

Fitness & Sports

Sports line

Women's softball: Female softball players interested in forming a league can sign up at the Fitness and Sports Center. A meeting is July 6 at 6 p.m. in the Fitness Center classroom. This will be the deadline for entry. The amount of participants will determine the number of teams the league will have to start the program in July. Eligible women will be active duty, dependant spouses, reservists, and civilian employees assigned to CAFB.

For details, call 963-4321.

Softball game: The Charleston AFB Top Three Association will take on the Company Grade Officers Thursday at 2 p.m. at the softball fourplex. The game will be held on Field 2.

All Stars win district title

By Brian Robertson
Contributing writer

The Youth Center's 9-10-year-old All-Star baseball team won the district title in a tournament held on base June 18.

The team beat the Lowcountry 18-10 in the first game and 11-4 in the second game to win the title.

"The reason we won was because of our pitching, everyone stuck to the plays, and our third baseman played well," said head coach Arthur Williams, who led the team to a championship last year.

Members of the team are: DeAndre Benjamin, Jacob Bailey, Kirk Fuller, Chase Brown, Jamal Hall, Brandon Hirneise, Cory Phifer, Daren Rucker, Matthew Snider, John Williams, Joshua Wright, and Tyler Wright. The assistant coaches are Steve Rucker and Duane Fuller.

"I'm really proud of the way they stuck together and helped each other out," Fuller said.

"As a parent, I think that the coaches are great," said Cynthia Wright, mother of Joshua and Tyler. "They not only love the game, but they are genuinely enthusiastic about teaching the kids how to play a good game of baseball. The whole team is very talented."

The team will be playing in a tournament in Kingstree in early July.

Get in shape with water aerobics

By Staff Sgt. Michael Duhe
437 AW Public Affairs

If you're ready for a change of pace with your workout routine, submerge yourself in water aerobics.

Every Tuesday, Wednesday and Thursday, Frankie Cox and Staff Sgt. Tony Milunas of the Health and Wellness Center offer a water aerobics class at the base pool from 11 a.m.-noon. It's an hour of low-impact, full-body aerobics suitable for any fitness level. I

t's also a chance to get outdoors and exercise while staying cool.

The class begins slowly with stretching, then continues with 30-35 minutes of aerobic activity, such as bouncing, hopping, jogging and jumping jacks.

Following that is resistance training. Workout bands and balls can be used. All major muscle groups are worked, Cox said, and the class can be as tough as you make it. Water offers 12 times more resistance than with floor aerobics.

"Resistance is the biggest difference between water and 'land' aerobics," she explained. "If you were to do a bicep curl out of the water, you've got the movement going up. With water aerobics, you have resistance going down through the water. You're also working your triceps."

While the safety of water aerobics draws an older crowd, younger athletes are attracted to it as well, Cox said. It's not as "high impact" on the joints as jogging. People who are recovering from knee injuries or other conditions also benefit from it.

"It's safe and it's a great overall workout," Cox commented.

Cox recommends working out in chest-deep water. Those who don't know how to swim or are weak swimmers stay in the shallow end of the pool, which offers more resistance than the deep end.

"You also can do deep water, where there's no bouncing, and use a flotation device or tread water," she said.

Despite the image some may have of it, water aerobics is not just for older people, according to Cox.

"You can have somebody who can barely move all the way up to someone who wants to get more intense with it," Cox said. "You can have them all in one class."

The class is free but the class members must pay the



Staff Sgt. Michael Duhe

Instructor Frankie Cox leads a class through a water workout.

pool fee — 75 cents for club members, \$1.50 for non-members.

On one recent hot day, more than a dozen people turned out to take part in the class. Some had attended water aerobics classes before. Others, like Shelley Lovelady, were new to the class.

"I had heard about it from a lady in my 9:30 aerobics class, which was cancelled because the instructor moved," she said prior to the class. "I called Frankie and got the details. I'm looking forward to it. It'll be a change of pace — something different from my routine of going to the gym and riding the stationary bicycle."

Another woman had participated in the classes last year. "It was good — it just what I needed. I prefer it over regular aerobics class," she said.

Edith King said water aerobics is part of her weight loss routine. "It's a very good workout. You can even do sit-ups in the water and work your abs. The bands are just as good as the weights in floor aerobics. It's much less stress on your knees and your joints. A lot of people who can't do floor aerobics can do water aerobics."

For information, call the HAWC at 963-4007.



Softball playoffs

Dwight Taylor of 437th Medical Group passes on a bad pitch during a playoff game against 437th Security Forces Squadron. SFS won, 6-5. Both the softball and soccer playoff schedules have been delayed because of rain. Final regular season standings were:

1. 437 AGS
2. MXS 1
3. 373 TRS/LSS
4. CS/SVS
5. SFS
6. SUP 1
7. CES
8. Navy Hospital
9. Flyers
10. APS
11. LGT
12. 1 CTCS
13. Medical Group
14. 437 AW

Golf is a pain in the back for some

If a round of golf leaves you gripping your back muscles, your stance is probably to blame.

An American Academy of Orthopaedic Surgeons report indicates that more than half of golfers experience low-back pain when they make contact with the ball or in their follow-through. That pain, they believe, is caused by rotation of the spine and the high velocity of that rotation.

An alternative stance, such as standing up straighter on the follow-through, could help eliminate pain, but send your handicap skyrocketing. (Source: American Academy of Orthopaedic Surgeons)