

The Next BIG Thing

The opening of Sono Field House creates new opportunities for athletes.

By Chris Carmody- 09/12

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“Wow! This is awesome!” That is the first reaction everyone has when they enter the [Sono Field House](#), located at 365 Martin Luther King Jr. Drive in South Norwalk. The 52,000-square foot facility is already overflowing with excited athletes since its opening in October. “It’s a blast playing lacrosse on the turf. There’s nothing like this in the area,” sophomore Jimmy Quinn said.

Whether it’s soccer, lacrosse, field hockey, football, or any other indoor sport, all players can use the year-round turf field. This field, with its retractable walls, can be divided into three fields, so many sports and clinics can happen at the same time. The walls can then be drawn to the ceiling and the field can be used in full length that will give players the complete Sono Field House experience.

A full membership is \$50 dollars. One might question opening a state-of-art facility in the middle of recession. But the slowdown hasn’t affected membership the new owner says. “I understand we are going through a tough economic time, however we already have over 2,000 members that registered in the first two weeks,” CEO and founder Jim Quinn said.

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Rock climbers now will have new walls to scale. Sono Field House has a 35-foot-high rock climbing wall. The wall includes overhangs, cracks, and paths that challenge all climbers from beginners to experts. There are training sessions for beginners.

Sono Field House also has a high ropes course that has an obstacle course with eight different sections ending with a zip line landing suspended from the ceiling! To complete this challenge, people have to overcome their fears and build trust with their partners. Birthday parties, family

reunions, and church organizations are currently signing up to experience this challenging course.

If that's not enough there is an enormous suspended ladder that has steps that get further apart as the person climbs. Using teamwork you have to climb and conquer this ladder, called the "Dangle Duo." There is also a swing, known as the "Giant Swing," that drops the user from the very top of the field house.

"Going Green" is now a global pursuit. The Sono Field House believes protecting the world is an important mandate for their environmentally conscious facility. Not only do they print materials on 25% recycled paper, but they also take great pride in the materials used in the turf field. The field is odorless and dust-free due to the use of a recycled product that is much safer than the traditional SBR Rubber infill. In the past, turf fields have included infill that comes from recycled automotive tires which may release harmful toxins.

Sono Field House is open from 8am-11pm each day. For further information call 203-523-5875. Visit their website at... www.sonofieldhouse.com