

# Start your pre-season training program before it snows

By David Brzykcy, PT, and Nicole Mosher, SPT

Cool nights, changing leaves, and the snow sports lovers are beginning to fantasize about floating down slopes of fluffy powder. The time is getting near for the skiers and boarders to realize these dreams. Western New York is blessed with abundant heavy snowfall, and winter sports are the ideal way to enjoy the weather that somehow seems dreaded by many.

If you have been spending the summer at the beach or pool, your mind may be ready for the slopes, but your body may not quite be in shape to carve confidently down the hill. A pre-season training program may not only minimize risk of injury, but also improve your performance, allowing you to truly enjoy your days on the hill.

When beginning a sport-specific exercise program, there are a few

things to consider, and your physician should be consulted before commencing any exercise program.

A program to improve athletic performance needs to be based on exercises that are specific to the intended activity. Traditional body-building exercises such as bench press, biceps curls, quad extensions, hamstring curls, etc. will be of little benefit. We recommend exercises that are designed not only to strengthen relevant muscle groups, but also to incorporate kinesthetic training, that is, dynamic movements that mimic the motions involved in skiing.

First, to start improving both strength and balance, stationary lunges are encouraged. The starting position for a lunge is feet shoulder width apart, hands held straight at your side, making sure your back is straight to maintain a neutral spine alignment. To initiate a stationary

lunge place one leg, we'll say the left, in front of the right as if you were going to take a large step forward, toes always pointed straight ahead. From here, all you do is drop your back knee (the right) towards the ground so it almost touches the ground, while lifting the right heel off the ground. The front leg (left) should bend so that your thigh is parallel to the ground, ensuring that the right knee does not go past your toes to protect the knee from injury. Make sure you put all your weight through the front heel to push back up into the start position. Complete two sets of 10 with a 30 second break between sets then switch your foot placement (right in front of left) and repeat the same sequence as above. After this exercise is no longer a challenge, to advance you may consider adding a dumbbell (five-pounds to start, add weight as needed), and/or progress to a

forward walking lunge. The technique is the same as above, but when you push up through your front heel, you are going to advance the back leg forward and past the stationary leg, as if walking, and continue as noted above.

Another key exercise to build core body strength, balance, and coordination is called a Turkish get-up. There are videos available on YouTube which may be helpful. To start, lie on your back with a kettlebell (or dumbbell) in your right hand. Raise the kettlebell straight above your right shoulder, and bend your right knee placing your foot flat on the ground. The idea here is to always have the arm holding the kettlebell straight above the shoulder, while always looking at it, going from lying down to standing up. From here, push the kettlebell towards the ceiling, maintaining a straight elbow, lifting your back off the ground while shifting your body weight to allow your forearm to rest on the ground. From here, move your trunk forward to get your left elbow straight so you're only supporting your upper body with your palm on the floor. Now, to start to stand up, lift your buttocks off the ground, putting your weight through your left arm and bent right leg. You need to quickly then swing your left leg behind you and place your left foot and knee on the ground behind you, maintaining a straight back. From this position, stand up by pushing through the heel of your right leg, bringing your left foot forward to meet the right. Finally, to return to starting position on the ground, reverse all the moves.



Photo by David Brzykcy, PT  
Nicole Mosher, SPT, demonstrates a jump squat.

If you enjoy powerful skiing, bumps, and boarding in half-pipes and terrain parks, Jump Squats will prove useful. From a mid-to-deep squat position, jump up as high as you can. Bend your knees deeply again as you return to earth, and quickly and powerfully react to the ground by jumping up again. Two to three sets of 20 reps, bodyweight only. This will result in profound recruitment of the glutes, hamstrings, quadriceps, gastroc-soleus complex, and the tibialis anterior and posterior.

One last complex exercise designed to improve core strength, balance, and coordination is called burpees. To start a burpee, stand up straight with your arms at the side. From here, you are going to squat down by putting your body weight through both heels, raise your arms forward so they are parallel to the floor, and begin squatting as if you were going to sit in a chair.

