

Coastal Running League Practice & Meet Schedule Cumberland/N. Yarmouth Recreation Spring 2017

Head Coaches: Peter & Christine Hein cnyrunning@gmail.com

All Practice will be at Twinbrook Recreation Area – Second Parking Lot

Monday	April 24 th	Practice	3:30-4:45pm
Wednesday	April 26th	NO PRACTICE	
Friday	April 28 th	Practice	3:30– 4:45pm
Monday	May 1 st	Practice	3:30– 4:45pm

Wednesday May 3rd Meet 4:15pm – HOME (Twin Brook Rec)
(No Transportation from Wilson School to Twin Brook) **Portland, Brunswick, Friends School & Pownal**

Friday	May 5 th	Practice	3:30- 4:45pm
Monday	May 8 th	Practice	3:30- 4:45pm

Wednesday May 10th Meet 4:15pm – HOME (Twin Brook Rec)
(No Transportation from Wilson School to Twin Brook) **Falmouth, Friends School & Yarmouth**

Friday	May 12 th	Practice	3:30- 4:45pm
Monday	May 15 th	Practice	3:30- 4:45pm

Wednesday May 17th Meet 4:15pm– @ FREEPORT (Winslow Park)
(Bus Departs from Wilson @ 3:15pm) **Wiscasset & Freeport**

Friday	May 19 th	Practice	3:30- 4:45pm
Monday	May 22 nd	Practice	3:30- 4:45pm

Wednesday May 24th Meet 4:15pm –@ SCARBOROUGH (Pine Point)
(Bus departs from Wilson School @ 3pm) **Cape & Scarborough**

Friday	May 26 th	Practice	3:30- 4:45pm
Monday	May 29th	NO PRACTICE	MEMORIAL DAY
Wednesday	May 31 st	Practice	3:30- 4:45pm
Friday	June 2 nd	Practice	3:30– 4:45pm

Saturday June 3rd All League Meet (1pm) TWIN BROOK RECREATION AREA

Monday	June 5 th	Final Practice & Awards (3:30-4:45pm)
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Distances of competition: 1st/2nd Grade - half mile; 3rd/4th Grade - ¾ mile ; 5th/6th Grade- 1 mile

Practices will start at 3:30pm and conclude at 4:45pm at Twin Brook Rec. Area, second parking lot.

Away meets - May 17th Bus will leave from Wilson bus circle at 3:15pm, returns @ 5:45pm
May 24th Bus will leave from Wilson bus circle at 3pm, returns @ 6:15pm

Cancellations: - In the event of rain we will be announcing at school prior to dismissal.

Parents may also call the Recreation Office after 12:00pm (829-2208) or check our Web site at www.cumberlandmaine.com

For more information about the schedule please see coaches or call the Recreation Office (829-2208)

Spring Youth Sports



Early Release After-School Golf Program – Grades 3-5

This popular junior golf program will be offered as a way to introduce and instruct junior golfers in some of the vital areas of golf basics...grip and stance; chipping and putting; full swings; rules and etiquette. It will also provide the opportunity to play the course should the golfers be "course ready." This course is perfect for the junior golfer who wants to learn the game of golf or improve their current skill level. This program will be held rain or shine at Val Halla on each early release Wednesday. Club storage and golf equipment is available for this program at no additional charge.

Dates & Times:

Seven (7) Wednesdays, April 26, May 3, 10, 17, 24, June 7, 14 (No program May 31), 12:30–5 pm

Location:

Val Halla Golf Course
(Cumberland Recreation will provide bus transportation from GMS and MIW after school)

Grades: 3-5 **Fee:** \$175 **Max:** 18 golfers

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. **Currently accepting registrations.***

Dates & Times: Five (5) Saturdays, April 29, May 6, 13, 20, June 3, (rain date June 10), 9–10 am

Location: Twin Brook "Shelter Field" **Grades:** K-2 **Fees:** \$45 Res /\$55 Non-Res

Spring Running Club

Head Coaches: 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. **Currently accepting registrations.**

