

Pumpkinhead Swim Meet

Come Out and Support the NMB AFC Dolphins Swim Team as they host the Pumpkinhead Swim Meet on Oct. 27th.

Open to Ages 5-18 years old

Pre-registration required. \$20 per swimmer.

The Pool Area will be closed from 8:00 am- 1 pm.

For more information please call Judy Childers at 281-3743.

FREE McLeod Sports Medicine Injury Screenings- Wednesday Mornings

Every Wednesday Morning, 9 am- 11 am,

A McLeod Sports Medicine Certified Athletic Trainer will be on site to:

- * Evaluate Acute and Chronic Injuries
- * Provide Treatment Advice
- * Consultations on Bracing and Orthotic Options
- * Communicate Exercise Modifications
- * Timely Physicians Referrals if Needed

For more information or to schedule an appointment, call Brian Lowe, McLeod Sports Medicine Certified Athletic Trainer at (360)213-3620 or the front desk at (843)281-3737.

4th Annual Annual Golf Tournament to Benefit Teen Angel – August 18th

Thank you to ALL of our Sponsors.

Make a Difference Sponsors- \$500 Donations

Dew's Since 1947, Easy 105.9, KCMS-Kelly Consulting & Mediation Services, LLC, Low Country Landscaping, Sandhills Bank, Wild Wing Café

Visionary Sponsors- \$250 Donations

94.9 The Surf, A O Hardee & Sons, Inc., Ashlee Connors – Realtor with Grand Strand Realty, Babb Custom Homes, Inc., CCA Construction Consulting Associates, Charlie Stuart State Farm Insurance, Convenience Store and More, Grooms & Thomas Attorneys at Law, LLC, Senator Greg Hembree, Women in Philanthropy & Leadership/Coastal Carolina University, Vickie Hassett

Hole Sponsors- \$100 Donations

710 Bowling, Anderson Brothers Bank, Animal Hospital of NMB, Best Home & Property Services, Bill & Shannon Robinson, Bobbie & Buddy Johnson, Bonnie & Stephen Pavlech, Bubba Collins Insurance, Inc., Callie Wise State Farm, Carefree Exteriors, Carolina Cool, Inc., Carolina Trust Federal Credit Union, Deeb & Fanning, DDS, PA, Doug & Jo Harvey, Dr. Tripp Davis-Carolina Family Dental, Elliott Realty, First Beach Finance, Flynn's Irish Tavern, Fran Hurst, Full Steam Ahead, Inc., Glenn Hurst, Hoskins Restaurant, James Plumbing, Little River Tax, Love

Circle – Trinity UMC, McCutchen, Mumford, Vaught & Geddie, P.A., McLeod Health, Mister Sparky, Myrtle Beach Area Chamber of Commerce-CVB, Nations Homes, Palmetto Marine Construction, Inc., Pittsburg Institute of Aeronautics, Rodney Gipe, SC Beach Real Estate, Roy & Casper, LLC, Roz Murray Re/Max Southern Shores, Sandhills Bank, South Atlantic Bank, Sparks Toyota, Sportsman's Choice Marine, The Scott Richards Afternoon Show EASY 105.9, The Shack, Touch Medspa, Wayne Porter, White Realty, Wyman Wise State Farm

Maintenance in Women's and Men's Locker Rooms

Men's and Boy's Locker Rooms will be closed due to maintenance on Aug. 25-Aug. 28

During the maintenance please feel free to use the Special Needs Locker Room, but remember it is CO-ED.

Junior Lifeguard Program featured on WPDE!

WPDE was live from the NMB AFC this morning! Thanks to the Junior Lifeguard participants for getting up early today!

Jr. Lifeguard Training Program at NMB Aquatic Center

Posted by [Amanda Kinseth Wpde](#) on Friday, January 29, 2016

Not seeing video? Click here:
<https://www.facebook.com/AmandaWPDE/videos/1510078065965085/>

Titleist Performance Institute Golf Fitness

Fitness Director, Patrick Flynn, is Titleist Performance Institute Certified and can help you enjoy the Benefits of TPI!

The Benefits Include:

- * Improved mobility and increased joint range of motion
- * Core Stability and improved balance
- * Reduced risk of injury
- * Increased longevity of your golf game
- * Increased power and maximized performance
- * Improved golf posture

Call Pat Flynn today for more information at 843-458-2643

Parent's Night Out December

11th; 6-9 pm



**Parent's Night Out
December 11th; 6-9 pm
Ages 5-12 years old**

**Parent's can enjoy a night out, while their kids enjoy a night of swimming, games, a pizza dinner, and much more!
Everyone must bring a bathing suit, towel, and sneakers.**

**Members: \$10 per child,
Non-Members: \$15 per child**

**Pre-registration required.
Registration Closes: Dec. 9th**



NMB AFC at the Coastal Carolina Football Game

Sign Up Today to go to the Coastal Carolina Football Game!
Here how is you sign up and tickets are only \$15 each.
Members and Guests Welcome!

The link is:
<https://www.ticketreturn.com/prod2/Team.asp?SponsorID=7460#.VeW3IMuFM5s>

At the top of the link you will enter the following:

Username: nmbafc
Password: chants

Fans then go in and select the number of seats they want, complete the order and can print out the tickets on their own printer or send to will call and Coastal will mail them.
The seats are in section 104, about mid way up, between the 35 and 50 yard line.

The NMB AFC will also have a tailgate spot at Blanton Circle. It's area is in the middle of campus and there are inflatables there for all of the kids (free), alumni affairs has a big tailgate and the marching band plays there. Fans can park in the lot in front of campus (501) or new lot on 544 and ride the shuttle to Blanton Circle. All FREE and easy for fans to find.

Any questions please let us know!
We are extremely excited for a great Saturday with members, friends, and family!

Equipment Spotlight: Free Motion

In the back right corner of the Fitness Room there is an amazing line of equipment called Free Motion. The circuit contains machines that will give the user a challenging full body workout.

These machines all use cables which eliminates the fixed plane of motion you see with most strength machines. Because there is not a set plane of motion the exercise becomes more difficult but more importantly more beneficial. However, the design of the equipment makes it extremely simple to use as there are no adjustments that need to be made.

This equipment often gets overlooked by many of our members, however as far as strength machines go they are my personal favorite.

If you would like help getting started on the Free Motion strength line here at the AFC come by and ask me or a Fitness Specialist for help. We'd be more than happy.

Patrick Flynn
Fitness Director

Finding Your Passion to

Achieve your Personal Best

What do you love to do that is active? When you were a kid, what were your favorite activities? Answering these questions can help put some passion in your workouts. I used to love bike riding as a kid. As an adult, I pursued it again. I signed up for a race for a great cause, (MS) got fitted properly for a good racing bike and got all the gear to go with it. I trained with others and had a great time accomplishing my goal. At the gym, I really liked heavy weight training. I got a trainer and learned how to properly lift and gradually got stronger. I still like to pursue new personal records by competing against myself. I am passionate about it because I love the sense of empowerment it gives me.

I would love to set up a training program designed especially for you to achieve any goal you want to pursue. Dream, train, achieve!

Elizabeth Reighard, ACE CPT