From here you are going to lean forward and place both hands on the floor, keeping your elbows slightly bent, and quickly kick both legs behind you landing in a push-up position. At this point you will complete one push-up, and return to a squatting position, doing the reverse of what is written above. Once here, you will immediately jump straight into the air while straightening your arms straight overhead. When landing, make sure you have slightly bent knees to reduce impact and minimize risk of injury. Repeat the above sequence five times or continue to more reps when appropriate.

Further exercises such as push-ups, planks, balance training, and core exercises may also be helpful.

Hopefully you're now inspired to participate in a pre-season snow sports training program.

## What's new at Swain?

### Community Sports Report

Situated in northern Allegany County, in lake-effect snow region, Swain Resort provides affordable wintertime fun for families! The mountain features 30 trails, 2 terrain parks, and newly expanded snow-making for the upcoming season. In the lodge, The Shawmut Grille offers delicious food and beverage while The Espresso Lift Coffee House serves lattes and sweet treats, both boasting panoramic slope views and beautiful stone fireplaces. Swain's Mountainside Inn is the perfect choice for affordable slope side lodging. Whether you conquer the black diamonds, meander to the bottom on a wide-open trail, savor the thrill of hitting the rails at one of the terrain parks, or are just learning; Swain has something for all ambitions and abilities. Swain Resort, celebrating 65 years of wintertime fun!

Swain has teamed up with Ratnik Industries (Victor, NY) for a snow-making expansion worth nearly \$200,000. Ratnik has designed and manu-



factured snow guns according to Swain's exact needs at specific locations on mountain.

A total of 60 guns: 50 tower-mounted (mostly 30' and several 15') and 10 sled-mounted (15'). The tower guns will be installed on the headwalls and the sled guns will be used to provide better coverage on wider slopes. The new guns will be operational for the 2012-13 season.

The slope side development on the west side of the mountain features ski-in ski-out properties on an expanded trail system. There are 27 properties in the planned expansion as well as new slope side, multi-use trails that are integrated into the development properties. The slope and trail expansion is themed

around Swain's vision of being a year-round, multi-use resort for downhill skiing, cross county skiing, mountain biking, and hiking right at Swain Resort and more importantly, one more step toward becoming the premier family resort in the region.

Lot preparation has started for some who already purchased lots, including brush clearing and well drilling. The development road is complete and drivable and lots are still available for purchase.

Swain offers lots to enjoy, check out: Family Learn to Ski Week Jan. 5-11, Extreme Weekend Feb. 1-2, Winter Carnival and Swain Homecoming March 2-3. Live music provided on select weekends in the Shawmut Grille.

Throughout the season Swain offers \$25 lift tickets on certain days: Monday is Senior Day, Wednesday is College Day and Wing Night in the Shawmut, Friday is Ladies Day, and ANY day is Military Day.

For more information go to [www.swain.com](http://www.swain.com) or call 607 545-6511.18

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**Upcoming Early Season Specials and Events at Swain Resort:**

**Christmas Eve**

- FREE Lift & Rental for kids 17 & under! - Open 9am-4pm.
- Christmas Week, Dec. 26-30 Open 9am-9pm each day!

**New Year's Eve**

- Lifts open until 11pm! - Something for everyone: Kids Fun Night in the main lodge, Teen Party at The Shack, and Over 21 Celebration in The Shawmut featuring the band Ello Telo!

- GIFT Certificates Make Great Stocking Stuffers
- Snow Tubing at Gunny's Gorge Tubing Park
- Low prices on season passes, deals on ski & board equipment, outerwear, and accessories in the Shop at Swain!

2775 Main St., Swain, NY 14884 • Only 1 hour South of Rochester

[www.swain.com](http://www.swain.com) for more details and hours of operation. tel: 607-545-6511 / <mailto:info@swain.com>



# HOLIDAY FUN & GIFT GUIDE

# Sliding smiles

By Paige Timkey

There is no better way to spend a winter's day in Western New York than by sledding. All you need is a sled, tube or toboggan, and there is certainly no shortage of snow! Hitting the hills is a great way to have fun with little to no expense. Peoples of all ages can enjoy this simple winter pastime. Our region offers many places to tube and sled.