Note: Assistant coaches are needed. Please call 829-2208 FMI

Dates & Times: Mon/Wed/Fri, April 24 - June 5
Practice Run from 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

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 am–12 noon

Location: GMS Baseball Field/GHS Gym

Grades: K-7 (Groups split by grade)

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

Youth Swimming



Summer Swim Lessons (GHS Pool) *Please see below for individual level descriptions*

Parent/Child Swim (30 min)

For parent and child, 6 months to 3 ½ 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:

Level 4 is not part of the USWIM lesson progressions. We will provide instruction for the following and once taught encourage children who want to continue to join Seacoast Swim Club: Beginning Breaststroke, Butterfly, Treading Water, Surface Dives, Standing Front Dive

Swimmers with hair that is 3 inches or longer must wear bathing caps.

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.

Location: GHS Pool **Fee:** \$55 Res / \$65 Non-Res Per Session (All Lessons)

Dates & Times: Session 1: Mondays/Wednesdays, June 26 - July 19 (6 Lessons - No class July 3rd or 5th)

Session 2: Mondays/Wednesdays, July 24 - August 9 (6 Lessons)

Morning Youth Swim Lessons

Parent/Child: 9:30–10 am

Min/Max: 4/12

Ages 3 1/2-5 (Level 1/2): 10:10–10:40 am
(must be 3 ½ at start of session)

Min/Max: 8/16

Ages 6 & Up (Level 2-4): 10:50–11:20 am
(must be 6 by start of session)

Min/Max: 8/16

Evening Youth Swim Lessons

(A) Levels 2-4, ages 6 and up: 5:30–6 pm

Min/Max: 8/16 (must be 6 by start of session)

Ages 3 1/2-5 (Level 1/2): 6:10–6:40 pm
(must be 3 ½ at start of session)

Min/Max: 4/16

(B) Level 2-4, ages 6 and up: 6:50–7:20 pm
(must be 6 by start of session)

Min/Max: 8/16



Val Halla Activities

Wee Golfer Clinics

A popular class... this program is for juniors entering grades K-1. This program is an introduction to the game of golf. We will use the putting green and driving range. Val Halla can provide clubs for this program.

Dates & Times: Saturdays, 10–11 am

Session 1: June 10, 17 & 24

Session 2: July 15, 22 & 29

Location: Val Halla Golf Course Putting Green & Driving Range

Grades: K-1

Fee: \$0, limited to 16 golfers.

Please do not sign up for more than 1 session.

U8 Junior League

A program for juniors entering Grades 1-3. This program will work on the basics but also emphasize what it means to become “course ready.”

Dates & Times: Saturdays

Session 1: May 6 - June 17 (no class June 3),
2:30–3:30 pm

Session 2: July 1 - August 5, 2–3 pm

Location: Val Halla Golf Course

Grades: 1-3

Fee: \$59 Res / \$69 Non-Res, limited to 12 golfers

U11 Junior League

A program for juniors entering Grades 3-5. This program will work on the basics but also emphasize what it means to become “course ready.”

Dates & Times: Saturdays, 3:30–4:30 pm

Session 1: May 6 - June 17 (no class June 3)

Session 2: July 1 - August 5

Location: Val Halla Golf Course

Grades: 3-5

Fee: \$59 Res / \$69 Non-Res, limited to 12 golfers

Early Release Afterschool Golf

This popular junior golf program will be offered as a way to introduce and instruct junior golfers in some of the vital areas of golf basics...grip and stance; chipping and putting; full swings; rules and etiquette. It will also provide the opportunity to play the course should the golfers be “course ready.” This course is perfect for the junior golfer who wants to learn the game of golf or improve their current skill level. This program will be held rain or shine at Val Halla on each early release Wednesday. Club storage and golf equipment is available for this program at no additional charge.

