

Youth Sports



Greely Baseball Winter Skills and Drills Camp

Come train with the coaching staff of the 1999, 2007, 2009, 2014 & 2015 State Champions!

The Greely Baseball Coaching staff will be hosting a baseball clinic for children grades K-8 - sessions are grouped by grade. The focus will be on improving young players' basic fundamental skills with their ability to throw, hit, and field. The players will be rotated through a series of drills in this non-competitive environment. The coaching staff includes:

Derek Soule - Current Greely Varsity Baseball Coach, 2007 State of Maine Coach of the Year

Bob Anthoine - Former Greely varsity coach 1986-1999, Greely & Maine Baseball Hall of Famer

Mort Soule - Former Greely assistant & Deering head coach, member of the Maine Baseball Hall of Fame

Dates & Times: 8 Sunday mornings, January 8 - March 12 (No program February 19 & 26)

Session 1: 9:00–10:00 am (K-1)

Session 2: 10:00–11:00 am (2-3)

Session 3: 11:00–12:00 pm (4-8)

Location: GHS Commons Gym

Fee: \$85 Res / \$95 Non-Res

Max: 24 per session

Open Gym!

Greely Middle School Gym will be open each Saturday beginning December 3 from 2:00–4:00 pm for open gym. Participants may work on shooting, dribbling, etc. or simply get some friends together for some “pick-up” hoops.

Dates & Times: Saturdays, December 3 - February 11 (No program December 17, 24 & 31), 2:00–4:00 pm

Location: GMS Gym

Fee: \$2 / Participant

Cumberland Tae Kwon Do for Kids

NEW!

Tae Kwon Do is a great way to become physically and mentally fit while having fun! Learn valuable life long skills – respect, self-confidence, and courage, all while practicing self-defense techniques. Great introduction to the Martial Arts while incorporating fun games and drills.

Free uniform for your first session!

Taught by SaBumNim Jake Daniele. 4th Degree Black Belt who has been training in Freeport for over 20 years (since he was 5). SaBumNim Jake has multiple Maine and New England Championships.

Dates & Times: Wednesdays, 5:30–6:15 pm

Session 1: January 4 - February 15 (7 weeks)

Session 2: March 1 - April 12 (7 weeks)

Location: West Cumberland Community Hall

Grades: K-3

Fee: \$70

Indoor Soccer - Boys & Girls

Instructor: Mike Andreasen, GHS Varsity Boys Soccer Coach

A great program to keep your soccer skills in tune. Learn some new skills, improve on the old and most of all have fun! Time will be spent briefly covering a few drills and skills, but priority time will be with fun games. Limited enrollment.

Dates & Times: Saturdays, March 4, 11, 18, 25, April 1

K: 8:00–8:45 am

Grade 1: 9:00–9:45 am

Grade 2-3: 10:00–11:00 am

Grade 4-6: 11:00–12:00 noon

Location: GHS

Fee: \$40 Res / \$50 Non-Res



Youth Sports

Youth Nordic Ski Instruction:

Instructors: Bill Holland & Volunteers

Cumberland Recreation is offering another exciting season of skiing. Learn how to Nordic ski this winter - both classic and freestyle techniques for recreation skiing and future ski teams. Each participant will need at least one pair of Nordic, poles and ski boots. *Please bear in mind that waxable skis can be adapted for skating, which is not the case for waxless skis with fish-scale bottoms. VOLUNTEERS NEEDED! *Parent volunteers are needed to assist, no experience necessary. Enrollment limit based on number of parent volunteers.*

Dates & Times: Tuesdays/Fridays (7 weeks), January 10 - March 3 (No class February 21 & 24). 3:30-4:30 pm.

Grades: 3-6

Location: Twin Brooks Recreation Area

Fee: \$75 Res / \$85 Non-Res

Max: 40

Intro to Volleyball

Coaches: Rob Hale & Patrick Mulligan

Did you know volleyball is one of the fastest growing sports in the country and has grown significantly in Maine in the past two years with many new teams at the middle/ high school level.

Cumberland Recreation will be running a 5 week introductory to volleyball program. This program will introduce girls to the sport with a fun, skill building approach however all abilities are encouraged to attend. Learning the proper form and technique in a fun environment at the early stage is critical to learning the sport faster.

