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## GAME ON

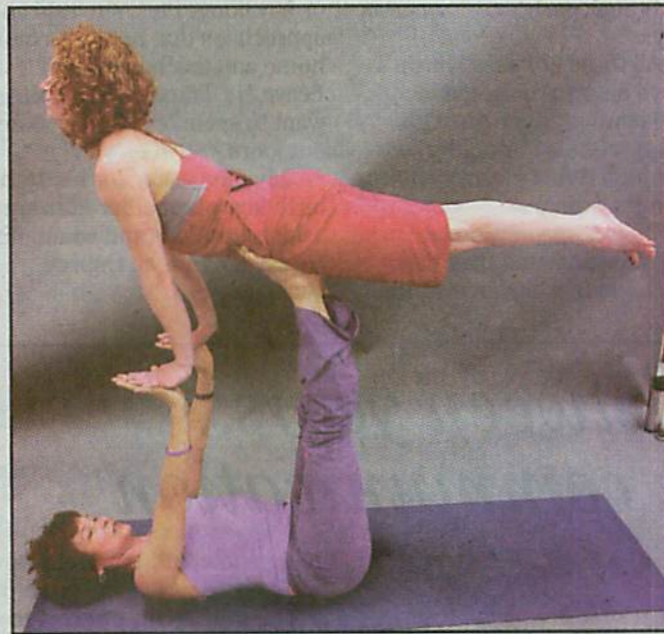
Knights advance to state semifinals **Sports, 1C**

AVID4 ADVENTURES BRINGS  
OUTDOORS TO SCHOOLS **Fit!, 3B**

WEDNESDAY, MAY 13, 2009 | 50¢



## Workout of the Week



Paul Aiken | Camera

Elysabeth Williamson, bottom, and Leigh Goldberg do partner yoga. For a video of the workout, visit [www.dailycamera.com](http://www.dailycamera.com).

## Principle-based partner yoga

*The Pleasures and Principles of Partner Yoga*, 303-241-9778, [www.partneriyoga.net](http://www.partneriyoga.net) or [www.partneriyogateacher-training.com](http://www.partneriyogateacher-training.com)

**Instructor:** Elysabeth Williamson, of Boulder. Williamson has been practicing yoga for more than 30 years and teaching for 23. She began developing this style of partner yoga about 15 years ago. She published a book, "The Pleasures and Principles of Partner Yoga," four years ago. Get the book on her Web site or at local bookstores, such as the Boulder Book Store on Pearl Street.

**What is the workout?** This newly emerging practice

# Make your child an outsider

AVID4 ADVENTURE  
MAKES FUN PORTABLE

By Jenn Fields  
For the Camera

On a recent warm, sunny Tuesday, some of the fourth graders at Whittier Elementary School were just trying to stay dry as they paddled around a corner of the school's field.

"I don't know where I'm going!" a boy yelled as he drifted backward.

"Aargh, I'm getting soaking wet!" cried a girl.

"I can't turn myself around," said another between peals of laughter.

Some of their classmates ran around the edges of the portable 25-by-50-foot, 2-foot-deep kayak pool that Boulder-based Avid4 Adventure brought to the school. The kayakers' goal was to avoid touching the edges; the kids running around the outside had a different goal to tag them if their boats bumped the edge, and then push them back into the middle of the pool.

All of the kids were meeting Avid4 Adventure's goal to make it easy for kids to try activities such as kayaking, and hopefully inspire life-long excitement about the outdoors. The company partners with schools in Boulder and Denver to bring the great outdoors right into

See AVID4 ADVENTURE, 41

Avid4 Adventure offers multisport summer day camps starting on June 8 in Boulder and July 27 in Longmont; sport-specific intensives start on the same dates. Two-week advanced camps are available in Boulder. To sign your kids up for any of Avid4 Adventure's summer camps, go to [avid4.com](http://avid4.com) or call 720-249-2412.



Greg Daily | For the Camera

Jungmin Lee a third-grader, conquers a rock wall at Whittier Elementary as part of Avid4 Adventure's outdoor learning program.