Dates & Times: Wednesdays, April 26, May 3, 10, 17, 24, June 7, 14 (No program May 31), 12:30–5 pm

Location: Val Halla Golf Course (Cumberland Recreation will provide bus transportation from GMS and MIW after school)

Grades: 3-5 / **Fee:** \$175, limited to 18 golfers

U14 Middle School Golf Program

A new “ala carte” middle-school-aged golf program comprised of clinics, lessons and competition with a variety of options and levels of participation beginning in April and ending in October with three points of entry (April, June and August). Clinics and lessons will be conducted under the watchful eye of a PGA Professional. Modeled after PGA Jr. League, this program is based on a practice or two per week and an event or tournament once a week. Please see the Val Halla website for more information.

NEW!

Location: Val Halla Golf Course

Dates & Times: Mondays/Thursdays, 3:30–5 pm

Spring Practice: April 24 - June 8

Summer Practice: June 19 - August 3

Fall Practice: August 14 - October 12

Fee: \$60 Res / \$80 Non-Res (one day)

\$100 Res / \$120 Non-Res (both days)

Events Fee: Spring \$40/event - 7 events available

Summer \$25/event - 20 events available

Fall \$40/event - 8 events available

NOTE: Register for events on US Kids website or MSGA website

Val Halla Activities



PGA Junior Golf Camps (Ages 7-16)

Program Director: Brian Bickford, PGA and Mike Arsenault, PGA

Val Halla Golf Course is one of 21 original sites of PGA Junior Golf Camps in the country and the only course in Maine to offer this PGA-accredited program. This will be Val Halla's 3rd year offering this type of program under the guidance of the PGA.

Camp Highlights

- Three (3) hours of hands-on instruction each day. This is dependent on each student's golfing ability and golf needs as well as their ability to absorb golf instruction. Coach Bickford and Coach Arsenault will ask for a player-survey and parent-survey to be completed prior to arrival for each session.
- Use of advanced teaching technology (Swing Plane; Edufii; Flightscope; aboutGolf sims).
- 9-holes of golf daily including on-course instruction (full day campers only).
- "Camper updates" sent by camp director throughout the week.
- Skill development awards and recognition.
- Campers will make field-trips to a local area course and/or driving range to enhance the golfer's experience and training expertise).
- Golfers will utilize the Tee Box at Val Halla (state of the art indoor golf facility) from time to time during the week to work on various aspects of the game of golf.
- Includes lunch for both half day and full day campers (menu to be distributed prior to camp and due on the first day).
- End of camp week "PGA Junior Golfer Accomplishment Celebration." This is held Friday morning.

Full-day camps (ages 9-16) provide an excellent opportunity for junior golfers to improve their technical skills as well as develop strong course management skills. Participants are segmented into smaller groups based on their experience level in order to create the most favorable learning environment possible. Camps will be 4.5 days in 2017 with full days Monday - Thursday and half day on Friday (M-Th 9-4 pm; F 9-12:30 pm)

Fee is \$350 per session.

Our Half Day camps (7-13) are designed to create in the 'new junior golfer' up through those playing at an intermediate level. Participants are segmented into smaller groups based on their experience level in order to create the most favorable learning environment possible. For three hours each day, campers learn or hone their skills with a strong emphasis placed on golf's fundamentals and well as fun! We will also play one morning depending on the course schedule. Camps will be Monday-Friday, 9-12:30 pm.

Fee is \$195 per session.

Sessions:

Session 1: 4/17 - 4/21 (Spring school vacation week; weather dependent)

Session 2: 6/26 - 6/30

Session 3: 7/10 - 7/14

Session 4: 7/24 - 7/26 (M-W; 3-day short week)

Session 5: 8/14 - 8/18

Session 6: 8/21 - 8/25

All registrations are online through the PGA at: www.pgajuniorgolfcamps.com

(not through CNY Rec)





Val Halla Activities

PGA Junior League (Ages 8-13)

The most popular junior golf program nationwide is offered again this year at Val Halla. Last year we had two teams. We practice once a week working on skills and drills. Practice will be held on Wednesday's from 4-6 pm. We play on Sunday afternoon/evenings from 4-6:30 pm.

