



# Village News

A Newsletter from the Village to Our Members

## Active Aging Club

### AQUAFIT-A-THON Friday, April 8 from 1-3pm

It's almost here!



Time is running out to sign up for the Active Aging Club's Aquafit-A-Thon. Anyone can sign up even if you're not a member of the Active Aging Club so come out and have a blast.

Only \$25 to participate. All money raised will go to Variety Village. Please contact Katie Morrison at 416-699-7167 Ext. 283 if you have any questions.

### Facility Access Notices

**April 6-**Member Appreciation Day-Join us in the Lobby for a special thank you for your membership.

**April 10-**Pool in use all day for Synchro meet.

**April 13-** Court 1 in use from 3:30 until close and Court 2 in use from 6:00pm until close for All Candidates Meeting.

**April 17-** Pool in use until 2:00pm for Swim Meet

**April 22-**Good Friday-Village Closed

**April 24-** Easter Sunday-Village Closed

Issue 49 April 2011

## Shayne Smith Named Flag Bearer for Team Ontario at 2011 Canada Winter Games



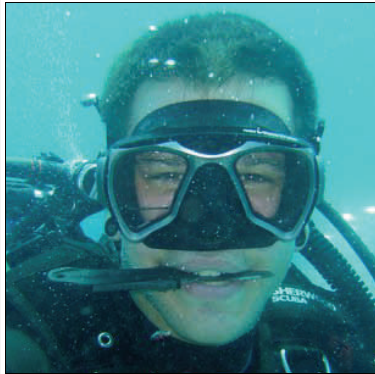
By: ParaSport Ontario

Blair McIntosh, Chef de Mission, Team Ontario, Announced Friday that 22-year-old wheelchair basketball athlete Shayne Smith has been named flag bearer for Team Ontario during the Opening Ceremony at the 2011 Canada Winter Games in Halifax.

"Shayne is an incredible individual and a role model for all of Team Ontario," said McIntosh. "When we enter the Opening Ceremony, we will be led by a young man who embodies the values of Team Ontario and a most deserving individual to receive this honour."

Smith is a native of Toronto and a graduate from Thornhill Secondary School's High Performance Athlete Program, which allows elite athletes to participate in their chosen sport without having an adverse effect on their education. He has played wheelchair basketball for the past 14 years and was a member of the silver medal-winning team at the 2007 Canada Games. Smith also represented Canada in 2007 and 2009 as a member of the junior national team. Off the court, Smith is an inspirational speaker for Ready, Willing and Able as well as Variety Village, raising awareness for people with physical disabilities. As a member of the Ontario Wheelchair Sports Association, he participates in a program called Bridging the Gap - teaching recently disabled young people wheelchair basketball and sledge hockey, emphasizing that if he can do it - anyone can. In 1996, Smith was chosen to join several dignitaries and Statesmen to have tea with President Nelson Mandela and was once selected to present Queen Elizabeth II with a Limited Edition doll as a gift from Variety. The Opening Ceremony from the Halifax Metro Centre will kick-off the Games on Friday, February 11, 2011 at 6 p.m. Eastern and will be broadcast live on TSN2.

## Village Person of the Month Bobby Bonner



Well, it had to happen sometime. This month's Village Person is me, Bobby Bonner.

I started at the Village over six years ago as a part-time lifeguard during my first year in college. I had trained at Variety Village previously as a track and field athlete for Neil McNeil High School but had not been involved

beyond that. My first day working at the Village was a truly amazing learning experience. I had to adapt everything that I taught and was forced to really think on my feet. I was hooked on the Village from day-one.

During my second year of college, I chose Variety Village as my field placement opportunity and spent 8 months working here in various programs such as L.I.N.K.S., Outreach, and the Educational Program.

After I graduated college, I worked for City of Toronto as a Youth Worker for a couple of years until an opportunity to work at the Village fulltime opened in the Aquatics section as a coordinator. I was lucky enough to be chosen for the job and did that for a couple of years. About 2 years ago, I was asked to be involved with Variety Village's marketing and promotion side of things. This was a little bit different than what I had been used to, coming from a recreation background, but I was up to the challenge. Since then, I have been involved in many aspects of the promotional side of Variety Village from going to give presentations, giving tours, providing information and service to our existing members and designing and distributing promotional materials to various neighborhoods. I also am fortunate to be a part of our personal training team at the Village.

I always like to include a part about a piece of information on the staff that many people may not know so here's some of the things that I do outside of the Village. I am an avid SCUBA diver and am usually out every weekend year-round diving. During the summer, I work as a Divemaster, helping to certify new divers. I am also a member of the Variety Village Powerlifting Team and finished 2nd in our recent competition with a total of 472.5kg (1041.7lbs) between my 3 lifts. This set the Canadian National Record in the 82.5kg class in the 25-29 age group and, due to my status as an Irish citizen, I was able to set the Irish overall records.

bar to bail you out if you fail a rep or need help to rack it. Begin the lift with a deep breath. The muscles of the chest receive their stability from the lungs which press against the ribcage and provide the supporting framework. Hold the breath during the eccentric contraction (bringing the weight down) and begin a tight, pursed-lip breath out at the "sticking point". Remember to treat each repetition like it is a single rep workout. Each demands the same attention.

If you are benching with your feet down, use the same technique as with feet up but use your feet to create an arch in your back. Keep your bum, shoulders and head touching the bench. During the push, press down on your heels and pull back to release energy from your legs into the push.

## Children's Gym Up and Running!

That's right, the new children's gym is up and running. The adults aren't the only ones that get to have all of the fun. Children aged 6-15 years old can now enjoy working out alongside the rest of the members. The equipment is scaled down to accommodate the smaller structure of children. It also uses hydraulic resistance to provide a safe workout for children's growing bones and joints.

Our new KidFit Program teaches children how to properly use the equipment. Personal trainer, Trevor Fray will take kids through the various equipment and design a workout program that will increase their health and fitness and build the foundation for a future of good health.

## Fitness Tip of the Month -by Bobby Bonner-*ISSA Certified Fitness Trainer* The Perfect Bench Press!

One of the most common exercises in the gym is the bench press. This highly beneficial exercise activates a number of muscles, including the anterior deltoids (front shoulder), pectoralis (chest) muscles, biceps, triceps and various muscles of the back. Although this is such a great exercise, if not done properly, it can have detrimental effects to both strength improvement as well as the bones and joints.

Bench press can be done 1 of 2 ways; legs up or legs down.

When benching with your legs up, it is important to keep your head pinned against the bench. Many people have an issue with lifting their head during the push component of the lift. Although it feels like you're generating more power, you are actually utilizing less power which will result in the lift being more difficult. Set your arms comfortably apart. A good starting point is to make an L with your thumb and forefinger and place your thumb on the beginning of the knurling of the bar. From there grip with your forefinger and make that the start of your grip. If you are lifting heavy, always use a spotter and have them assist you in removing the bar from the rack and placing it over your chest. From there, the spotter should only touch the

Editor: Bobby Bonner  
bbonner@varietyvillage.on.ca  
Your comments, story ideas and questions are welcome.



**Variety Village**  
3701 Danforth Avenue  
Toronto, ON  
M1N 2G2  
P: 416-699-7167  
F: 416-699-3926  
Web: varietyvillage.ca  
Charitable Registration  
No: 12362 5618 RR0001

**Vision**  
Opportunities for people with disabilities.

**Mission**  
Variety Village promotes appreciation, interaction, empowerment and inclusion. We facilitate the achievement of life goals for people with disabilities through sports, fitness, wellness; awareness; education; training and skills development.