

To Bounce or Not to Bounce...

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However the American Academy of Pediatrics estimates 100,000 people were injured on trampolines in 1999, roughly two-thirds of them were children between six and fourteen. Sprains and fractures resulting from falls on the trampoline mat, falls on the frame or springs and collisions with other jumpers are the most common injuries, according to the American Academy of Orthopaedic Surgeons. Proponents argue that bicycle users have three and a half times as many emergency room visits than trampoline users.

In Moraga, 17-year-old Mina Lucacher is on the verge of growing out of the family's backyard trampoline, but still enjoys it. "At first, I was on it every single day," she said. Now, six years later, she prefers to read on it, because the surface gets warm, and for occasional sleepovers with friends. Her mom, Sophie, explains that the three kids, Mina, Michael and Andrea, begged endlessly for it. Now that they are all teenagers, the bloom is slightly off the rose.

Despite rare but possible injuries, due to their expanding popularity a trampoline park has recently opened in Dublin – Rockin' Jump, a 20,000 square foot building that houses a main trampoline park with a dodgeball zone and basketball area. Not surprisingly a signed waiver is required for every Rockin' Jumper. Closer to home is Sky High Sports in Concord, a warehouse with wall to wall trampolines that also has dodgeball, basketball and a foam pit full of squishy foam cubes to jump into. It's possible these young participants may end up in the brand new Olympic sport, inaugurated in 2008 in Beijing – trampolining.

Here are the steps you can take to help prevent serious trampoline injuries from the Consumer Product Safety Commission:

- Allow only one person on the trampoline at a time.
- Do not attempt or allow somersaults because landing on the head or neck can cause paralysis.
- Do not use the trampoline without shock-absorbing pads that completely cover its springs, hooks, and frame.
- Place the trampoline away from structures, trees, and other play areas.
- No child under 6 years of age should use a full-size trampoline. Do not use a ladder with the trampoline because it provides unsupervised access by small children.
- Always supervise children who use a trampoline.
- Trampoline enclosures can help prevent injuries from falls off trampolines.



Madeline Clark, of Moraga, enjoys her trampoline

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Client satisfaction: a family tradition

Two Wonderful Moraga Homes



3767 Via Granada, Moraga

Updated Campolindo Two-Story with Large, Level Yard

This traditional home with a charming covered porch in front features 5 bedrooms (with a possibility for 6), 3 baths, plus an office, and a large, level yard with lawn, patio and play area. It has been updated with attention to detail throughout and custom touches abound. The kitchen features stainless, high-end appliances, and views of the yard. The bathrooms have been remodeled with granite and marble. There is an oversized master bedroom that could be divided into two rooms if desired. The house has hardwood floors, dual-paned windows, and two-zone air conditioning. It's close to top-rated Campolindo High School, the Campolindo Cabana Club, and has an excellent commute location.

Offered at \$1,079,000



18 Wandel Drive, Moraga

Cute-as-a-Button Single Story on Corner Lot

This absolutely charming 3 bedroom, 2.5 bath single-story home on a level lot is ready for you to move in and enjoy. It's been updated with dual-paned windows, granite kitchen countertops, and a newly remodeled master bath. Situated on a corner lot, there is a large, flat front yard, and level backyard with patio, lawn and play structure. The home features two wood-burning brick fireplaces, hardwood flooring, and exposed wood-beamed ceiling in one of the bedrooms. In addition, there is an office/bonus room with half bath attached. Close to top-rated schools and shopping.

Offered at \$665,000



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