Dates & Times:

Practice: Wednesdays, May 24 - July 26, 4-6 pm

Competition: Sundays, 4-6:30 pm (see website)

Location: Val Halla Golf Course

Fee: \$179, limited to 12 golfers

Team jersey, instruction, coaching, golf course fees, range fees, away course fees. Away course riding carts may not be included and charging is at the discretion of the home course.



Registration: All registrations are on-line through the PGA at www.pgajlg.com

Val Halla Tournament Series

Though out the summer, we will hold junior tournaments and events for our juniors. The entry fee of \$10pp for each event will include greens fee, food and winners prizes.

All ages are welcome and flights will be based on age.



2-Person Team Scramble – Monday, July 3

2-Person Team Best Ball – Monday, July 10

Junior-Guest – Monday, July 17

President's Cup – Monday, July 24

Parent-Child – Saturday, July 29

Club Championship – Monday, August 7th

Fee: \$10 pp per event

To register go to www.valhallagolf.com

LPGA-USGA Girls Golf (Grades 2-10)

Program Director: Karen Nicoletti, PGA



We're not your typical junior golf program!

We are excited to welcome LPGA Professional Karen Nicoletti, LPGA, who will direct this program for 2017. Assistance from local high school girl golfers will be an integral part as well.

A nationally recognized program, Girls Golf provides girls with quality golf instruction led by LPGA and PGA teaching professionals or certified coaches from The First Tee. Not only are they experts in taking girls from beginner to advanced golfers, but they also specialize in creating experiences that show girls just how much fun golf really is!

We help empower them with confidence and teach them valuable life skills. From Leadership skills to inspiring healthy living, we use the Five E's of Girls Golf to Empower, Enrich, Engage, Exercise, and Energize girls through the game of golf.

We anticipate splitting the program into two or three groups by age.

Dates & Times: Sundays, June 18 - August 6,
Time TBD

Location: Val Halla Golf Course

Fee: \$99 Res / \$109 Non-Res





Youth Sports

Ranger Soccer Camp

Director: Mike Andreasen

This camp is designed to meet the needs of each player based on his or her age and skill level. The major emphasis of the camp stresses the fundamentals needed to play a controlled game of soccer. Without the fundamentals, it is very difficult to implement a system of play. Player will be grouped according to the level where they can achieve the most success. Controlled tactical sessions will be featured in order to develop a higher level of play. *For more information please call Mike Andreasen (829-4589).*

Half Day Camp: Dates & Times: Tuesday-Saturday, June 27-July 1, 9 am–12 noon

Location: GHS & GMS

Grades: Entering Grades 2 & 3 in Fall 2017 **Fee:** \$100 Res / \$110 Non-Res

Full Day Camp: Dates & Times: Tuesday-Saturday*, June 27-July 1, 9 am–3 pm, *9-Noon on Saturday

Location: GHS & GMS

Grades: Entering Grades 4-9 in Fall 2017 **Fee:** \$170 Res / \$180 Non-Res

Ranger Basketball Camp

Directors: Travis Seaver (Greely Boys Varsity Basketball Coach), Rob Marsh (Greely Boys Varsity Assistant Coach), Girls Coaches TBA. Both boys and girls team assistant coaches and players will serve as staff.

Grades 1 & 2 Co-ed program

A fun introduction to basketball skills and play. Emphasis is on a positive learning experience in the basics of defensive stance, court movement, passing, dribbling and shooting. In addition there will be a strong emphasis on team work and good sportsmanship.

Dates & Times: Monday-Friday, July 10-14, 8–9 am **Location:** Greely High School Gym

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

Grades 3-8 (Boys)

Focus will be on the fundamental skills of dribbling, passing, shooting, offensive and defensive movement, team play and teamwork. This program will be split up into three divisions (3rd/4th Grade, 5th/6th Grade & 7th/8th Grade). Participants will also scrimmage on balanced teams and game experience will be emphasized. Campers will need to pack a bathing suit/towel, lunch, several snacks & plenty to drink daily.