## Beaver Island

Beaver Island State Park offers opportunities for sledding, tubing, and tobogganing. You'll need to bring your own tubes or sled, and a thermos of hot cocoa will make the day that much more enjoyable. Hills are open from sunrise to sunset. A nice addition to the fun atmosphere at Beaver Island Park is heated restrooms. Snowmobiling is also available for families to enjoy scenic trails within the park's grounds.

## Chestnut Ridge Park

If you're looking for outdoor fun with incredible scenery then head to Chestnut Ridge Park. Chestnut Ridge was named by early settlers for the wealth of the great chestnut trees found in its hills. An impressive view from the top of the ridge spans the horizon from Buffalo to the Canadian shore. Chestnut Ridge offers many activities including tobogganing, sledding, tubing, cross country skiing, and snowmobiling. Sledding hills are open and clear of obstacles and there are four toboggan chutes to enjoy that are operated from 10 a.m. to 4 p.m. on weekends and most holidays, weather permitting.

## Reservoir State Park

Reservoir State Park, located in Lewiston, N.Y. near Niagara Falls Memorial Park, is another great option for family fun. Park goers can participate in sledding, tubing, cross country skiing, and snowmobiling at no charge. Bring your own equipment.

## Kissing Bridge

Kissing Bridge's Colden Tubing Company is an excellent choice for families who would like to rent tubes. Colden's Tubing Company is Western New York's largest downhill tubing park. Tubes and sleds are provided and the hills are open Monday through Friday. Colden is also open on holidays. The slopes open as soon as natural or machine made snow is available. To get as much sledding fun as possible, season passes are available. The facility is very well maintained. Refreshments and rentals are always available on the premises.

## Swain

Gunny's Gorge Tubing Park is located at Swain (only one hour from Rochester). New for 2012-13 is the addition of a new backstop at the bottom of the tube slide will allow for better snow coverage throughout the winter. Come with a group or with your family to Gunny's Gorge 750-foot tube park.

## Safety First

Wherever you decide to go for a snow day, remember some basic safety tips. If you're not going to a controlled and managed facility, then remember to choose the right hillside. Select one that isn't too steep and has a long flat area at the bottom for you to glide to a safe stop, clear of trees or other obstacles. Avoid



Photo courtesy Colden Tubing

hills that end near ponds, roads or fences. Choose hills that are snowy, not icy. Icy hills make for rather hard landings as compared to a soft cushion of fluffy snow. Try to go sledding during the daytime, when there is better visibility unless adequate lighting is available. Common sense safety tips such as being alert, staying out of the way of other sledders, and taking turns on the hill are not to be overlooked.

**Apparel**  
Be sure to dress appropriately for the fun with an emphasis on keeping yourself dry. A hat, gloves or mittens, winter jacket, snow pants and boots are recommended. Waterproof clothing will keep you dry and warm. If you're clothes get wet, try to change them with some dry ones to make your whole experience more enjoyable.

It is incredible how just a bit of snow and a tube can provide an entire day's worth of fun!

# Winter is a big adventure in Wyoming County



Photo courtesy Carlton Warner

A tranquil Wyoming County barn in Orangeville in the winter.

## Community Sports Report

The winter season does not indicate the end of fun in Wyoming County—quite the contrary, winter offers sights, sounds and things to do that no other season can match!

If you are looking for outdoor winter adventures, then Wyoming County is the place to be. Experience some of the best cross-country skiing trails that Western New York has to offer at Byrnciff Resort and Conference Center. Stay and play right at Byrnciff, as the resort offers accommodations and a restaurant on-site. If snowmobiling is your preferred activity, Wyoming County features over 350 miles of trails. Pick up a snowmobile map at multiple locations throughout the county and hit the trails! Spend a Sunday at Beaver Meadow Audobon Center learning about nature with the Sunday Family Walk & Talks. Each Sunday a new topic is explored.

