



Pacific Camps awarded \$1.2 million in grants New equipment is ready to go

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Dressed in shorts and a T-shirt, Hans Rommerswinkel stands ready, knees bent and eyes affixed on the flat-screen television in front of him. His digital dop-pelganger- or double- appears on screen and the workout begins.

Rommerswinkel darts to the left, jumps into the air and then quickly sidesteps to the right, where he jumps again. The workout's pace quickens and Rommerswinkel needs to jump higher and move faster. On the screen, a small digital person mimics his movements, transmitted to

the machine's computer via a wireless sensor that looks like a belt buckle. Rommerswinkel's score, his heart rate and the height and speed of his jumps are all recorded. Minutes later, the workout finishes, and Rommerswinkel is winded. "The machine is intuitive, so as I do better, it gets harder and harder to do these exercises," he said of the Trazer virtual reality trainer from Massachusetts-based Cybex International.

Rommerswinkel, a salesman for exercise equipment Out-Fit in Moorpark, is not standing in a state-of-the-art training facility for Olympic or professional athletes.

The new machine is part of more than \$100,000 in exercise equipment being installed at the Camarillo location of Pacific Camps, a Christian-based nonprofit summer and after-school program for elementary and middle school students. The new exercise equipment, which includes four Internet-linked exercise bikes, complete with their own virtual reality programs, is a far cry from the four-square and tether balls camp officials scrimped and saved to buy when the program started 19 years ago. The money for the high-tech machines will come from a \$1.2 million federal grant Pacific Camps received earlier this month.

Pacific Camps now staffs 80 summer counselors who oversee nearly 800 campers from throughout the county. Because the camp focuses on youngsters from singleparent homes, Harley said the grant money allows him to offer scholarships to far more campers than he has in the past. In addition to spending time with the high-tech equipment, the campers spend most of their time during the camp's 11 weeks taking field trips, Harley said.



TOUGH GUY- Right, Lorenzo Francisco, 10, of Camarillo gives himself a workout on the new equipment at Pacific Camps on Thursday while his friend Andrew Nguyen, 10, of Camarillo watches.