Dates & Times: Saturdays, March 11 - April 8

Grades 4-6: 9:00-10:00 am

Grades 7-8: 10:00-11:00 am

Location: GMS Gym

Fee: \$49

Min/Max: 10/25

Cumberland/North Yarmouth Community Recreation would like to thank all of our CNY United volunteer fall soccer coaches. Their dedication, energy and enthusiasm is what made this fall program such a success. THANK YOU! We would also like to recognize Eliza Miller for all of the effort and passion she brings to CNY United. As volunteer coordinator Eliza takes tremendous pride in making sure every child in the program enjoys the experience!

2016 Fall Recreation CNY United Team Coaches

CNY-United Coaches & Assistants 2016

Todd Albee	Karl Cyr	Adam Lemanski	Mike Pleau	Jen Speirs
Jeff Allen	Ryan Demuth	Greg Lestage	Sarah Russell	Eric Vanni
Shaun Anderson	Dawn Fallon	Stephanie MacDonald	Sue Santerre	Ingrid Vanni
Sean Anderton	Jim Fenton	Doug McFarland	Julie Saxe	Carl Vickerson
Ryan Barry	Kristy Greco	Harry McFarland	Tim Searls	Jeff Wall
Steve Berry	Amy Haile	Mike Nichols	Peter Sedgwick	Liz Wall
John Carthy	Kristen Klimaytis	Tina O'Connell	Brad Smith	Doug Weisz
Emily Cartwright	Cooper Kucera	Jason Perkins	Chloe Smith	Michelle Zimmerman
Ken Cochrane	Kris Kucera	Julie Perkins	Keith Sproul	
Tatjana Connors	Kristen Kucera	Liz Pierce	Ed Stebbins	
Cory Crocker	Matt Lambert		Jennifer Stewart	

Youth Sports



High School*/Middle School Ultimate Frisbee Spring 2017

High School Team

Coach: Kevin Massey

High School Ultimate is growing rapidly in America! Today, more than 4 million people play the sport of Ultimate. This sport encourages fitness, sportsmanship, competitiveness, and having fun! Here at Greely, the high school Ultimate program has grown considerably over the past few years. All Cumberland

and North Yarmouth High School resident students are eligible to participate in the Ultimate program. The students that participate in the program will learn proper throwing and catching mechanics, offense and defense strategies, rules of the game and a strong sense of sportsmanship.

Greely Ultimate is an affiliated member of the Maine Ultimate High School League. We offer both a boys team (A and B team) along with a girls team. The program starts in late March and runs to the end of May.

Practices are held on Monday and Friday, 4:00–6:00 pm at the Commons.

League games are held every Wednesday starting at 3:30 along with a few Sunday afternoon games.

Game locations: Cumberland Fairgrounds and Wainwright Athletic Complex in South Portland

Tournaments: During April and May we also participate in a number of high quality, competitive tournaments around the State of Maine

Fee: \$135 Per Participant, *Includes uniform*

**High School Team is not affiliated with the Town of Cumberland however we will still be collecting registrations for the program.*



Middle School Team

Coaches: Gregg Novick & Maureen Lucey

The Middle School Program is one of the largest in the state and still growing with nearly 60 participants last year!!! The middle school team is for boys AND girls in grades 5-8 (i.e. co-ed). With the growing popularity of this activity we will now be utilizing Twin brook Recreation Area (Tuttle Rd. side) for our league games each week. This program is designed to introduce players to the sport of Ultimate as well as improve disc skills and teach the kids to work together as a group. Sportsmanship is paramount in Ultimate as there are no referees. Rather, the kids make their own calls and rely on the “Spirit of the Game” to guide their actions on the field. The Greely Middle School Ultimate League (GMSUL) - similar concept to Little League in baseball, will be set up by splitting ALL players into 4 evenly skilled “teams”. In addition to GMSUL games, the team will scrimmage against other local towns each week, rotating participants based upon numbers.