Kick the holiday season off right with the Holiday DeLights Festival, on Dec. 1 in Perry. Celebrate the magic of the season with food,

music and fun for all ages. Bring the classic story "The Polar Express" to life on the Arcade & Attica Railroad throughout December. Sing Christmas carols on your way to the "North Pole," and be sure to bring your camera and your pajamas! Take part in Moonlight Magic in the village of Warsaw on Dec. 4, a holiday promotion featuring caroling and specials throughout the stores in town.

Ring in the New Year at Last Night Perry, a fun, alcohol-free, family-oriented New Year's Eve Celebration featuring performers and athletic activities all evening long. Winter activities abound in the New Year. Test your luck at the Annual North East Ice Tour Ice Fishing Tournament on Silver Lake in February, take part in the Annual Snow Drag in Arcade, or create a cardboard sled and try out the Annual Cardboard Olympics at Byrnciff Resort in Varysburg.

For more information or a free travel guide call 1-800-839-3919 or visit [www.GoWyomingCountyNY.com](http://www.GoWyomingCountyNY.com).

# Doctari's Fishing Forum

# with Rich Davenport

## Holiday season fishing ahead

Thanksgiving is fast-approaching and the seasons for many Western New York game fish comes to a close, but action is hot in the streams and lakes, and before the ice gets nice, November becomes all about trout.

## Bass

November marks the final month for regular bass fishing, where anglers may use live bait and keep up to five fish per day. Once November ends, the catch and release, artificial only bass fishing opportunity kicks in across most NYS waters. Lake Erie anglers find access becoming difficult, but when weather permits, boaters can still get out on the Big E to find hungry and cooperative smallmouth moving well into the shallows to feed. Vertical jigging a minnow presentation over rock humps and ledges this time of year works wonders, as schooling baitfish make for an easy banquet for pre-winter feeding bass. Inline spinners, too, work well during November. Concentrate on creek mouth areas and rocky ledges early and late in the day for best action.

Inland bass fishing has transitioned from structure-oriented efforts to weed bed probing, with a slow and

steady presentation of a crawfish or minnow pattern working well. Rat-L-Traps worked above the receding weeds can draw aggressive strikes when weather conditions are right. Lakes like Chautauqua, Cassadaga, Findley, Honeoye

of year.

Although the King Salmon run has ended, later-running fish like Coho Salmon now show surprisingly good numbers around the mouths of such creeks as 18-Mile and Oak Orchard. With many of these larger feeders sporting controlled flow due to dams upstream, the rapid water level rise is tempered, allowing for less muddy conditions and a shorter wait for water clarity to return.

Lake Erie streams, which showed rather poorly last year for the annual fall steelhead movements, have been brought back to life by the recent rains, but require a few days after a heavy precipitation event before waters are clear enough



Photo by Rich Davenport

Time to start thinking about the hard water season, and although trout now fill the streams, ice fishing preparation for winter fun should start now!

and Conesus all offer some outstanding late-season bass fishing. Call ahead for boat launch access as many area ramps have pulled their launch docks for winter.

## Trout and Salmon

Rains from Hurricane Sandy helped lift area stream flow and re-open creek mouths closed by sediment deposits, bringing good numbers of running trout into the tributaries to feed for winter. With brown trout nearing their fall spawn, many Lake Ontario feeders see increased numbers of these beautiful game fish. Small egg presentations are hard to beat this time

to fish. Cattaraugus Creek shows trout from the mouth now all the way to the Scoby Hill Dam. Canadaway Creek and Chautauqua Creek both show fish entering the streams, and promise to bring a fine Thanksgiving fishing opportunity. With many area sportsmen now afield for NY Southern Zone Big Game season, outings in November seem like you have the streams to yourself. Remember to dress for volatile temperatures and changeable weather, opting for insulated and

waterproof gear in case temperatures fluctuate and bring sporadic rains. Small spinners, small minnow presentations or egg sacs worked in and around the deeper pools are an angler's best bet this time of year.

