

FEBRUARY ATHLETE OF THE MONTH

SEBASTIAN RIVERA 82-0



Jackson Youth Wrestling wrestler Sebastian Rivera is the February athlete of the month after an outstanding undefeated season in the program. Rivera is our first non-high school recipient. He has achieved an incredible feat of 82 consecutive wins without a loss in the Jersey Shore Wrestling League.

At 12 years old, Rivera may have a slight upper hand on his opponents. Rivera's dad Steven Rivera is the owner of Elite Wrestling in Jackson, a school that produces some of the top wrestlers in the Shore Conference. "He grown up around wrestlers," the elder Rivera said "I don't know if it's an edge, but it's something. Growing up amongst Frankie Edgar (UFC Lightweight Champion), Scott Winston and Vinny Dellefave, I guess he accepted the challenge to be like those he admires."

IN THE MIX

Jackson Memorial's Christa Evans finished second this month for her performance on the court, leading the Jaguars to another Class A South title and into the postseason. Evans was followed by Jackson Memorial wrestler Dallas Winston. Winston finished the season 34-2 and placed first at the District 21 individual tournament. Memorial Sophomore basketball rising star Hannah Missry finished 4th and all time career youth wrestling win holder Matt Russo finished 5th with his 109-3 career record!

Jackson Pop Warner 2011 football and cheer registration



The Jackson Jaguar Pop Warner Football & Cheer registrations for the 2011 season will be held this month. New participants can register on March 12th from 9am for football to 1pm and 2pm to 4pm for cheer. There will be an open late registration on April 9th from 9am to 1pm. A \$35 late fee will be assessed for the April 9th date. Jackson Pop Warner offers football and cheer teams for children aged 5 to 15. If you are registering for football, the child must be present for a weight check to determine placement. Registration for a single child costs \$285 for the entire season. 2 or more children costs \$385. This cost includes an \$85 registration fee and \$200 in raffle tickets. A separate work bond check of \$125 is also required at registration which will be returned after work bond completion. For flag football, the fee is \$185 for the first child and family maximum of \$285. You must bring a copy and original birth certificate to registration and a photo. For more information visit www.jacksonpopwarner.org or call 732-616-5680 for cheer, 732-740-1133 for football. Necessary forms and paperwork can be found on their website at www.jacksonpopwarner.org.

the importance of

body language

By Eric Alders, Owner of the Karate Dojo

This month, we will be discussing body language. Body language isn't only important to martial artists, but to everyone. We see and interpret body language, or non-verbal signals, subconsciously and, even though kids may not be aware of such things, it's an important life skill to master.

Eye Contact

"The language of the body is the key that can unlock the soul." - Konstantin Stanislavsky

People like to feel special. They want to feel as though you are speaking directly to them or that they are the most important person in the room during your conversation. Maintained eye contact can show if a person is trustworthy, sincere, or caring. Shifty eyes or too much blinking can suggest deception. People with eye movements that are relaxed and comfortable, yet attentive to the person they are talking with are seen as more sincere and honest.

Gestures

"Deafness has left me acutely aware of both the duplicity that language is capable of and the many expressions the body cannot hide." - Terry Gallo-way

In addition to words, gestures also communicate. Hand signals can communicate without the use of words when you are speaking, let your hands do some of the talking. Great speakers use hand and body gestures more than average. They move around the room instead of keeping their distance from their audience. Think about someone with their arms crossed during your conversation and how you perceive their body language towards what you are saying. Our gestures are very subconscious and also very powerful.

Posture

"A good stance and posture reflect a proper state of mind." - Morihei Ueshiba

Always try to stand or sit tall. Poor posture is often associated with a lack of confidence, engagement, or interest. For example leaning back in your chair and slouching can give you the impression you're lazy, unmotivated or dispassionate. Keep your head up and your back-straight. Lean forward slightly when seated. By sitting toward the front of your chair and leaning forward slightly, you will look far more interested, engaged and enthusiastic. When standing, pull your shoulders back. Standing up straight gives you the impressions that you are assertive and confident. Keep your chin up and try not to look down.

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