GMSUL games will be played on Mondays and Wednesdays at Twin Brook. Scrimmages/games against local schools will be played on Friday nights (i.e. Friday Night Lights!!!). In addition, we will participate in 3-4 one day weekend tournaments including the Greely Invitation and the 2017 Maine Middle School Ultimate State Championships.

In addition to the regular league, we will be organizing a “Travel Team” which will be playing concurrently with their regular season. More info to come.

Fee: \$80 Per Participant, *Includes Uniform and a disk for each player*

Registration closes Thursday, April 6th.

Questions? Call Us • **829-2208**



Spring Youth Sports

Little League Baseball & Softball Registration

2017 Cumberland/North Yarmouth Little League baseball & softball registration will open on Monday, January 2, 2017. Registrations will only be accepted online at www.cnyll.com. An early bird registration discount will be given to those who register prior to February 28, 2017. Please contact playeragent@cnyll.com for further information. Please note that there is no early bird registration discount for our Tee Ball programs.



2017 Cumberland/North Yarmouth Recreation CNY United Fall Soccer Program

Registration for the 2017 Recreation Fall Soccer Program Grades 1 through 6 will begin on Monday, April 24th. Please look for more information in the spring for this popular soccer program!



April Vacation Spring Baseball Clinic

Coach: Derek Soule, GHS Varsity Baseball Coach, Staff & Members of the Varsity Team

The clinic will focus on:

- Hitting fundamentals/ Proper Throwing Techniques
- Fielding Skills & Daily Games!

The clinic will be coached by current and reigning State Champion Varsity Coach Derek Soule and the high school coaching staff. Players will be grouped by age/grade and rotate between a series of hitting, throwing, fielding and running stations with daily games.

Dates & Times: Monday-Friday, April 17-21, 9:00–12:00 noon

Location: Greely Middle School Baseball Field/ GHS Gym

Grades: K-7 (Groups will be split up by grade)

Fee: \$95 Res / \$105 Non-Res

Gymnastics

Instructor: Danielle Webster from the Maine Academy of Gymnastics

Students use tumbling mats, vaulting horse, balance beam, and other apparatus. Each class begins with warm-up exercises and progresses to mats and equipment. Instruction is individualized on apparatus. Limit 16 per age group.

Dates & Times: Saturday, March 4 - April 1 (make up date April 9)

Ages 3-5: 8:45–9:30 am

Kindergarten: 9:30–10:15 am

Grades 1-3: 10:15–11:15 pm

Location: NYMS

Fee: \$89 Res / \$99 Non-Res

Youth Sports



Spring Running Club

Head Coach: Peter & Christine Hein

Does your child love to run? Are you looking for a way to burn off some of that excess after school energy in a safe and positive environment? Cumberland/ North Yarmouth Recreation is again offering the Spring Running Club Program!

The primary focus of this POPULAR program is to promote running as a fun, group oriented activity and is a great way to stay healthy. "Fun Run Meets" will be scheduled each Wednesday with other surrounding communities. Accepting Registrations Beginning, Monday, March 6. Limited enrollment.

Note: Assistant Coaches are needed.

Please call 829-2208 FMI

Dates & Times: Mondays/Wednesdays/Fridays, April 24 - June 5

Practice: Dismissal to 4:45 pm

Regular Season Meets: Begin at 4:15 pm

Location: MIW/Twin Brook Recreation Area

Grades: 1-6 (Current Grade)

Fee: \$70

Cumberland Youth Lacrosse Information

- **Learn to LAX – Free Clinics** will be held this winter for boys and girls in grades K-2, grades 3-4 and grades 5-6. Please visit the Cumberland/ North Yarmouth youth lacrosse website www.cumberlandmelax.org for more information about the program, equipment needs, rules, links and other useful information.
- A **FREE Pre-Season Ice Cream Social** for kids and parents will be held in mid-February. Kids will watch last year's NCAA championship game and the parents will meet the coaches to learn about the sport. There will also be an equipment swap!
- Registration for boys and girls youth lacrosse, grades 3-6, will be **OPEN the first week of February 2017**. Registrations may be mailed in, completed online or done in person at the ice cream social.

The season will begin in March with three Saturday indoor practices. Games will begin the last week of April and run through mid-June. League games are Saturdays or Sundays beginning the last weekend in April and teams will participate in 1-2 tournaments.