## Muskellunge

November also marks the final month of the 2012 NYS Muskellunge season, although Chautauqua Lake's season closed on Oct. 31. Upper Niagara River provides some spectacular musky action, especially during low-light periods of the day, but do not overlook a night run of trolling large minnow plugs, as these predators are putting on weight for the long winter ahead. Remember to know your regulations if you intend to keep a fish as minimum lengths vary between waters

across WNY.

## Ice Watch

Winter is almost here, and the ice should start forming in short order. Although water temperatures still show above normal on many waterways, we should see a better season than we had last year, provided we do not get heavy snows while ice is starting to form. Outdoors retailers now have the 2012/2013 ice fishing gear on the display floor, with specials sure to come in the coming weeks. Now is the time to inventory your hard-water gear and make that holiday list if any equipment needs to be refreshed. Newly adopted fishing regulations have simplified the once-confusing ice fishing rules, so be sure to check out the changes before heading out. As always, remember that although no

ice is totally safe, four inches of clear, blue ice will keep you on top. Look for more hard water information in next month's edition.

Remember, take a kid fishing and give the gift that lasts a lifetime. Rich Davenport is co-founder of WeLoveOutdoors.com, an avid Outdoorsman and member of the NYSOWA. His works are also published in NY Outdoor News, Walleye.com and the Buffalo News. Rich is also the Recording Secretary for the Erie County Federation of Sportsmen's Clubs, Secretary of the Western NY Environmental Federation, member of the Erie County Fisheries Advisory Board and is the Co-Chairman and Region 9 Rep NYSCC Big Game Committee. Email [rich@weloveoutdoors.com](mailto:rich@weloveoutdoors.com).

# Team chemistry: Learn the importance of science in sports with fall exhibit

By Amy Biber

Every two years we sit back to watch Olympic athletes break world records. Season after season, we watch NFL quarterbacks break passing records. Game after game, we witness displays of athletic prowess never seen before. The professional athletes of yesterday could barely compete against some of today's high school athletes. But what is the common denominator in this athletic evolution?

Science. Science truly is the MVP on any field, court, diamond, or rink. This fall, the Buffalo Museum of Science investigates the physics, math, and biology behind Buffalo's favorite sports with its new exhibit, The Science of Sports, running now through Jan. 6.

Created in partnership with the Buffalo Bills, Sabres, Bisons, Bandits, and New Era Caps, The Science of Sports uses interactive exhibits and displays to explore such sports topics as the geometry of hockey,

the reaction time in football, the physics of baseball, and beyond.

explore some of these basic science concepts, view memorabilia of Buffalo's rich sports history, and gain a deeper understanding and appreciation for football, hockey, baseball, lacrosse, and other celebrated Buffalo sports.

Private exhibit rentals are available for corporate gatherings, birthday parties, or even a fun outing with your team to train in the exhibit's RapidShot and RapidHands professional hockey simulation system courtesy of the Buffalo Sabres.

The Science of Sports is presented by Harris Beach PLLC and UB Orthopaedics with media support from WGR Buffalo Sports Radio 550. The exhibit is open seven days a week, 10 a.m. to 4 p.m. and is included with general museum admission and free for BMS Members.

For more information on the exhibit and rentals, visit the museum's website at [www.sciencebuff.org](http://www.sciencebuff.org) or call 716.896.5200.



Photo courtesy Buffalo Museum of Science Sabretooth in RpidShot Training System.

Aside from natural athleticism and dedication, today's athletes and trainers need to understand the scientific concepts behind their craft. Just like tech companies, a lot of research and development goes into creating today's "state of the art" athletic specimens. As the saying goes: Bigger. Better. Faster. Stronger. But science stretches far beyond the weight room and into the equipment used and worn, the creation of the ice in the rink, and even the statistics calculated with every play.

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## *..and the ice fishing...*

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For more information or for a free Wyoming County Travel Guide, call 1-800-839-3919 or visit [www.gowyomingcountyny.com](http://www.gowyomingcountyny.com)