# Avid4 Adventure makes outdoor fun portable

Continued from 3B

schoolyards. Earlier that day in Whittier's schoolyard, the kids scaled a portable rock climbing wall, rode mountain bikes over Avid4's obstacle course, and created their own skit that reflected Leave No Trace principles.

Avid4 also offers summer day camps in Boulder and Longmont based on the same model of convenience, but for parents.

"All of these programs are set up to fit together like a jigsaw puzzle," says Avid4 Adventure's founder and program director, David Secunda. "Schools are so limited on time and budget, we thought the most efficient thing would be to bring the wall right to the school."

## A different education

"Remember to look where you want to go!" shouted Avid4 teacher Mariah Fogarty-Sears to a crew of mountain bikers circling the obstacle course in the grass at Whit-

tier. "So if you want to turn a corner, look around it!" The kids were sporting helmets and riding bikes provided by Avid4.

A girl rode up to her and asked: "Can I go to the bathroom?" Yes. "Should I leave my helmet on?"

Fogarty-Sears, a former instructor for both Outward Bound and NOLS (National Outdoor Leadership School), says one of her favorite things about teaching for Avid4 is seeing kids — from little ones to sixth-graders — learn how to ride a bike.

"It's pretty typical to have kids who don't know how to ride bikes, so we spend a lot of time doing that," she says, adding that it's empowering for them to learn that it's OK to fall, dust themselves off, and get right back on the bike. If the students seem to know a lot about the sports, they'll take a different tack, she says, and focus more on teamwork within the sport, caring for your gear, and risk taking.

Despite the range of activi-

ties it offers, Avid4 does not come with prerequisites, like knowing how to ride a bike, or a gear list that asks parents to spend a full day shopping at REI. The summer day camp list includes standard camp items such as sunscreen, water bottles, insect repellent and closed-toe shoes — but not helmets or life vests.

When Secunda was the executive director of the Outdoor Industry Association, a trade association for the outdoor recreation industry, the organization's market research found that child participation in "human-powered sports" — hiking, kayaking, cycling and rock climbing — was declining.

Parents even reported on the surveys that they wanted their kids to spend more time outside but couldn't seem to manage it. "If you camped when you were a kid, you aspired to get your kid out camping," Secunda said of the surveys. "But the reality was it wasn't happening."

Why the decline? Research

found the biggest barriers to participation were logistical.

"It was a lot easier to take your family to Elitch [Gardens] than to take your kid camping," Secunda says. "It's a lot easier to take your kid to karate class than to take him or her to a reservoir to learn to kayak."

So when he decided to start Avid4 six years ago, he tried to eliminate as many of those logistical barriers for schools and parents as possible by meeting at a central location and providing all of the equipment kids need.

Suellen Dabney, a recreation program supervisor for Longmont Recreation Services, says her group has been working with Avid4 for the past two years for the same reason: logistics.

"Their staff has the expertise, the equipment, and we have a building. It works really well."

## Reducing screen time

Dabney said that Avid4's staff is so specialized — they all have significant teaching

experience, CPR and Wilderness First Aid certification, defensive driving certification, Red Cross canoe and kayak instruction certification, and expertise in climbing and cycling — it would be tough for a single rec center to duplicate it to staff a summer program. Plus, she said, Avid4 has staff trained to work with young kids — even preschoolers.

Since kids learn an affinity for "screen time" — time spent watching television or playing video games — at an early age, Secunda says, he wanted to create a program that would instead build an affinity for the outdoors in kids as young as 3.

"We tried to find a solution that's fun and engaging for kids at an early age," Secunda says.

All three of Paula Martin's boys have participated in Avid4 now, either through their schools in Boulder, or through Avid4's family trips or summer camps.

"You drop your kids off in the morning, and they make each kid feel like an individu-

al, incredibly special," Martin says. "As a parent, I'm sitting in my office in Denver not worrying about them paddling Boulder Creek, which is tremendous."

