



ZONED in

Chicago's playground for the urban professional

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In the Zone Enters Its Fourth Year

Entering our fourth year we at iTZ headquarters marvel at how we have grown and changed. We started out as a couple of guys that just wanted to put on a men's flag football league and were not even sure we could pull that off. We had one sport and barely six teams but what we did have was a vision. We wanted to provide the under served south side with options for athletic outlets. We knew there were TONS of urban professionals out there that were tired of driving across the city to get their sports fix. We knew that as a population we were under appreciated, even sometimes unwanted at other leagues. We knew that we could do better. We knew that it is not just about sports but the social outlet and the connections (professionally and personally) WE could make with each other if just given the opportunity. We knew that if we built it you would come.

Now iTZ has 10 athletic offerings, over a dozen staff members and hundreds (if not thousands) of participants. We have a hall of fame (new inductees will be up for election this spring), sport specific and a league wide newsletters, wonderful sponsors, a facebook and myspace page. My how we have progressed! We are looking to not only grow more but get better and service even more of the Chicago-land area (and potentially some other cities in the country).

This growth has always not been smooth and like any company large or small we have had some huge success and some failures along the way. What we have had consistently though is YOUR support and we want you to know that we appreciate it more than you know. We started iTZ to service you and we will continue to make that our number one goal as the years go by.



Can iTZ get even bigger in better in 2009? With your help we can.

2009 is here and the Spring is upon us. We are ready and geared up for an exciting and fun filled year. We didn't want anymore time to go by without thanking or loyal. That is what being a participant in iTZ means to us...your not just our clients but you are our family and we hope you feel the same. We are looking forward to seeing you this year!

Love of the Game wins Back to Back Basketball Titles

When teams win titles with In the Zone they seem to win multiple times (Lunatics, Just in Time, Onyx, Get It Done to name a few). This theory held true in our weekend Top Flight basketball league again.

Love of the Game, the Fall league champion, toppled former four time champ The Lunatics by a whopping 13 points to win their second title in a row. These two teams met for the

second time in two seasons in the championship game and unfortunately for the Lunatics the results were the same.

These were by far the best two teams in the league all season long and seemed destined to collide in the final game. The contest started out tight, with both teams trading baskets and unable to get stops on the defensive end. At half time, with the score just about even, both

teams made adjustments that they hoped would win them the game.

As the second half started it became apparent that the fresher and younger legs of Love of the Game would dominate. They pulled away with about 7 minutes left to play and never looked back. Congrats to our back to back champs!

A new season starts April 18th! Sign up and get your hoop on!!!

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iTZ League Start Dates

- March 28th: iTZ Boot Camp
- April 5th: Co-ed Flag Football
- April 14th: Co-ed Bowling
- April 15th: Women's 3 on 3 Half Court Basketball
- April 17th: Co-ed Indoor Volleyball
- April 18th: Men's Top Flight Basketball
- April 18th: Co-ed Softball
- April 23rd: Co-ed Tennis

Hoopcourt Billionaire



Can this man be the first professional athlete to become a billionaire? We would not bet against him.

With a framed ticket from the last All-Star game played in Chicago (1988) and a remembrance of when the A-train was not a underachieving running back on the Bears but a 20 and 10 machine named Artis Gilmore, I have seen the NBA go on a rollercoaster ride of acclimation and credibility.

For all the fame and fanfare that MJ, Magic, Larry, The Dream, Bernard, Isaiah, Nique' and their contemporaries rightfully deserved, true fortune might not be realized until this most recent collection of NBA stars reaches their place in the stratosphere. Never before have we seen a group of young superstars so

poised to stake their claim of greatness. The past says Isaiah...now says CP3, Deron Williams, and D. Rose. The past says Nique', now says Kobe. The past says Larry, now says Timmy Duncan. The past says Dream, now says Dwight a.k.a Superman. The past....you get the point.

In a time when the rest of the sports landscape is colored with wide receivers with good hands but bad trigger fingers, all-world soccer players who can't take soccer all over America, and home run hitters who apparently hit more than the weight room in their eagerness to go deep, the NBA might be entering their prime at an advantageous mo-

ment.

