

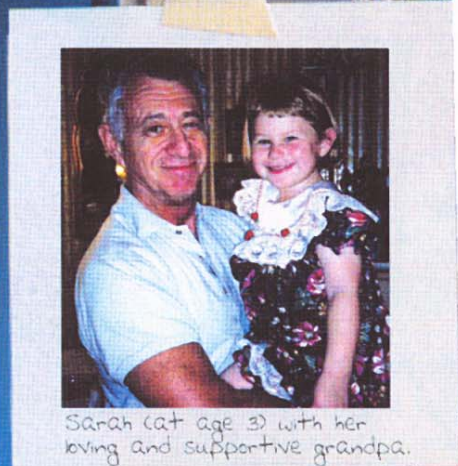
Discover how the Calvo family
has cooked up a recipe for success.

U Magazine
For young USAA members
Issue 27 2002

U and Your Goals



Catching Air *She flies through the*



Sarah (at age 3) with her loving and supportive grandpa.



<http://www.sarahyourman.com>

Sarah Yourman

What I Do

I live in New Jersey, but during the winter I compete for the Mount Snow Freestyle Ski Team in Vermont. I do acrobatic routines (a cartwheel on skis is my best trick), aerials (where I fly off a jump and do a trick) and moguls (my favorite, where I ski the bumps!).

Seasonal Schedule

Every day after school, I go to training. My schedule changes from season to season. In the fall, I run and do push-ups and pull-ups. As the ski season gets closer, I meet up with my teammates and run the mountain. In the spring, I bike-ride just for fun. And then in the summer, I do trampoline training and performing with Xtreme Athletes Against Drugs & Tobacco.

Challenges

The best part about my sport is having fun. The worst part is when the snow turns green (or melts).

When I was a baby I was diagnosed with cystic fibrosis (CF), a incurable lung disease. Then when I was 8, I found out I have diabetes, a disorder that means I have too much sugar in my blood.

When I get up at 5:30 every morning, I take medications and have therapy treatments to clear my lungs. Then I test my blood sugar before eating breakfast — that's for the diabetes. I take about 15 pills for my CF at breakfast and then I go to school. At school and at home, I take pills with every meal, test my blood sugar six times a day, and have an insulin pump attached to me 24 x 7.

air with the greatest of ease, amazing the crowds, wearing shiny snow skis!

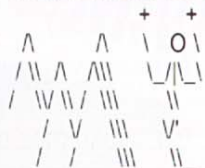
Successes!

One reason I like skiing the bumps is that I can skip my lung therapy session at lunch. Bouncing on the bumps clears my lungs real well! I had my best finish in 2002 in the Mount Snow event — first in my age group. I was invited to the Eastern Championships and competed in the Terrain Park Air event, finishing fourth.

I'm a competitive person. I hope to win, but if I don't, I know I tried my best and had fun. One time I was at the slopes watching the X Games, and when I walked into the lodge I couldn't breathe. I got scared. My doctor took care of me, and the next week I was back on the slopes competing. My doctors always encourage me. My goal is to live each day to the fullest and have fun doing it!

Goals

Besides skiing well, one of my most important goals is to educate people about disabilities. Most people like me can lead normal lives. There are no boundaries if you put your heart and soul into succeeding in life. That's what I do every moment.



Smiling Sarah, age 12

See my Web site at www.sarahyourman.com

Xtreme Athletes Against Drugs & Tobacco is an educational program to teach about the dangers of drug and tobacco use. The group demonstrates trampoline skills and how they compare to the progression of learning in everyday life. Sarah has traveled around the country, performing and speaking with the group.



You can kick off your healthy habit with kids from all 50 states and more than 50 countries. Plan to participate in Project ACES — All Children Exercise Simultaneously. A New Jersey physical education teacher named Len Saunders started the event in 1989. His goal was to have one school in every state participate. In the first year, 1,200 schools joined the fun! Now it's an international annual event. In 2003, ACES will be held on May 7. Want your school to join in? Ask your principal to contact Project Aces at www.projectaces.com.



(Again!)

Have you participated in ACES in past years? If so, tell us about your experience. Did your whole school participate? What physical activity did you do to participate? Was it the beginning of a fitness habit for you?