



University of Wisconsin-La Crosse

Living well with disability through an active and healthy lifestyle

UW-LA CROSSE MENTORS IN MOTION NEWSLETTER

VOLUME 3, ISSUE 3



OCT/NOV 2011

PHYSICAL ACTIVITY MENTORING PROGRAM FOR PERSONS WITH DISABILITIES

INSIDE THIS ISSUE:

Fall Mentor Program Highlights

Reaching New Heights

Turkey Trot

Flying High with Friends

All-Star Bowling

Star Mentors

Upcoming Events:

Turkey Trot : 9:00am
November 19th, 2011

Award Ceremony @
the REC following
Turkey Trot

Physical Activity Mentoring Program: Fall Highlights

The mentees and mentors have been taking advantage our beautiful 2011 fall weather in La Crosse. We have new participants who are getting physically active experiencing many exciting indoor and outdoor activities. The program has planned plenty of fun outings this fall such as hiking, bowling, climbing, and our very own team in the UW-L Turkey Trot. The last outing will be followed by an event to for awards and give the mentors a chance to say goodbye to their mentees while encouraging them to stay active and healthy. Many goodbyes turn into, "See you next session!"



Anthony, Amanda, Cole M., Ali, and Cole R. bowl for physical activity!

Reaching New Heights

The Mentoring Program kicked off the Fall Session with a hike at Hixon Forest, on what turned out to be a gorgeous Saturday afternoon in October. Mentors and mentees spent time getting to know one another while exercising in the great outdoors. It was a busy afternoon hiking up and down the trails, but there was plenty of time to stop and take a moment to create a memory with some new friends! (See below)



Dakota and Olivia at Hixon Forest

Walking/Running for Physical Activity: The Turkey Trot

We are excited to announce that our final event for the Fall 2011 Physical Activity Mentoring Program will be the UW-L Turkey Trot on Saturday, November 19 at 9:00 a.m. The Turkey Trot is a 5k run or walk (about 3 miles). The event starts at 9:00 a.m. sharp near Veterans Memorial Monument (in front of football stadium) and finishes on the track in the UW-L Veterans Memorial Field Sports Complex. Help make this a great finish to an active mentoring session. We would love to have parents, brothers/sisters, and others run/walk with our team! When you register, please fill out the "Trotter Team Affiliation" as **Team Mentoring Program**. Our end of the session Award ceremony will take place at the Eagle Center following the event. For more information: <http://www.uwlax.edu/turkeytrot/>

NOTE: There is a fee for every person who participates regardless of age (infants and toddlers in strollers are free). If you register on or before Friday, November 11, it is \$7.00, November 12-18, \$12.00, and on day of the race Saturday, November 19, \$15.00. A T-shirt is \$13 and does not include your registration fee.

Other Mentoring Program News Flashes

Flying High with Friends



2011 Group hike at Hixon Forest

On Saturday, November 5, the Physical Activity Mentoring Program will be at the indoor rock wall and ropes course at UWL! The mentees and their mentors will get to experience climbing rock walls and traversing high ropes elements like the tight rope walk. This will also include the favorite Flying Squirrel! Participants run forward and are hoisted sky high by a team of participants running in the opposite direction. The indoor course provides an opportunity for participants of all levels to challenge themselves, be physically active, and have fun. Stop in and see for yourself!



Nick on the Flying Squirrel

All-Star Bowling

The UW-L Physical Activity Mentor Program was a striking success at the 2011 bowling outing. Mentors and mentees engaged in physical activity while having fun and sharing many laughs. Participants bowled strikes and cheered on fellow friends throughout the event.

Want to Join the Fun and Physical Activity?

To become a college student mentor or mentee in our Physical Activity Mentoring Program, contact Ashley Zimmerman or Rachel Smith at 785-8695 or mentorprogram@uwlax.edu. This program is a great way for college students to get involved with individuals with disabilities through physical activity and fun! This winter/spring the Physical Activity Mentoring Program will sponsor group activities such as sledding, hiking, rock climbing and ending with a fun run!

Mentors Making it Happen



Mentor Name: Dan Yeager
Hometown: River Falls, WI
Major: Physical Education



Mentor Name: Sam Chaneske
Hometown: Delafield, WI
Major: Occupational Therapy



Mentor Name: Mae Flavin
Hometown: Woodstock, IL
Major: Physical Education



Mentor Name: Zack Pataska
Hometown: La Crosse, WI
Major: Physical Education

Check out our website at <http://www.uwlax.edu/sah/ess/mentor/>

Mentoring Program Contact Information:

Ashley Zimmerman
zimmerma.ashl@uwlax.edu

Rachel Smith
smith.rac2@uwlax.edu

Mentoring Program
mentorprogram@uwlax.edu

Office:
115 Wittich Hall
785.8695 or 8690