Like the protagonist of the Oscar winner "Slumdog Millionaire," the NBA has come from the streets to claim their winnings. With product placement, internet jersey sales, athletes as brands, the only professional athletes from the four major sports that don't wear a helmet, today's ballers have the chance to maximize their personalities and talents more than any of their peers. If Jamal Malik can win 20 million rupees, in the era of Barack Obama isn't it possible LeBron James can become the first Hoopcourt Billionaire? He is well on his way and we say.....Yes he can.

iTZ All-Stars Take Indoor Flag Title



Various members of EVERY team that participated in our spring league came together to form one team called "Take What's Given" and won Chicago Sport and Social's winter indoor flag football championship last week.

Despite many of the players not having ever played on the same team, the squad jelled

quickly and never lost a game all season.

The season started out pretty smoothly with most of the early contest being blowouts, but as the season wore on the competition got more difficult and the scores got tighter.

The most challenging game of course came in the title game, a hard fought battle that re-

sulted in a 5 point victory for our champs.

"It was great to see players from all the different teams in iTZ come together and unify to win a title. We are usually trying to out do each other on the field so it was nice to play as teammates," said Brian Foster, owner and member of Black Panthers.

iTZ Bowling Makes its Long Awaited Return

Do you enjoy half off on appetizers, inexpensive beverages, great service and most of all socializing with good people? If you answered yes, then come bowl with us in Hyde Park on Tuesday evenings at Seven ten Lanes, located at 1055 E. 55th St. beginning at 6:30 p.m.

Our bowling league is coming off an extensive break and we know you are eager to get back on the lanes. We have had some outstanding teams in past sea-

sons and look forward to seeing you this season.

For those that "got game" and bowl often we welcome the opportunity to see how you stack up against our best. Step up to the lane.

If you bowl recreationally from time to time and have been considering joining a league, there is no better time then the present. If you just bowl for the fun of it and are just looking for something great to do during the

week, the this is the league for you as well!

At In the Zone we do not expect you to have a 300 average or be the best bowler in Chicago. It is about the FUN first and foremost!!! So do not worry about it if you have not picked up a ball in 5 years, come work the rust off and meet some wonderful people at the same time.

Co-ed bowling begins Tuesday April 14, 2009.

Teams and individuals must be paid in full by Monday, April 6th 2009.

The team fee is \$500 for a team of up to six. Don't have a team??? Not a problem, we can easily place you on a team. The individual fee is \$100 per person.

The season consist of 6 regular season weeks and then two weeks of play-offs.

So don't delay, sign up today!



Fitness Zone

Mangers Profile: Jamil Simmons

Born and raised in Detroit, MI, Jamil Simmons has lived in Atlanta, GA and has lived in Chicago since 2003. During his time in Atlanta, Jamil earned both his Bachelor's degree in Mathematics and a Master's degree in Business Administration from Clark Atlanta University.

Currently, he serves as a Business Analyst with the Chicago Public Schools. Jamil is dedicated to giving back to his community and does so through the Metropolitan

Board of the Chicago Urban League, Habitat for Humanity and St. Jude Children's Research Hospital. Jamil is also a member of Alpha Phi Alpha Fraternity, Inc., and the National MBA Association.

Jamil first joined iTZ (during it's first season) as a way to start playing basketball on a more regular basis. At the time being somewhat new to the city he didn't know where he could find a good game. iTZ filled that void. Now that he works for iTZ, he enjoys

the high level of competition every weekend and socializing with the other iTZ participants, staff and friends and family of both. Jamil's favorite sports are basketball and football and he loves to watch both of them as well.

Jamil is big on quotes and his favorite changes based on what is going on in his life at the time. Currently, he is being guided by a quote from Albert Einstein, "try not to become a man of success, but rather try to become a man of value.



In the Zone's basketball manger, Jamil Simmons.

