

# WRC

## Winfield Recreation Commission

July 2024

Fitness Classes ♦ Youth Classes ♦ Memberships ♦ Events ♦ Party Rentals ♦ Sports Leagues ♦ Indoor Pool ♦ Open Gym



**4<sup>TH</sup>**

**OF JULY**

**MIDWEST MOOS VS  
MULVANE PATIOTS**

**BROADWAY SPORTS  
COMPLEX**

**GATES OPEN AT 5PM**

**Game Time: 6pm**

**FREE ADMISSION!!**

**Post Game Fireworks!**





# CO-REC SOFTBALL

## WRC Co-Rec Softball League

Get your team together and sign up for the WRC Co-Rec Softball league. Entry fee is \$250 per team for an 10-game regular season plus an end of the season single elimination tournament. Games will be played on Tuesday and Thursday evenings beginning August 1st. The deadline to register is Thursday, July 18th .

## WRC Co-Rec Softball Tourney

Join the WRC for the adult Summer SlugFest Co-Rec Softball Tournament on July 27. A maximum of 12 teams will be accepted. Entry fee is \$175 if registered before July 11th, \$225 if registered between July 12th-18th. Teams will get a 3-game guarantee. Championship T-shirts plus cash/gift cards. Balls will be provided.

## Baseball/Softball pool party



Come out and celebrate the end of baseball/ softball season with a pool party at the Winfield Aquatic Center. The party will be from 7:00 pm—8:30pm on July 18 and Jace will be there to hand out free treats to all the players and their family members.



# Health & Wellness ♦ Calf Cramps– How to get more gain for less pain

I cannot imagine that there is anyone past the age of about 10, that has never had calf cramps. Let's face it, they are horrible. From having no pain and full movement to excruciating agony in a matter of seconds. I think that you can relate to that. If you are into sports though, calf cramps are far more common, and can stop you in your tracks. So, what are calf cramps exactly? Anyone competing in sports knows that they usually occur after strenuous exercise. But what about those poor folk who wake up with cramps for no discernible reason. So, how do they occur.

How Calf cramps can occur. Although not an exhaustive list by any means, here are some common causes of calf cramps.

**Dehydration:** If you are involved in any sports, especially if you are serious about it, you should always ensure that you maintain your fluid levels. As you get hot, your body seats, and you lose fluid. If these fluids are not replaced there is a danger of dehydration, and dehydration can accelerated the onset of calf cramps.

**Over tiredness:** If you exercise longer or harder than you are used to, there is a danger of calf cramps. Sometimes, in competitive situations, this can be difficult to avoid, but in training, you should increase demands on your body slowly, so that it can get used to it. That is the purpose of training after all. If you train to peak fitness in competition, the likelihood of calf

cramps or any injury for that matter, is reduced.

**Vitamin deficiencies:** There is speculation that athletes who get calf cramps could suffer form low levels of potassium, sodium, calcium, magnesium, and phosphorus.

**Poor warm up:** It is vital that you warm your body up carefully before any exercise. If you don't stretch your calves properly for example, they continually stay contracted and are thus more susceptible to cramps.

**Poor circulation:** I can attest to this myself. When I was young, I played a lot of soccer, and used shin guards to protect the front of my legs. To keep the shin guards in place, I used ties to hold my socks up. More than once, during a strenuous game, my calves tightened up and cramped. The cause, I am sure, was poor circulation because of tight sock ties.

Some of the caused will have obvious remedies for example. I shouldn't have tied up my socks so tight for example! If cramps occur during exercise, then stretching the calf while massaging can alleviate the pain and stop the muscle from tightening. However, there are other things that you can do which might

stop the problem occurring. Stretch your muscles before exercise as part of a regular warm up routine. Try and warm down after exercise as well.

Ensure that you stay properly hydrated during exercise and drink plenty of water.

## TOP 10 FC Members

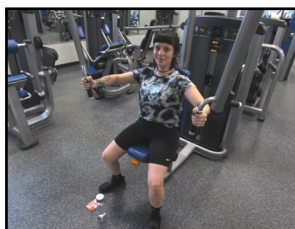
1. Viengxong Intha
2. Lance Austin
3. Lori Aikins
4. Alex Markus
5. Mike Seidel
6. Terri Seidel
7. Megan Harris
8. Chase Rodgers
9. Noah Harris
10. Ashley Chastain,  
Kobuyashi Dai, Gamaliel  
Gomez, Torrie Thiel

## Watermelon-Strawberry Smoothie

### Ingredients

- 2 C. frozen strawberries
- 1 C. chopped watermelon
- 1 C. low-fat plain yogurt
- 2 tsp. honey (optional)
- Squeeze of lime juice

**Step 1.** Combine strawberries, watermelon, yogurt, honey, and lime juice in a blender. Puree until smooth.



## Fitness Center Tip

Display your results. Whether it's the pounds you have lost, how many times you have worked out this week, or a picture showing off your results, display it to motivate you to Keep it up!



## Wellness

### Director

**Tyler Osborn**  
624 College  
Winfield, KS  
620-221-3062

## Fitness Center

### Supervisors

**Kyle Larsen**  
**Christy Wiebe**  
**Lance Austin**

# Did You Know?

## Youth Swimming Lessons

**D**id you know that drowning is one of the leading causes of accidental death for children in the United States? For every child that dies from drowning, another five receive emergency care for non-fatal submersion injuries, often caused by oxygen deprivation. Help the WRC lower this statistic by enrolling your child in swimming lessons. The WRC offers American Red Cross Learn to Swim Lessons for kids ages 6 months and older. The lessons are held at the Winfield Aquatic Center.

**FINAL SESSION BEGINS  
JULY 15**

**VIEW FULL SCHEDULE,  
PRICES, AND LEVEL  
DESCRIPTIONS @  
WINFIELDREC.COM**



## Helpful Information - - - - -

### Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for adult aerobics, youth classes, & youth sports leagues at any time of the day!

#### Instructions

1. Go to [Winfieldrec.com](http://Winfieldrec.com)
2. Select 
3. Create Account

\* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

### WRC TEXT ALERTS

Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.

Sign up @[winfieldrec.com](http://winfieldrec.com)



### Contact Us



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