

February 15th Staff Development
Wellness Day

Name _____

1st Session 12:20-1:00 p.m.

Volleyball _____ (gym)

Do you *dig* this sport? Looking to play in a semi-competitive format with an authentic set up? Our very own Toodie Royer will provide a very brief explanation of the various 'hits' and the remainder of the time will be spent playing. This is the perfect opportunity to work up a sweat and bump, set, spike!!

Basketball _____ (small gym)

This sport was invented by Dr. James Naismith in the late 19th century in Massachusetts....ok enough history, let's play!! This session will be facilitated by Shaun Bradford in the small gym. Participants will play either full court or half court depending on the number of registrants.

Dodgeball _____ (gym)

Dodge, Dip, Duck, Divethis childhood favorite was repopularized by the Hollywood version starring Ben Stiller and Vince Vaughn. Physics teacher John Sheveland will not take points off if you aren't in your gym uniform.... but rather will give a brief overview of rules and then GAME ON!!

Racquetball _____ (racquetball courts)

Did you know that Rampart High School comes fully equipped with 2 racquetball courts? Matt Perry will facilitate this session with an explanation of scoring, and rules.....and then participate in some fun and competitive matches.

Ladies Weight Training _____ (weight room)

Have you wanted to start a weigh training program, but just not felt comfortable in front of men while lifting?? Lindsey Nosse will provide you an instructional session on the basics of weight training in Rampart's weight room. Learn the lifts and exercises that you have been too shy to ask about.

Healthy Lifestyles _____ (room 116)

In this lecture, Jim West, triathlete and lifelong practitioner of healthy living, will touch on the basics of exercise, nutrition, sleep habits, stress management, and time management. Jim will spend time explaining the how to's, nuances and benefits of implementing these healthy strategies into your life.

Stress Management _____ (room 219)

Bills....taxes.....kids.....grading.....relationshipsmoving these are all significant stressors that may be impacting your life. Gene Henderson from Henderson Consulting will spend a session explaining the physiological components of stress and proper ways to manage and mitigate stress in your lives.

Bike Maintenance 101 _____ (room 238)

Colorado may have some of the best cycling in the nation. Both rode and mountain biking are extremely popular in the region, and maintaining your bike can be pricey. Learn the basics of bike repair and maintenance from an accomplished hike mechanic, our very own Curtis Gile.

2nd Session 1:05-1:45 p.m.

Volleyball _____ (gym)

Do you *dig* this sport? Looking to play in a semi-competitive format with an authentic set up? Our very own Lindsey Nosse will provide a very brief explanation of the various 'hits' and the remainder of the time will be spent playing. This is the perfect opportunity to work up a sweat and bump, set, spike!!

Weight Training _____ (weight room)

Haven't hit the weight room since your JV football days in '82? Well it is time to get back into the groove. Research indicates that in a 24 hour period time frame, weight training burns more calories than a similar length session of cardiovascular exercise. Rampart's strength and fitness instructor Jim West, will lead and cater the session to the needs of the participants. Learn the basics to more advanced techniques to ignite that metabolism.

Dodgeball _____ (gym)

Dodge, Dip, Duck, Dive.....this childhood favorite was repopularized by the Hollywood version starring Ben Stiller and Vince Vaughn. Student Dean Paul Loomis will not be assigning detentions if he gets hitbut rather will give a brief overview of rules and then GAME ON!!

Nutrition 101 _____ (217)

Are you a closet junk food junkie? Or simply aren't aware of the difference between a fat, carb or protein? Jamie Dewitt, a UCCS nutrition student, will cover the basics of nutrition and provide a guide towards healthy eating. The session promises to provide us a solid foundation for healthy eating habits in 2008 and beyond.

Colorado (Springs) 101 _____ (220)

Are you looking for an outdoor adventure, but are not quite sure where to get started? This is the perfect session for you. Jeff Mace is an outdoor enthusiast with a plethora of local experience mountain biking, hiking, snowshoeing, snowboarding, camping and enjoying the outdoors. Learn about the abundant trails, activities and adventures that exist right outside our doors.

