

Academy duo forms family fitness company

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Published 02/11/10

Adam Borcz and Jon Brianas both distinctly remember the turning points in their lives that made them dedicate themselves to health and fitness.

For Borcz, it was when he was 15 and cut from a summer lacrosse all-star team because he was too small. For Brianas, it came a few years later in life, when he was a Naval Academy midshipman and recuperating from cancer surgery.

Both were already active athletes, but turned their conditioning up a few notches to overcome their obstacles and play on. Now, the former academy lacrosse teammates want to help local families make the same kind of "turn" toward fitness together.

Starting next month, Borcz and Brianas will be offering a series of eight-week programs through their new company, Turning Point Sports, aimed at having children exercise with their parents. The sessions are called Fit Family, and involve simple exercises, such as sit-ups or push-ups, with a simple purpose: instilling the habits for lifetime vitality.

"If someone gets done with a session and says they're going to be a role model for their kids (in terms of fitness), the company will ultimately be a success," said Borcz, 30, a 2001 academy graduate who lives in Washington, D.C., and works for a Bethesda energy company.

Turning Point is also planning four all-ages events, including a fitness challenge at Navy-Marine Corps Memorial Stadium, where part of the proceeds will go to charity. Brianas, 31, who graduated from the academy in 2000, is the general manager of the Brigade Sports Complex.

"The idea was that in every individual, there's a point at which significant change can occur; a shift in life from a fitness standpoint," he said.

Brianas and Borcz, who remained very active after the academy, started discussing the concept for the company after a 5K race Borcz put together last year, and finalized plans last month.



Paul W. Gillespie —

The Capital Former Naval Academy lacrosse teammates Adam Borcz, left, and Jon Brianas have founded a new company aimed at getting families into shape together. Called Turning Point Sports, its first programs kick off next month. Here, Borcz and Brianas have three of Brianas' children (from left, Carter, Maddy and Bella) do some sit-ups on the track at Weems Whelan field in Annapolis.

"It's a different idea than anything I've heard about before," said Neal Dupcak, who plans to sign up for the family program with his two daughters, Samantha, 7, and Lexi, 4. "I look at it as an opportunity for me to get involved in an athletic nature with the girls."

Working out a plan

Fit Family is focused on children ages 5 to 14 and isn't intended to take the place of any other activities or interfere with schedules, which is why the basic commitment is only an hour a week, Borcz and Brianas explained.

"Hopefully, people will see it as doable and achievable," said Brianas, who is married and has four small children. "It's a starting point. It's somewhere for people to say, 'I can do something.' "

Added Borcz, who is single: "Anybody can take their kid and drop them off at lacrosse practice. This is a unique opportunity for people (to realize) it's not hard to stay in shape with their kids."

The program will be offered on Saturday or Sunday at Anne Arundel Community College fields, though parents have the option of signing up for both days. The Saturday program costs \$120, Sunday is \$130 (but includes registration for the stadium fitness challenge, which will be held in April), and both days cost \$240.

Brianas said the idea is that the lessons learned at the sessions, which will include not only exercise tips but health information, will be emphasized by parents between meetings.

Fit Family activities will center on four areas: cardiovascular fitness, strength and conditioning, agility and speed, and nutritional education. Brianas also aims to keep it all as green as possible, which is why it's being held outside and requires no equipment.

"I think it's a great idea," said Francis McAndrews of Annapolis, who plans to sign up with his 5-year-old son, Liam. "It can only lead to good things."

Among those good things, he continued, are not only better fitness, but also a stronger bond between parents and children. McAndrews is the director of the Annapolis Youth Lacrosse Association and Brianas is one of the organization's coaches.

"The more that you do with your kids, the richer the relationship is," McAndrews added.

Brianas said the experience he and Borcz gained over their lifetimes make them good guides for families.

"We're Type-A personalities, and with our sports background and going through the Naval Academy, that instilled in us a desire to motivate others and lead," Brianas said.

For more information, visit the Web site at www.turningpointports.org, or e-mail info@turningpointports.org. The first Fit Family program is scheduled for March 6 at AACC's upper fields.