

NEWSLETTER



COMMUNITY CONNECTIONS

Sixteen years ago, Josh Nordell moved his family to Sisters, OR. from California. They joined Sisters Athletic Club immediately and have been members ever since. Exercise and sport have been an integral part of Josh's life since he was a small child. He notes that his parents saw early on that he "needed to be physically active daily... As a result I still really enjoy racing, competing and still feel very driven athletically."

Josh's connection with the Athletic Club extends beyond his membership and into an important partnership as a Special Education Teacher with Sisters School District. This intersection between the Athletic Club and the School District has been recognized throughout the region and has even been used as a model by the Oregon Department of Education for how to serve youth with cognitive differences. Josh's appreciation for the club is evident. "I'm incredibly grateful for the community support that the Sisters Athletic Club provides to the students I serve in my job at Sisters School District. Tate has been an amazing advocate for our students, whether through swimming lessons, job skill development, fundraising, hiring students for their first jobs, or allowing us to use the facility for teams and classes. The club has played a huge role in our programming and in supporting students with special needs. On a personal level, the friendships I've built at the club have become an important part of my life. I feel fortunate to be part of such a strong and supportive community." The strength of our Sisters community is seen in these important connections our members create.

Did you know?

A word from our pool operator... "It's important to shower and rinse off before entering the pool. This is because chemicals in the lotions/perfumes/soaps on our bodies can affect the Alkalinity of the water. Alkalinity balance=PH balance=Excellent water."

Tate's Tidbits

I represented Oregon health clubs last month while providing testimony in support of HB3140 at the Oregon Legislative committee. This bill protects Oregon recreation both inside health clubs as well as outdoor recreation. It is an important bill that could impact the livelihood of SAC as well as everyone's ability to enjoy trails, rivers, ski resorts and more. It's an honor to represent the SAC members and other health clubs in Oregon on this important issue.

<https://protectoregonrec.org>

Upcoming Event:

MARCH MADNESS CHALLENGE MARCH 17-30

SIGN UP AT THE FRONT DESK



MARCH BIRTHDAYS!

- CATHERINE - 3/4
- ROSIE - 3/17
- 105 MEMBERS



Darcey Croson

sistersathleticclub.com

LOST & FOUND

Please check our lost & found area. We have several items large and small on a regular basis. We hang on to items for 4 weeks. After 4 weeks we give items away. Our lost & found area is located in the office across from the pro shop. For smaller items, ask the front desk.

INSIGHTS FROM ROSIE AQUATICS COORDINATOR

JUMP OR CANNONBALL IN!

Swimming is a great whole-body exercise. Lap swimming not only engages multiple muscle groups, it provides a non-impact environment to workout. Hydro fit, or water exercise, gives the added resistance of water pressure without the impact of gravity from land-based exercises.

As a cross training activity, it allows your body a way to move differently from regular weight training, running and cycling and provides a change of pace with no impact to joints. A few laps to relax and reset is a great way to finish your weight room workout or group exercise class.

Employee Spotlight

Darcey Croson has been working at Sisters Athletic Club for 19yrs. From her initial position at the front desk to her current job as Operations Manager, Darcey has been an integral part of the management of the Athletic Club, and is trusted by staff and members alike. She notes the cleanliness and inspiring atmosphere as just a couple of the aspects she admires about her workplace. Originally from Minnesota, Darcey raised all three of her children in Sisters. Always an active person, she has completed six 5K races, two 10K races and one Sprint Triathlon, just a few of her many accomplishments. Darcey shared the following funny story of an incident at Sisters Athletic Club: "One hot summer morning we had the doors to the bridge open to let the cool air in. Well, a bat flew in and chased me down the hallway! I was able to divert it into a bathroom where we got it into a box and released it later that evening. It was a funny sight, me running down the hallway away from a bat!"