Stress Management _____ (room 219)

Bills....taxes.. kids grading ..relationships.....moving these are all significant stressors that may be impacting your life. Gene Henderson from Henderson Consulting will spend a session explaining the physiological components of stress and proper ways to manage and mitigate stress in your lives.

Yoga _____ (multi-purpose room)

Yoga is an ancient Indian body of knowledge that dates back more than 5000 years ago. The word "Yoga" came from the Sanskrit word "yuj" which means "to unite or integrate." Yoga then is about the union of a person's own consciousness and the universal consciousness. Spend this session participating in Yoga, which will be lead by Jessie Silva, a licensed Yoga instructor.

Yard Games _____ (small gym)

Back yard barbeques are a lot of fun.....especially if you rule the competition of the day. Come play some low impact 'ladder golf and/or 'bags' in the small gym with Toodie Royer.

3rd Session 1:50-2:30 p.m.

Basketball _____ (small gym)

This sport was invented by Dr. James Naismith in the late 19th century in Massachusetts....ok enough history, let's play!! This session will be facilitated by the semi-competitive Matt Perry in the small gym. Participants will play either full court or half court depending on the number of registrants.

Pool Time _____ (pool)

This session will be operated as an independent study monitored by Rick Starzecki. Utilize this time to swim laps, fine tune your diving skills or simply soak in the hot tub or sauna. Swimming can be an intense workout, or you can use this time to unwind from your previous 2 sessions.

Walking Rampart _____ (217)

Walking is an excellent form of exercise that has numerous health benefits. This session will take you around the campus of Rampart High School and show you the favorites routes of Julie Gregory and Sarah Lang. This promises to be informative, low impact and collegial.

Colorado (Springs) 101 _____ (220)

Are you looking for an outdoor adventure/activity, but are not quite sure where to get started? This is the perfect session for you. Our very own principal, 20 year Colorado Springs resident and outdoor enthusiast Gil Bierman will share with you some of the best trails, activities, and destinations in the Colorado Springs area. Learn about some of the best and most beautiful destinations in the state.

Yoga _____ (TBA)

Yoga is an ancient Indian body of knowledge that dates back more than 5000 years ago. The word "Yoga" came from the Sanskrit word "yuj" which means "to unite or integrate." Yoga then is about the union of a person's own consciousness and the universal consciousness. Spend this session participating in Yoga, which will be lead by Jessie Silva, a licensed Yoga instructor.

Nutrition 101 _____ (217)

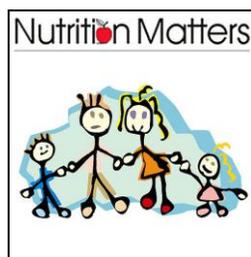
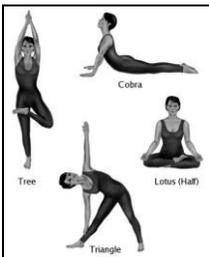
Are you a closet junk food junkie? Or simply aren't aware of the difference between a fat, carb or protein? Kaleigh Beekman, a UCCS nutrition student, will cover the basics of nutrition and provide a guide towards healthy eating. The session promises to provide us a solid foundation for healthy eating habits in 2008 and beyond.

Badminton _____ (gym)

Badminton is a competitive sport played world wide that is fun easy to learn and can be play at an intense level. Learn the basics of this Olympic Sport from Adam Strah and enjoy playing for the rest of the session.

Aerobics _____ (multi-purpose room)

Tae bo just not your thing? Yoga Booty Ballet just too contemporary? Pilates not the way you enjoy working out? If you are looking for a good old fashion approach to getting your heart rate elevated, how about a moderate level aerobics class. The class will be instructed by Julie from the Briargate YMCA. Please no leg warmers.



Warning: By its nature, participation in physical activity includes a risk of injury which may range in severity from minor to long-term catastrophic and while serious injury is not common, it is impossible to completely eliminate this risk. Participation in these exercises is completely voluntary; I understand that I am responsible for monitoring my own condition throughout the activity and should any unusual symptoms occur, I will cease my participation and seek medical attention immediately.