

# DANVILLE YMCA NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**DANVILLE FAMILY YMCA**

**1111 N Vermilion, Danville, IL 61832**

September 2017

[www.danvilleymca.org](http://www.danvilleymca.org)

MONTHLY NEWSLETTER OF THE DANVILLE FAMILY YMCA



YOUNG DANVILLE NATIVE IS A...

## NATIONAL RISING STAR

Tevin Smith will be a name to remember! The Danville native has been drawing national attention on the basketball court over the past eleven months. On August 11th, Tevin traveled to Greensboro, North Carolina where he competed in the Chris Paul National Rising Stars Camp. There were 240 participants at this invite only event, including players from all over the world. Tevin played extremely well and received several national write ups from different media outlets.

The staff from the camp ranked Mr. Smith as one of the top 40 kids in the camp, while Phenom Hoops ranked Tevin as one of the top 20 kids in the camp. Tevin will play his high school career at Danville High School in Danville, Illinois. This is one special kid to keep your eye on.

### IN THIS ISSUE

National Rising Star

Y-Kids

Y-Achievers

Hydration Tips

Health Tips

Swim Team

Water Bottle Refill Station

Did You Know?

### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

### QUESTIONS, COMMENTS, IDEAS?

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## AFTER SCHOOL CARE AVAILABLE

# EDISON—NORTHEAST—MARK DENMAN—LIBERTY SCHOOLS



If you're seeking an afterschool program located on-site at your child's school, join the Y-Kids Program today! We offer free snacks, homework help, game time, S.T.E.M. Program and much more!

Childcare available until 6:00p.m.

\*Financial Assistance is available along with CCR/State Assistance.

## Y-ACHIEVERS

Are you seeking your G.E.D or looking for Employment Opportunities? We offer "Work Experience" training and help with obtaining your G.E.D!

Contact Sarah Jones for more information at 217-442-0563 or [sjones@danvillemca.org](mailto:sjones@danvillemca.org)



Did you know your body is made up of up to 75% water? That is why it is so important to hydrate, especially when spending the day outside in the sun. You should aim to drink 50%-100% of your body weight in ounces of water each day. Some tips to drink more water include:

- always carry a water bottle around
- place cups of water out at meal times
- try fruit-infused water to add taste (lemon, lime, berries)

Dehydration can cause fatigue and headaches. Make sure to stay healthy and hydrated.

## HEALTH TIPS

- Laughing lowers levels of stress hormones and strengthens the immune system.
- The benefits of exercise are more than just for weight management.
- Exercise also combats stress, promotes better sleep and activates the immune system.
- Touch stimulates the release of endorphins (the body's natural pain killers). There are approximately 5 million touch receptors in our skin—3,000 in each finger tip.
- Research has shown that when people exercise by walking, they walk 30% longer if they walk to music.
- Drinking water before and after a workout reduces soreness and helps to flush the body of toxins released from the muscles.





**REGISTRATION BEGINS SOON!**

## **DANVILLE DOLPHINS WINTER SWIM TEAM**

Does your child dream of being in the Olympics as the next Katie Ledecky or Michael Phelps? Do they think swimming is fun, but they aren't sure about competing in meets? In both cases, the Danville YMCA Dolphins Swim Team might be the right fit for them. We have swimmers dreaming of the Olympics and others who just love coming to practice. Our team is for everyone who loves swimming!

Little swimmers ages 8 & under need to be able to swim one length of the pool freestyle, and any swimmer age 10 & older should be able to swim two lengths freestyle and at least one length of any other stroke (backstroke, breaststroke, or butterfly). If they are in need of a little extra practice, look at signing up for our Pre-Team swim lesson on Tuesday night from 6:00-6:45p.m.

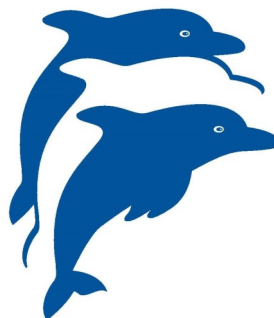
Evening practices will begin on Monday, October 2<sup>nd</sup> and will be offered throughout October on Monday through Thursday. Friday night practices will be added starting in November. There are no minimum practice requirements, but the more practices attended in a week the better a swimmer becomes. The season runs until the first week in March for those swimmers who qualify for Districts and the second weekend in March for those who qualify for State.

All swimmers must be a member of the YMCA – check out our website at [www.danvilleymca.org](http://www.danvilleymca.org) for our current membership rates and specials.

There is a \$15 per child registration fee. Swim team fees are \$210 for the 1<sup>st</sup> child, \$195 for each additional child, \$125 for any high school boy who swims for DHS and returns to swim for the Dolphins, and \$155 for any DHS girl who swims and returns to swim for the Dolphins after her season is complete. All swimmers must compete in two meets to compete in the championship meets at the end of the season. We have approximately 10 swim meets, mostly traveling around central Illinois (Springfield, Decatur, Clinton, and Mattoon). We do host two home meets each season. Parents are expected to volunteer during home and away meets, and we do have fundraising to help off-set the costs of running the swim team program.

A Parent Information Meeting will be held at the Danville Family YMCA on Monday, September 11<sup>th</sup> at 6:30p.m.

Please contact Coach Joyce Bruett at [jbruett@danvilleymca.org](mailto:jbruett@danvilleymca.org) for more information.





# WATER BOTTLE REFILL STATION

The next time you visit the YMCA, make sure to check out the new filtered water bottle refill station with the water fountain near the Wellness Center!



## WHY REFILL YOUR BOTTLES?

1. **You can save the environment:** Using a refillable water bottle is better for the environment, as many disposable water bottles simply get thrown out. For instance: In 2012, only nine percent of the total plastic waste generated was recycled according to the EPA. If you already purchased a disposable water bottle, don't worry! You can still fill it up at the station. Just remember to recycle it. It takes a disposable bottle 1,000 years to biodegrade in a landfill.
2. **You can save money:** Refilling a water bottle is much cheaper than constantly buying bottled water. If you were to replace 200 bottles of water a year with free refillable water, it would amount to an annual savings of \$300!
3. **Clean water=Healthy Body:** All the water from the filling station is thoroughly filtered to purify it before consumption – making for a safe and tasty drink of water!
4. **You can even look stylish while saving the planet:** There are many companies that make stylish and durable water bottles, such as Klean Kanteen, Camelbak, and Nalgene. Just make sure yours is free of BPA (Bisphenol-A), a chemical linked to health concerns in animals and humans.



**DID YOU KNOW...**

## BASKETBALL WAS INVITED BY A YMCA EMPLOYEE?



While working as an instructor at Springfield, Massachusetts' YMCA International Training College, James Naismith (1861-1939) famously created the game as a way to invigorate his students during the harsh New England winter of 1891.



## AND SO WAS VOLLEYBALL!

Four years later, William G. Morgan (1870-1942)—another Bay State YMCA teacher—developed volleyball as a less-demanding alternative to Naismith's flourishing indoor sport.