commuters between 7-8am at The Mall in Columbia by Sears Service Center and peddle your way to work! CA is a sponsor for this regional event presented by Howard County Government and the Baltimore Metropolitan Council.

50+ Walking Club

THURSDAYS at 10am at Claret Hall in River Hill. Information: 410-531-1749.

CONTACT US

Send your feedback about our *CA Monthly* newsletter to CAmonthly@ColumbiaAssociation.com or call 410-715-3102.