



UW-LA CROSSE

MENTORS IN MOTION

NEWSLETTER



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PHYSICAL
ACTIVITY
MENTORING
PROGRAM FOR
PERSONS WITH
DISABILITIES

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Summer T-Ball and Baseball Programs On-Deck for Kids

Get the baseball gloves and bats dusted off. Plans are being finalized for our popular summer baseball and T-ball programs run jointly with the La Crosse YMCA. Kids in these programs will be part of the UW-L Physical Activity Mentoring Program, along with many other persons in the community.

There are two different baseball programs based on age. Happy Bats T-ball is for youngsters ages 4-6, and is part of the YMCA program for all kids. This program is two nights a week for kids with special needs on Tuesdays and Thursdays from 5:15-6:00 p.m. The other program, Buddy Baseball, is Tuesdays and Thursdays from 6:15-7:15 p.m. Kids

with special needs, ages 7-17, are in Buddy Baseball (ages can vary). We encourage siblings and friends of the kids to get involved in these programs.

The focus on both programs is to: develop the skills of catching, hitting, throwing, and running; participate in games to use these motor skills in a fun way; increase social interactions with friends, siblings, and mentors; develop skills in a community-based setting, and have FUN while being physically active. Both programs are staffed by UW-L Adapted Physical Education program students under the direction of Drs. Manny Felix and Garth Tymeson. School District of La Crosse teach-

ers and YMCA employees are also part of the staff.

Registration for the programs is through the La Crosse YMCA (782-9622 ext 285). The YMCA contact is Brandon Corcoran. There is a fee for these programs. The La Crosse baseball programs will take place at the Hogan Administration Building Field at East Ave and Market streets – NOT at Longfellow Middle School as in past years. A separate baseball program for kids with special needs is also taking place at the Onalaska YMCA. Contact Garth Tymeson (785-5415) or Tanya Shull (785-8695) if you have questions about the La Crosse program.

Hoops For ALL: A Mentoring Program Success

The 2009 Hoops For ALL program was held at the Mathy Center Boys' and Girls' Club at Viterbo University. The program was on Mondays and Wednesdays from 5:00 to 6:00 p.m. There were four teams taught by student mentors from UW-L. The 24 participants increased their physical activity levels and learned skills, strategies, and cooperation as they worked with their team and mentors.

On a very special day the UW-L Men's and Women's basketball teams surprised the players with a full court game, teaching skills, and signing autographs. There was a shooting contest where Logan beat a UW-L basketball player for the most made shots!



Mentoring Group Wellness Outing on the Ropes Course



Sterling takes off on the flying squirrel

On a Sunday morning in April several mentors and mentees took the challenge of climbing the rock wall and swinging from the ropes on the Mitchell Hall indoor ropes course. The day started with games to get to know one another, and quickly led to mentors pulling their mentees into the air on the flying squirrel. Mentees and mentors got their hearts racing with a game of tag and then put on their climbing harnesses. Everyone learned about what “on belay” meant and why it was so important to practice while we were on the course. Participants also climbed very high on the rock wall and conquered the cargo net. Mentors and mentees enjoyed encouraging each another to help overcome any fears they had. The session ended with healthy snacks we learned about in nutrition education (grapes, oranges, and Gatorade) and laughter about the day. What a great day of physical activity for mentors and mentees.

Mentees and mentors getting ready to climb the cargo net



Mentors of the Month



Erica Wherry (with Emily)

Hometown: Clintonville
Major: Pre-Physical Therapy
Hobby: Cooking, biking, rollerblading
Favorite Ice cream: Peanut butter chocolate
Favorite activity with mentee: Exploring Myrick Park marsh trails



Tracey Gregory (with Erik)

Hometown: Eau Claire
Major: Therapeutic Recreation, Pre PT
Minor: Psychology
Hobby: Kayaking
Favorite Ice cream:Olsons Cake batter
Favorite activity with mentee: Snowshoeing in Hixon Forest

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