Bottled Water Vs. Tap Water

The debate as to whether bottled water is safer than tap water for drinking purposes is still ongoing.

The basic issue is the affordability: tap water is much cheaper than bottled water. Hence, for many people, difference in the cost is the major consideration.

Though, bottled water is claimed to be safer than tap

water, there are no standard requirements for testing parasite content and toxic chemicals in bottled water; whereas certain requirements are set for tap water before it is released for public use. For this reason, people with a compromised immune system, such as pa-

According to one study, it was found that the quality of bottled water was the same as tap water.

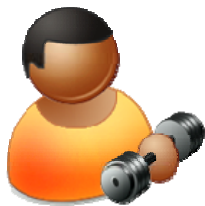
tients of diabetes and cancer are not recommended the use of bottled water.

According to one study, it was found that the quality of bottled water was the same as tap water. In fact more than 25 percent of bottled water was tap water, packaged in bottles.

Use of bottled water results in several environmental issues. It is a fact that for manufacturing one liter of bottled water, more than six liters of water is required, thereby resulting in water wastage. Then many water bottles are thrown in the trash and not recycled.

Next time you grab a bottle of water, maybe just turn the faucet on instead.

Tips on Effective Training



Always warm up before exercising and cool down afterward.

Warm up & cool down

Always do a slow warm up of 5-10 minutes, followed by some gentle stretching. Then gradually climb into the target range you have set. End every workout with a 5-10 minute cool down.

Type of Exercise

Choose activities that use large muscle groups and which are continuous in nature. Some good examples are walking, swimming, running, cycling. Feel free to

include more than one activity.

Frequency of Exercise

Exercise in the target range that you have set at least 3-5 times per week, with no more than 48 hours between sessions. Even on 'rest days' gentle exercise such as leisurely walks can be beneficial.

Intensity of Exercise

Select an exercise intensity zone that is both within your capability and in which you can achieve

consistency. Studies show that people who exercise at too high an intensity, especially in the initial stages of their program, drop out sooner and have more injuries.

Time Exercising

Aim for 20-60 minutes of continuous exercise in your target zone each session. If you are unable to exercise for 20 minutes initially, slow down and gradually build up to this.



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IN THE ZONE LLC.

Brian Foster, CEO

Shayne Evans, Events Director

Turon Ivy, Director of Children's Programming

Andrew Hunt, CFO

Diamond Dixon, Asst. Marketing/Events Manager

Margaret Dorsey, Tennis Manager

Joseph Rutherford, Flag Football Manager

Alisha Carter, Indoor Volleyball Manager

Markel Clifton/Joy McCormick, Softball Managers

Christine Bediako, Bowling Manager

Jamil Simmons, Basketball Manager

Benny Hunt, IT Specialist, Beach Volleyball Manager

**We are on the web at
www.officialinthezone.com**

You Asked for it—iTZ Boot Camp

You asked us for over a year when were we going to jump on the train and provide you with a boot camp tailor made for the iTZ participant. Well we have finally put together the program you clamored for!

Starting March 28th, NBC-5 and In the Zone's own Saran Dunmore will be putting you through the paces every Saturday for 6 weeks. This camp will focus on over all conditioning and will target specific muscles used while participating in flag football and softball.

The camp will be held at Dunbar Park, located on 31st and King Drive and will take place every Saturday from 9:00 a.m.

to 10:30 a.m. The cost is \$50 for all six weeks. If you and two friends sign up together the cost will only be \$120.00!

We know the summer is coming



Want to get beach ready? Join us every Saturday morning for the iTZ Boot Camp!

and you want to get tank top, sun dress and bikini ready! Or maybe you want to get in better shape to perform better out there on the diamond or gridiron? Perhaps you just want to get into a fun activity and finally start living up to that new years resolution to live a bit healthier and get in better shape? Whatever your motivation, this is the boot camp for you!

To register please e-mail bri-anitz@yahoo.com or general-manager@officialinthezone.com to receive your individual payment ink or mail payments to In the Zone, 1367 E, 64th St., Unit 1E, Chi, IL 60637.