

Sono Field House

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Jim Quinn, CEO and Founder of Q properties, is the man behind the Sono Field House. Quinn, a father of three, wanted to provide athletes, kids, corporations, and people of all ages a first-class sports and events facility. South Norwalk is the perfect spot for a field house of such caliber because of its accessibility and there are no others like it in the area. Most parents whose children are involved with sports have to drive up to an hour or more for training and practice, but with the Sono Field House that will no longer be necessary.

Q Properties, and project manager Tony Danza from J.G. Architects, worked together to get this project off the ground. The Sono Field House is a 52,000 square-foot facility offering indoor football, lacrosse, soccer, and field hockey for all of Fairfield County. In order to provide members with the best training available, the Fieldhouse has hired well-known athletes of each respected sport to direct the programs. Darien High School lacrosse coach, Jeff Braimeir will be the director for lacrosse. Braimeir is well-respected in the community with an impressive track record, making him a fit choice to work at the Field House. He is the winningest coach in Connecticut, with 413 wins in 26 years of coaching. He has also been awarded "Connecticut Coach of the Year" four times. Professional athletes are also slated to help direct the sports programs. Sports at the



Field House are seasonal, and they each run for an 8-week period. Clinics, leagues, tournaments, and camps are all available throughout the year. High school teams and independent leagues can use the facility for practice and tournaments.

The Sono Field House also provides a space for corporations, firms, and various other groups to increase leadership and team building. The Field House provides a needs assessment test, or evaluation, in order to develop an individualized program for each group. The second floor of the facility has conference rooms, providing corporations a place to hold meetings while at the Field House. Each room, equipped with state-of-the-art equipment is the perfect place to hold that morning conference or presentation. Participants do not have to drive back and forth, and can spend the day at the facility without compromising any work. One of the methods the Field House uses to increase team building is the High Ropes Course. Located above the turf, the course includes eight elements and a Zipline dismount. A challenging, and fun activity for the whole group.

The Field House is also equipped with a 32 foot rock climbing wall, with various levels of difficulty, and a highly trained staff. The wall promotes trust within a group, and it is often used in a team building program. It is also included in a party package. Birthday parties are often celebrated at the Field House. The guests at the party get the opportunity to climb the wall and use the conference rooms as well.

Aside from giving Fairfield County a first class indoor sports and recreation facility, Quinn and his team also felt passionately about creating an eco-friendly field house. The field is pro-grass and made entirely out of pure and pre-manufactured rubber, which is much safer, cleaner, and odor-free. The Field House has also initiated a recycling program, waste management practice, fluorescent lighting through out the facility, and water-efficient plumbing. All flyers, brochures, and other printed materials are on 25% recycled papers.

The Sono Field House is place for all ages and demographics. A facility unlike any other in the area. Membership is based on an annual fee of \$49.00 per person or a participation fee for an 8-week program.