

POLO POST

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**2004
POLO
SEASON**



Sports & Games

Manila Polo Club has recently introduced the Total Immersion course to revive its swimming program and help members develop their full potential in the sport.

Total Immersion (TI) is the world's leading source of hands-on swimming instruction teaching more than all other swimming clinics combined. This program comes in the form of print media, videos, free online services (www.totalimmersion.net) and workshops.

What makes TI unique and special is that TI instructors teach the qualities of excellent swimming as well as the mechanics. TI also establishes the mind-body connection necessary for swimmers to focus on the quality of their movements.

Several members already took the course. Here's what they have to say:

"I took the program out of curiosity and was pleasantly surprised with what I learned. TI teaches very good foundation for swimming. What I like about it is the step-by-step process it uses which is fairly easy for people to follow. I

Sports Facts



Anyone familiar with the legend of Robin Hood knows that archery competitions date back to medieval times. True enough, today's archers still honor the fabled outlaw. The term *Robin Hood* now refers to splitting the shaft of an arrow already in target with another arrow. The recurve bow coated in fibre glass has become standard. The arrows made of aluminum and carbon graphite can travel more than 240km/h. Yet the most important requirements which archers must have are steady hands, strong shoulders, flexible muscles, sharp eyes and nerves of steel. Though the equipment improved since the days of Robin and his merry men at the Sherwood Forest, the sport itself remains essentially unchanged. Archery was a fixture in the Olympic Games several times from 1900 to 1920, but then disappeared for more than 50 years. It reappeared at Munich in 1972 and remained a fixture ever since.

Total Immersion At MPC

By Ria Mackay

now feel I have tools to help teach proper swimming! It is a joy to share a passion of mine and a thrill to see winners swim gracefully and enjoy it!"
- AKIKO THOMSON, 29 yrs. old, three-time Olympian



"As a diver, I used to feel like a fish clipped of its tail when I would swim without fins. Thanks to Ria and to Total Immersion, I feel competent in the water on my own, enough to participate in the multi-sport races that require swimming." - JON RUFINO, 28 yrs. old, yoga instructor/ triathlete.

"Total Immersion is revolutionary in its simplicity and efficiency of action. The drills may take some getting used to but there is no mistaking the marked difference between human-like swimming and fish-like swimming. And fish-like swimming is the way to go!" - MELISSA LICHAYTOO, 38 yrs. old. Lawyer.

SPORTS & GAMES CALENDAR

Schedules are still subject to change. For inquiries, contact the Sports & Games Office at 817-0951 locals 260/269.

Badminton	4 th week of Jan 2 nd week of Feb. Feb - Apr March	1 st Inter-Color Tournament Chairman's Cup Badminton Tournament Dual Meet (to be determined) "Still Fit at 50" Seniors Badminton Tournament
Tennis	1 st week of Jan. Jan. 19 - Feb. 1 Feb. Mar. 1 or 8	Upgrading of Trainers and Ballboys I Chairman's Cup Tennis Tournament Davis Cup Members/Guests Doubles Tennis Tourney
Squash	Jan. March April	MPC Squash Ladder Tournament (A & B) Dual Meet (vs. Boat Club or MSC) 2 nd Leg National Open
Swimming	Jan. - Feb. April 1 - May 31	Total Immersion Stroke Efficiency Workshop Infant/Toddler Swim Lessons Swimming Summer Training Camp
Golf	April 1 - May 31	Golf Summer Training Camp
Softball/ Baseball	April 1 - May 31	Baseball Summer Training Camp
Bowling	April 1 - May 31	Corporate Bowling Tournaments Bowling Summer Training Camp
Gym	January April 1 - May 31	Introduction of a wider variety of Group Exercise Classes/Demo classes Ballet Summer Class Martial Arts Training Fencing Summer Training Camp
Field Activities	April 1 - May 31 April 1 - May 31	Archery Summer Training Camp Soccer Summer Training Camp