

Trampoline good workout for people of all ages

From page 23.

"There's been steady growth," he said.

"The biggest spike though, came after the 2000 Olympics. The phones at our club were ringing off the hook."

The Skyriders club, which opened in 1990, has close to 250 members including 45 in the competitive stream.

In Woodbridge, the Airborne Trampoline Club, which opened in 1994, currently has 300 members.

Martin notes her club also has 17 members on their competitive team and anywhere from 50 to 70 youngsters who take weekly lessons.

The sport is also bolstered by the growing presence of adults, including grandparents.

"We had a guy who started jumping when he was 48 and he's learned some hard stuff like back flips and twists," Ross said. "I wouldn't recommend it for those who might be over 65, since it might be too hard on your bones. But you can do it when you're 25 years old. Heck, I'm 53 years old and I'm still jumping."

Affordability helps, too. Ten one-hour lessons cost around \$135.

Ross introduced Martin to the sport and encouraged her to open a club.

"I have people who are overweight come here and they can go on a tram-

poline and get a good workout," she said.

Trampolining is a great secondary activity for those in other sports, including divers and snowboarders.

"It's great for hand-eye co-ordination and stamina," she said.

She also noted a Greater Toronto Hockey League youth team trained at her facility for three months to learn how to fall and how to protect themselves.

"Nobody can say it's not a dangerous sport. I've had people try to sue us when they just trip over the deck. This makes me angry."

"The peewee Red Wings trained here for three months in 1997 and they said that they didn't lose any players to injury. They also won the league title that year," she said.

While the sport has gained acceptance, Martin and Ross acknowledge there have been growing pains.

"Trampolining works every muscle in your body," Martin said. "I've got

some people that come in and say their kids have whiplash after going on the trampoline. But they are just sore since they haven't done it often enough. It's a lot like when you ride a horse for the first time and your legs get sore since you're not used to it."

Finding a building with a high ceiling can be difficult for clubs.

Martin notes her Woodbridge club has an 18-foot ceiling. But for competitions, she says, ceilings have to be at least 24 feet high.

"Industrial areas aren't exactly an ideal place for families to come. But here in Woodbridge, we're next to a bowling alley," she said.

What infuriates Martin foremost is because the sport involves high-risk manoeuvres, it's an easy target for lawsuits.

Martin acknowledges she's experienced her share of suits.

"Nobody can say it's not a dangerous sport. I've had people try to sue us when they just trip over the deck. This makes me angry," she said.

As for the sport's future, Ross sees no signs of interest slacking off.

"We don't know exactly where or when it will slow down," he said.

"We're a small sport, a lot like fencing or archery. You can grow 50 times bigger, but you're still small as compared with hockey."



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PUBLIC NOTICE

On July 8, 2003 the following Council Members went on record voting Yes to the Approval Draft Plan of a Subdivision for Markham Centre. Let's hold council members; D. Cousens, F. Scarpitti, T. Wong, S. Daurio, J. Virgilio, J. Heath, K. Usman, D. Horchik and A. Chiu accountable.

Hotline: 905-415-3635

York Region's Character Council says NOVEMBER is FAIRNESS MONTH!

I LIVE WITH FAIRNESS

I will treat others in a just, equitable and unbiased manner.

WHAT IS FAIRNESS?

FAIRNESS is being consistent

FAIRNESS is listening and being open

FAIRNESS is being careful making judgments about others.

FAIRNESS is treating people equally and equitably

FAIRNESS is following procedures

I WILL:

- Play by the rules.
- Take turns and share.
- Be open-minded and listen to others.
- Treat people equally.
- Not blame others carelessly.

TELL US YOUR FAIRNESS STORY!

Do you know someone who demonstrates the positive character attribute of fairness?

Let everyone know about it. Email susan.smitko@region.york.on.ca with the details. We'll post some stories on the website for everyone to enjoy!

WHAT DOES FAIRNESS LOOK LIKE?

- Be fair by making a judgement that does not favour or discriminate against individuals based on improper factors. For example, it is simply unfair to deny a person a job or promotion because of race, religion, gender or any other factor that does not have a material bearing on their ability to perform the job.
- Be fair by handling similar manners consistently. For example, parents, teachers, employers or others should treat similarly situated individuals the same, otherwise one is not being consistent.

- Be fair by playing and abiding by the rules of the game. Whether it is sports or just a board game, one should always play by the rules and demonstrate good sportsmanship at all times.

BOOKS & MOVIES!

