



We build strong kids, strong families, strong communities.

Lussier Family West YMCA

5515 Medical Circle • Madison, WI 53719

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www.ymcadanecounty.org

This century's old talent of walking on a log has evolved into a fun and exciting sport; one that has reached out to participants here at our Lussier Family West YMCA in Madison, Wisconsin. Members and participants of the West YMCA have been enrolling in log rolling classes for the last 25+ years thanks to John Hallett and George Martin, who introduced log rolling to the aquatics department many years ago. John moved on to start another log rolling program at the Pabst Farms YMCA in Oconomowoc, Wisconsin and George is still part of our log rolling program today as a volunteer instructor and transporter of our logs. He has been instrumental in keeping this program alive and thriving in the Madison community.

The YMCA encourages children and adults of all ages to learn to roll or attempt to roll their counterpart off of a log and into the water. Log rolling also creates an opportunity for families to be involved in a sport together. Log rolling is exciting to watch and captures the attention of many pool patrons. Our glass windows offer a view into our pool which sparks the question of many onlookers.... "Can I do that?" "How do I sign up?" The YMCA offers weekend courses that run year round by our Head Instructor Shana Martin; who is three-time defending International Log Rolling Association World champion, one-time ILRA boom running champ, a fitness competitor, a personal trainer, and the President of US Logrolling.

Shana has encouraged, mentored and educated an amazing log rolling staff about the sport at our YMCA. Over the last five years our courses have increased in enrollment with each session. Class sizes include 10-15 participants during a 45-minute period. In the past both amateur and professional champions and well ranked individuals have come through our program such as Olivia Judd. Olivia is a 2009 ESPN STIHL Timbersport finalist, and is also a top ranked competitor at the World Championships.

Injury prevention and safety is key to any programming; our YMCA is fully aware of the risks involved with water sports. However; during the last 25 years of log rolling programming at our YMCA there has NEVER been an accident or incident report filed for injuries related to log rolling. We require all participants to be able to swim a length of the pool as a pre-requisite. This is a safe and fun sport; one that incorporates good sportsmanship and opportunities to compete locally and nationally.

The Capitol Splash Log Rolling Tournaments has been held at our YMCA facility for the last twenty years. Beginners and more experienced participants come from all over the Midwest to roll in different divisions. Following the tournament is a pizza party which allows everyone to join together for socializing and the announcement of winners for each division!

As a program director I strongly recommend log rolling as a way of enhancing aquatics or park and recreation departments. Log rolling is a safe sport for all ages. Developing a log rolling program for your facility is easy. It begins with the purchase of a log. There are many qualified individuals that would be happy to assist you. You can find information on the following websites: <http://www.shanamartin.com> or www.uslogrolling.org or you can contact me at nicole.champlin@ymcadanecounty.org

Thank you,
Nicole Champlin

Lussier Family East YMCA

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