

# XERGAMES™

NEWSLETTER



August 2008

*Serious Fitness for People Who Love to Play!*

**Our new wireless  
XerDance program  
for up to 32 users:  
No wires,  
new smart dance  
pads with feedback,  
extra light  
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email:  
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**XERGAMES PRESS**  
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**Pacific Coast**



## **Have an Olympic End to Summer**

**Mini Olympics for XerGames  
By Justine Rutt**

As Summer winds down many of you will find yourselves ending your summer programs and beginning your fall sessions at the same time as

## Business Times

For help with parties or competitions?

[JustineR@sportwall.com](mailto:JustineR@sportwall.com)

### Tech Support:

mailto:rickb@sportwall.com?  
subject=Tech%20Support



## Coach's Corner

By Dan Ross

The Olympics are upon us and though exergaming is usually associated with fun and play, many XerGames products are well adapted to sport specific training.

For any ball sport or event that relies on peripheral vision and quick reactions, the **Performance PT** is an incredible tool for working with teams or individuals.

If high end training is what you seek, the speed, reaction, and Plyometrics, the **Cybox Trazer** gives real time feedback as well as long term progress tracking.

Another great option is the **Makoto**. Used by the Denver Nuggets

this years Olympic Games in China. Here are a few ideas I've put together to take the Olympic theme to the next level with exergames.

The main idea is to make sure everyone is having a good time by being involved and active. If you plan to make this into an event I recommend having opening and closing ceremonies with music playing and even a awards ceremony. Although points will be a factor during these game, make sure participation is the main focus.

### Training Station Olympics:

- Discus Throw-using a Fribee arrange 1 player in front of each training station. Have them make throws and aim for the targets. The higher the target hit the more points you can give them.
- Shot Put-with each contestant using a medicine ball have them "shot-out" the ball to a target using game 3-4 or 4-6
- Baton Relay Race-using noodles, have the group split into relay teams running up to the stations and hit a target and run back passing the noodle off to the next person
- Giant Slalom-with hockey sticks have the players hit balls around cones and up to the wall to earn points
- High Jump or Pole Vault-run up to the wall and jump as high as you can 5 times in a row to hit for points
- Hurdles-set up noodles on 2 cones to make hurdles in front of the walls. Have the contestants jump over the hurdles on their way to score points
- Soccer-have the players aim and kick the ball at the targets for points. whoever gets the most points wins the round
- Swimming Backstroke-players will walk backwards while putting arms in a backstroke motion to get to the wall. Turn around hit a target and return to start line going backwards
- Steeple Chase-put up little obstacles leading up to the Training Stations, have them hit

and US Navy Seals, it uses lights and sounds to react in three dimensions. Whether used as a high performance trainer, or a well deserved break the monotonous "lap running", interactive fitness products use fun to increase motivation and results!

**Do you have a favorite Sportwall drill or activity? Share it with us!**

**Send stories to Dan Ross**  
mail to: DanR@xergames.com

**Remember - instructors must verify competitor's score for National Top Ten consideration. E-mail scores to Rick Clausi**  
mailto:rickc@xergames.com



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the target and return to start by going back through the obstacle course

### XerDance Olympics:

- Dance Off-set the game to workout mode and then set the time to 20 minutes. See which participant can dance the longest.
- Dance Relay-set the game to workout mode at 20 minutes, have participants dance and when they tire tag off to the next dancer on there team. See which team can go the longest
- High Points-using an easy song have everyone dance and the one with the highest points at the end wins the round



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current PSP?

## XG Fit Facts

Ask for a quote today!

Did you know...

[Rachaelm@xergames.com](mailto:Rachaelm@xergames.com)

**If you are in the  
Santa Barbara, CA area,  
call 800-695-5056  
to experience XerGames  
in our Showroom at  
6460 Via Real,  
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<http://www.xergames.com/>

- Over 2/3 of American Households play video or computer games
- The average age for a gamer is 33 years old
- 48% of players are ages 18 to 49
- 24% of players are 50 years or older
- 28% of gamers are made up of youth ages 18 & Under, but they are the greatest adopters of exergames.

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Contact Us: 1-800-695-5056 [www.sportwall.com](http://www.sportwall.com)



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