Outdoor practices will be on Tuesdays and Thursdays at 5:30 pm at Twin Brook Rec Facility – Tuttle Road side.

Registration forms can also be downloaded from www.cumberlandmelax.org

Contact Jonathan Becker at jbeckers13@yahoo.com with questions.

Youth Instructional Lacrosse Boys & Girls

Instructor: Cumberland Youth Lacrosse Club & Greely Lacrosse Coaches and players

Learn the exciting game of Lacrosse, skills include stick handling, throwing, catching, ball control and other fundamental skills of the sport. Game concepts and cardiovascular conditioning will also be part of the learning process. Sticks provided for participants, boys will play a non-contact version of the sport. Required equipment: mouth guard. Accepting registrations beginning, Monday, March 6

Dates & Times: Saturday Mornings, April 29, May 6, 13, 20, June 3 (rain date June 10) 5 weeks, 9:00–10:00 am

Location: Twin Brook Shelter Field

Grades: K-2

Fee: \$45 Res / \$55 Non-Res





Youth Swimming

Winter/Spring Youth Swim Lessons (GHS Pool)

Please see below for individual level descriptions

Parent/Child Swim (30 min)

For parent and child, 6 months to 3 yrs. The purpose of this class is to familiarize families with the pool and to begin the process of assimilating your child for swim lessons. This class is not designed to teach children to survive in the water on their own. The major focus of this class will be to have fun with your child while learning some of the basics such as proper holds. Instruction will be geared to the parent. A clean swim diaper is required under a snug fitting bathing suit for children who are not potty trained.

Lessons Information: Children need to follow simple commands from their instructor. Trust is important and crucial for positive progress. Parents are welcome to watch from the bleachers. Our classes are organized initially by age (for first time preschoolers) with a ratio of 1:4, instructor to student. For children 6 and up, the instructor to student ratio will depend on the skill group your child is working on. We follow USWIM progressions Level 2 and 3. See below for skills and for more detail parents can view all the levels on YouTube.

Level 2: Safety Fundamentals is divided into six skills:

Skill 1 is Breath Control

Skill 2 is Streamlined (front) Float

Skill 3 is Back Float

Skill 4 is Dog Paddling (face down)

Skill 5 is Back Kicking with arms at sides

Skill 6 is Safety Awareness and combines all skills in the shallow end and progresses to the deep end of the pool

Level 3: Stroke Development is divided into six skills:

Skill 1 is Streamlined Kick (with face in)

Skill 2 is Beginner Freestyle

Skill 3 is Pat the Dog

Skill 4 is Freestyle Breathing

Skill 5 is Backstroke

Skill 6 is Freestyle

Level 4: In the USWIM curriculum we use for our lesson there is not a level but we will provide instruction for swimmers who are above Level 3. Swimmers will be introduced and taught: Beginning Breaststroke, Butterfly, Treading Water, Surface Dives, Standing Front Dive & Flip Turns.

After this level swimmers will be encouraged to join Seacoast Swim Club.

Swimmers with hair that is 3 inches or longer must wear bathing caps. Available from lifeguards (\$5).

Goggles are required in all learn to swim programs. For children as young as 3 learning to wear goggles is as much a part of the lesson as getting in the water. They should be comfortable and fit properly.

Parents, swimmers and spectators are required to remove shoes before entering the pool area.

Saturday Mornings (8 classes each session)

Session 1: January 7 - March 11 (No lessons February 18 & 25, make-up date March 18)

Session 2: March 25 - May 20 (No lessons April 15)

Morning Youth Swim Lessons

Parent/Child: 9:00–9:30 am **Min/Max:** 4/12

Preschool Classes (ages 3-5): 9:40–10:10 am OR 11:00–11:30 am **Min/Max:** 8/16

Levels 2 - 4 (ages 6* and up): 10:20–10:50 am OR 11:40–12:10 pm **Min/Max:** 8/16

**Must be age 6 by January 5 for Session 1 and 6 by March 23rd for Session 2.*

Location: GHS Pool

Fee: \$65 Res / \$75 Non-Res Per Session (All Lessons)