TO READ: Some books that teach us about

FAIRNESS

• **The Rainbow Fish** by Marcus Pfister (Grades SK-1)

• **King of the Playground** by Phyllis Reynolds Naylor (Grades 2-3)

• **The Hare and the Tortoise: A Fable** from Aesop, retold by Helen Ward (Grades 4-5)

• **Can You Sue Your Parents for Malpractice?** by Paula Danzinger (Grades 6-7)

• **Painting the Black** by Carl Deuker (Grades 8-9)

TO WATCH:

FAIRNESS lessons can be found in:

• **TWELVE ANGRY MEN**

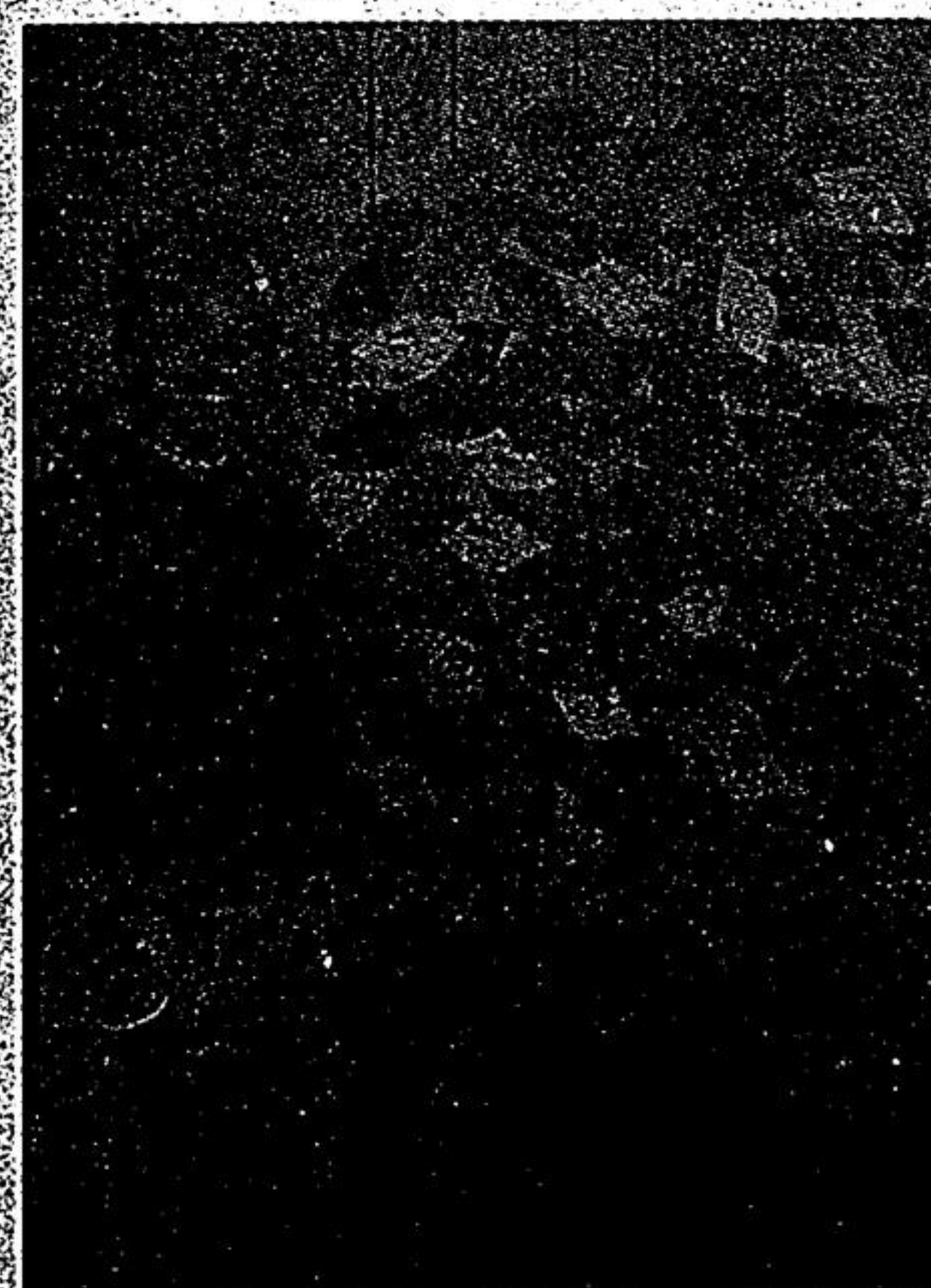
A gripping tale of jurors struggling to determine if a

young man is guilty of murdering his father. It's also a primer on what to do and what not to do when deliberating as a juror.

• **TO KILL A MOCKINGBIRD:** Atticus Finch is probably the best male role model on film. He loves and nurtures his children. He treats all those around him with respect and consideration. He renounces violence but stands up for what he believes in. He respects the rule of law.

• **HOOP DREAMS:** This documentary follows the high school careers of two black teenage boys from the Chicago slums who have been identified as having extraordinary talent for basketball and who dream of escape from poverty through an NBA contract.

"Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian." — Dennis Wholey



Anna Bajmak from Green Acres Day Camp in Markham shows off her Character tree. Throughout the summer, cabin groups would receive leaves to put on the tree every time they demonstrated one of the Green Acres Character Traits while at Copper Enamelling. This was all part of Green Acres ongoing Character Counts! program.

York Region's Character Council can be reached by calling the Executive Director, Sue Smitko at (905) 830-4444 ext. 1522 or through its website at www.region.york.on.ca/cc

York Region Newspaper Group and Rogers Television are proud to support the Character Community Initiative.