Last year, Martin's then 6-year-old, Henry, did just that — kayaked down Boulder Creek. Martin admits she was a little worried at first.

"But they had instructors in the water at top and bottom," she said. "They could go in the kayak by themselves or with an instructor, which is what he did."

Martin says the family is outdoorsy — youngest Charlie, 5, is a solid intermediate mountain biker, she says — but they don't have the skill set to take the kids climbing or kayaking. Plus, she said she appreciates that her kids come home and teach her about Leave No Trace, and that they want to spend even more time outdoors.

"My oldest son, for his 10th birthday, when other kids are asking for iPods and whatnot? He's asking for an Osprey backpack."

## Workout of the Week: Partner Yoga

Continued from 3B

The teacher training is for anyone who wants to explore partner yoga, not just for yoga teachers. Williamson says she teaches therapists and midwives.

**When:** Williamson teaches at people's homes, businesses, in her home and at studios in Boulder. Her next teacher workshops are June 21 at Vida Yoga and July 3 at Core Power.

**Level:** For private lessons, no experience necessary. For teacher workshops, you need some yoga experience.

In some ways, partner yoga is more difficult than traditional yoga because it demands more cooperation, coordination and balance. But in other ways, it's easier because you have another person's support to go deeper or balance. For example, the tree pose was much easier

muscles as yoga, but deeper. Partner yoga is less aerobic than restorative.

**One new move:** Sitting back-to-back, which the book calls "chakra visualization meditation." Normally, people sit face-to-face, presenting their personas. Sitting back-to-back eliminates that, while aligning your chakras along your spine. Make sure your sacrum is firmly pressed together. To do this, both partners first lean forward, shift hips back and then return to the upright position.

This pose is also a metaphor that we support each other strongly and don't lean on each other.

**What's different:** Another kind of partner yoga, acro-yoga, focuses on inversions and acrobatics. Williamson's yoga focuses on connection, authenticity in relationships, trust and partner yoga as a metaphor for life.

**What is the workout?** This newly emerging practice

looking her in the eyes and remembering what it feels like to be human. Not to mention, I moved into the postures quicker and deeper than I could have alone.

**What I didn't like:** My workplace wasn't welcoming for a yoga class. I wish I had done this at my home, with fewer distractions.

Also, partner yoga can feel either incredible (like when you're in a healthy, blissful relationship) or yucky (like after a fight).

"But in partner yoga, you understand you're choosing to be here, choosing to feel that. It might not be comfortable, but we can do it and move to the other side and be freer," Williamson says.

Words to live by.

**Inspiration for class:** Williamson's desire to make yoga relational.

"We're doing these yoga

## The between years: Effective communication

*Editor's note: This is the second of a four-part series on dealing with pre-adolescence.*

A key component to effective parenting during the pre-adolescent or tween years (ages 9-12) is the way we communicate with our child.

The core issue at the heart of most parent-child conflict during the preteen and teen years is that children want to be treated like they're two years older and parents want to treat them like they're two years younger. As parents, it can be difficult to see that our tween is actually beginning his or her journey into adulthood and we tend to use the parenting strategies that have served us well in the past.

Developmentally, preadolescents are beginning to go through a profound metamorphosis and we in turn need to transform approach as parents



JAN HITTELMAN  
*Shrink Rap*

Research consistently shows that parents who regularly have these discussions have children that engage less frequently in high risk behaviors. These discussions should not be lectures, but more a sharing of views and information. Attempt to have your child do most of the talking. Start by asking their opinion and what they see among their peer group. Ask neutral follow-up questions. The time to impart your advice is at the end of

going and continue throughout their adolescence.

**The shift from control to advice:** A great place to practice this is with their schoolwork. For example, instead of telling your child when to start their homework try having a two-way discussion about homework and time management to help your child develop a schedule that makes sense for him/her. Consider giving the child's suggestions a try, with the understanding that if it doesn't seem to be working out you can always revisit it together. Being a trusted advisor is a role that you will want to have with your child throughout their lives, especially during their teen years. Now is the time to start building that foundation through mutual trust and respect