

THE 4th VILLAGE SPORTS CLUB INTERSCHOOL BASKETBALL COMPETITION - DEVELOPMENTAL DIVISION



De La Salle Santiago Zobel took home the championship trophy for 2015 last December. San Beda College Alabang, Ateneo de Manila University and St. Francis of Assisi College came in as 1st, 2nd and 3rd runner up respectively.

Running on its 4th year, Village Sports Club Interschool Basketball Competition- Developmental Division officially opened last October 25, 2015 at the club's P.A.G. Wellness Pavilion with ten (10) participating schools with DLSZ emerging as victorious. The opening ceremony featured Jerome Nepomuceno (of De La Salle Santiago Zobel) who enlightened the players on the importance of perseverance. 2014 MVP Jordi Gomez de Leano (of Ateneo de

Manila University) lead the Oath of Sportsmanship before the ceremonial toss.

Other participating schools are Ann Arbor Montessori,

Cittadini School, Elizabeth Seton School, Our Lady of Pilar Montessori Center, Paref Southridge School and Waynesville Learning Center.

VSC's IBCDD aims to promote a friendly and competitive environment for young kids' ages 9 – 11 years old from various schools. It commenced this October with all the games held at the Basketball court of VSC.

VSC's IBCDD Champs:

2012 DLSZ

2013 DLSZ

2014 ADMU

Sponsored by:



2015 HALLOWEENKEND SPECIAL: AN AWESOME HALLOWEEN

Village Sports Club's members and guests were treated to an array of entertainment (balloon making, trick or treat, mime entertainment), activities (giant inflatables, arts and crafts, go karts) and great food (create your own pizza, nachos, hotdogs) in this year's Halloween Special: An Awesome Halloween. It's much-awaited Trick or Treat activity was a step up from last year's with its themed stations like candyland and summer inspired 'tropical breeze' were elaborately decorated. Exciting trick or treat stations were scattered all around the club which made the experience memorable for the kids who were eager to fill their pumpkin pails with sweets. The event was concluded by a spectacular fireworks display.

Thank you to our sponsors: Gardenia, Goya Fun Factory, Food Details Inc., Precept Hygiene, Vivere Hotel, Brushstroke Creatives, Izee Graphics and Advertising, Krispy Kreme, Mr. Sun Kiddie Party.com and Lotte Koala's March.



Bowling at VSC

"The RELEASE is a crucial part of the bowling shot: all the hard work of your grip, stance, and approach come together and you actually get to send the bowling ball down the lane and hit the pins. A proper release technique is important because a small change in movement or jerk of the hand can have major effects on the path of the ball, and this can be the difference between a strike and a gutterball. Practicing is an essential part of the improvement package. The eternal question for the athlete seeking greatness is whether or not you have a practice plan that will elevate you to be a winner." Here at VSC, we push athletes beyond their full potential by providing high end sport facilities. Club Members can enjoy our Qubica AMF 8-Lane Bowling Alley every Tuesday to Sunday 4:00 pm to 9:00 pm. See you at the Club!

Source: www.bowling200.com and www.beginnerbowlingtips.com



HEALTH ZONE



HICCUPS?

They're usually totally harmless, but in some women they're actually a sign of stroke. Entirely unexpected, we know: just 10% of women polled by Ohio State University's Wexner Medical Center knew hiccups are one of a handful of stroke symptoms more often seen in women. Others: chest pain, whole-body numbness, and headaches. Unlike FAST (quick refresher: Face drooping, Arm weakness, Speech difficulty, time to call 911), there's no handy acronym yet for these female-specific signs, which seem linked to a type of stroke common among women that occurs in the black of the brain rather than the top.

Source: Prevention Magazine, December 2015

SMILES ARE VIRAL, SNEERS ARE TOO



Mind your attitude, say researchers at the University of Florida, because rude behavior can rub on those around you. "People tend to automatically mimic the facial expressions, speech infections, and postures of the people they're speaking to. That sets the condition to 'catch' others' emotions, both positive and negative," says social psychologist Elaine Hatfield, Ph.D., a coauthor of Emotional Contagion. Don't snap at your family and friends when you're stressed, Hatfield says. Instead, take a few minutes to go for a walk or to do some breathing. Come back with a smile and you'll lift the mood of everyone in the room-yourself included.

Source: Shape Magazine, December 2015

SPORTS ZONE



CYCLING MAKES YOU RUN STRONGER AND LONGER

So finds the latest study in the Journal of Strength and Conditioning Research. Runners who did three weekly HIIT cycling workouts-consisting of six 10-second all-out sprints alternated with 30-to-80-second rests-along with 25 miles of running, improved within two weeks. Those who rested for 30 seconds between intervals trimmed their 3k time by up to 7 percent, and those who interested for 80 seconds boosted their endurance and power. Researchers say such HIIT cycling helps you push harder than you would by just running more, plus it reduces the pounding on your body and slashes your workout time.

Source: Shape Magazine, December 2015

Clean Drinks That Can Cure a Bad Mood

Frazzled, unfocused, or just plain pissed? Mother Nature's got a few sippable tricks up her sleeve, packed with just the right nutrients to get you out of whatever funk you're in.

WHAT TO DRINK WHEN YOU'RE...



DISTRACTED Lemon Water

Chamomile tea helps ease anxiety and irritability, while milk from grass-fed cows has conjugated linoleic acid, a fat that may help counteract the stress hormone cortisol.

▶ Dehydration can mess with focus, so sipping water is always smart. Adding a squeeze of lemon juice has been shown to hone the effect further, though researchers aren't sure why.



STRESSED Chamomile Tea Latte



FEELING BLUE Greek Yogurt Smoothie

▶ The protein in Greek yogurt increases levels of mood boosting neurotransmitters while giving your gut a dose of probiotics, which research links to improved mood.

TRYING TO SLEEP Tart Cherry Juice

Recent research shows that drinking tart cherry juice twice a day can help you sleep nearly 90 minutes more a night, thanks to the naturally occurring melatonin in those tangy little fruits.



FRUSTRATED CHAI TEA

▶ This spicy blend often includes cinnamon, the smell of which can boost alertness and lower frustration, finds one study. It also stabilizes blood sugar, so if your sour mood is a result of an energy lull, it may help.



EXHAUSTED GREEN TEA

While this tea has a bit of caffeine, it also has L-theanine, an amino acid that boosts alpha brain waves (similar to what happens when you meditate), linked to relaxation and a focused calm.

Source: Prevention Magazine, December 2015



Shout it out during booth camp and you could muster a few more reps. In a study at the University of Singapore, people who "vocalized" (that is, said, "Ow!") were able to

withstand pain to 30 seconds, about five seconds longer than those who kept their lips zipped. "The muscle movements required to cry out or grunt may actually interfere with the pain messages being sent to the brain, distracting you from the discomfort," explains researcher Annett Schirmer, Ph.D. Even more potent pain relief: Swearing, according to earlier research. Doing so activates your fight-or-flight response, which has an analgesic effect-through maybe save the four-letter words for when you're lifting solo.

Source: Shape Magazine, December 2015