

News

Fitness

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daily basis and mixes them in to the routines.”

Equipment available for use includes an assault runner treadmill, assault bike — air-dyne style, ski erg — cross country ski style exercise, functional fitness trainer cable ma-

chine, concept 2 rower and pull up bars. At the facility there are also medicine balls, resistance bands, battle ropes, kettlebells, sand bags, Bulgarian bags, push sleds and BOSU balls.

For those who might be intimidated by walking through the door at a gym, Downing has advice on how to get started.

“People have the mindset

that I need to get in shape before a join a gym. That is why we have classes, there are all different levels,” Downing said. “When someone comes in they can state that they don’t have a lot of experience so we really try to break it down and teach. There are no trick exercises, there are no top secret routines, it is just form.”

Opening the center is coming

home for Downing. He started has career almost 30 years ago with the school district.

“The first athletes that I ever trained were at PCM High School in 1994,” Downing said. “I’m an exercise science guy for the last 29 years. I’ve taken every opportunity to go to seminars, summits, conventions and get more education. My main thing is getting out

in front of people and asking questions, constantly learning.”

He hopes the new space will be an attraction to the community and help it continue to grow.

“People decide that they can move here,” Downing said. “When they are looking at a house they can say it has a coffee shop, a Dollar General and also have a gym.”

Showman

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very proud of her and I’m happy to named reserve champion showman.”

Zaabel was also thankful for the opportunity to show off her skills and everything she had learned in the past 12 hours. The day before the contest, Zaabel was named the senior beef showman, leaving her a small window of time to practice for the main event. “It was a quick turnaround,” she said.

The contest itself —

sponsored by State Savings Bank and named after a past board member who died at age 33 — celebrated its 10th show this year. Zaabel was grateful for the opportunity to participate in the contest, and to spend time with and get to know six other girls.

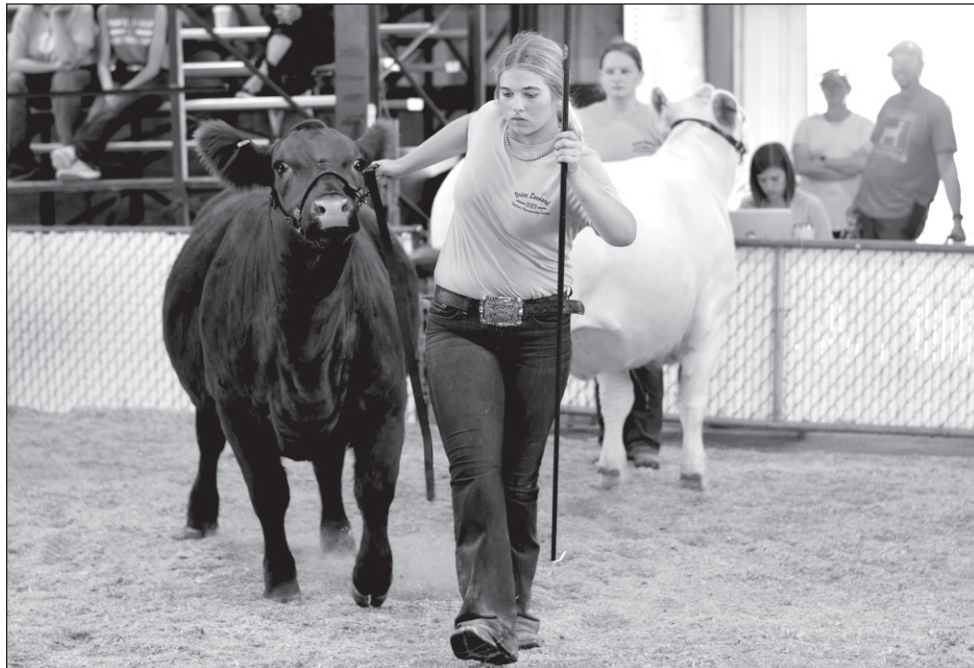
“And get to know six other species of livestock that I’m not used to being around,” Zaabel said, noting it was the first time she had ever even touched a llama.

Although it certainly didn’t look it, Titus said she was very nervous at first. But when she com-

pleted the first showing she felt fine and way more confident to take on the contest. Titus kept telling herself all throughout the contest that no matter the outcome she was just proud that she made it to begin with.

Of course, she learned some valuable lessons along the way that she hopes to take with her well beyond livestock shows at the Jasper County Fair.

“I’ve learned to always try new things, like me trying the new animals,” she said. “And I learned to always put the hard work in.”



Rylin Titus shows livestock during the Brice Leonard Supreme Showmanship Contest during the Jasper County Fair on July 20 in Colfax. Christopher Braunschweig/PCM Explorer

Boosters

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have items including reserved football seats with seat backs, reserved football parking spot, reserved high school parking spot, reserved middle school baseball parking spot, reserved softball parking spot, middle school parking spot for concerts, programs and sporting events, a set of family home game passes, family home game ticket experience with meal and PCM swag, an opportunity for a student to introduce the home team line up for a home game and Iowa State and Iowa football tickets up for bid to help benefit the teams.

Throughout the year the boosters also run the concession stands, have apparel sales and will host the second Crimson & Gold Gala.

“The Crimson & Gold Gala will be held this year on Feb. 9 at Central College in Pella. This event was very popular last year and we hope to make it even better this year,” Wilson said. “We will have more space and more tables available for purchase and teams have already begun working on their auction baskets. This event is for all Mustang fans. We will have auction items for everyone and we want everyone to be a part of this community building event.”

Besides events, the boosters are looking to grow in regular participation. Volunteer opportunities are regularly available and are posted daily and weekly on the group Facebook page.

“We are looking for class and sports representatives to attend meetings and to share information with parents and families. We value your input and suggestions,” Wilson said. “Reach out to a

board member, email or message us on Facebook if you’re interested.”

Board members include Christy Lindsay — president, Wilson — vice president and membership, Lisa Busan — secretary and Mindy Shaver — finance and concessions. The booster club objectives are to aid in advancement of PCM Athletic programs, promote fellowship, good will and sportsmanship, encourage attendance at all PCM athletic events and to raise funds to provide supplementary financial support for the various athletic activities at PCM including the purchase of equipment, property, special projects or special events.

The boosters also have a new opportunity this year with Bound, an app and website used for athletic events.

“We have a unique opportunity as a booster club to sell advertising on

the app and web platform to businesses where 100 percent goes back to our club,” Wilson said. “This is an awesome opportunity for business to spread awareness of their business.”

New business packages are also available and include logos printed on home programs, banners in a visible location, athlete t-shirts with their business logo and more. For more information, email pcmathleticbooster@gmail.com.

The boosters already have goals for this year including replacing the softball and baseball scoreboards, replace uniforms on a rotation basis and getting new competition wrestling mat.

“Booster club is more than a concession stand, we are a network of parents and community members who make sure our teams look good, play awesome and feel supported in their community,” Wilson said.

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