Dates & Times: Monday-*Friday, July 10-14, 9 am–4 pm (swimming at the Greely Pool from 3–4 pm)

*9–11:30am on Friday

Location: Greely High School Gym **Fee:** \$145 Res / \$155 Non-Res

Grades 3-8 (Girls)

Players focus on understanding the game and learning fundamental skills: dribbling, passing, and shooting. Low-structured games give players an opportunity to practice their skills. Practice sessions will be split up by age/ability and will emphasize team work along with skill development. In addition, sportsmanship will be encouraged throughout the week. Campers will need to pack a bathing suit/towel, lunch, several snacks & plenty to drink daily.

Dates & Times: Monday-*Friday, July 10-14, 9 am–4 pm (swimming at the Greely Pool from 3–4 pm)

*9–11:30am on Friday

Location: MIW Gym **Fee:** \$145 Res / \$155 Non-Res

Youth Sports



T-Ball Fun Games

Instructors: Mort Soule & Tom Gruber

This is an introductory program of fun games for those youth who did not play with the Little League T-ball program. Open for those children who have completed kindergarten or ages 4 & 5. (Note, must be age 4 prior to August 1, 2016) Teams will be chosen each night with no consistency to any one team from game to game. Parent volunteers needed to help with instruction and encouragement. *Special thanks to Cumberland/North Yarmouth Little League for providing equipment for this program.*

Dates & Times: Tuesdays/Thursdays, June 22 - July 13 (No program July 4 - Make up July 18), 6-7 pm (6 sessions)

Location: Cumberland Commons

Ages: 4-5 (Must be 4 by August 1, 2017)

Fees: \$45 Res /\$55 Non-Res (includes hat & T-shirt)

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.

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

Session 1: Wednesday, April 26 - June 7 (7 weeks), 5:30-6:15 pm

Session 2: Wednesday, June 21 - August 9 (7 weeks), 5:30-6:15 pm

Location: West Cumberland Community Rec Hall

Grades: K-3

Fees: \$70

Soccer Clinics

*Instructors: GHS Varsity Boys Soccer Coach
Mike Andreasen & Staff*

Co-ed Kindergarten Soccer (Entering Fall 2017)

This clinic is for boys and girls who have had no experience in the game of soccer and is designed to teach agility, ball control and to work on motor skills. Each participant will work with his/her own soccer ball during the learning session.

Monday, Wednesday, Friday, 8:15-9 am

Co-ed 1st & 2nd Grade Soccer (Entering Fall 2017)

For boys and girls who have had minimal or no experience in the game of soccer. The program is designed to teach agility, ball control and to work on motor skills. Each participant will work with his/her own soccer ball during the learning session.

Monday, Wednesday, Friday, 9:15-10 am

Boys/Girls 3rd-6th Grade Soccer (Entering Fall 2017)

This program is intended to allow participants to further their soccer skills. Skill work and game situation creativity will be stressed. Games will be played daily. Players will be separated into two groups, 3rd/4th & 5th/6th Grade and may combine with boys group for certain drills.

Monday, Wednesday, Friday, 10-11 am

All programs run the following dates:

Dates & Times: July 3 - July 28 (14 sessions), No program July 4

(Times listed below each clinic)

Location: GHS/GMS Fields

Fee: \$50 Res / \$60 Non-Res

****Inclement weather - please check:
www.cumberlandmaine.com website.**



Youth Sports

Mainely Stars Field Hockey Camp

Director: Becki Belmore, Greely Varsity Coach

The Mainely Stars Field Hockey Camp provides both technical and tactical training to youth players in a fun, game-orientated atmosphere. Our commitment is to provide a venue for field hockey players to be a part of an environment that fosters both the passion for and the fun of the game. Players gain experience and confidence through small sided games. Coach Belmore directs the camp and current Greely High School field hockey players assist. The Greely High School Pool is available to full day campers from 3–4 pm daily.

Please send a lunch (full day camp), multiple snacks, water and sunblock. All campers can begin arriving as early as 8:30 am. Camp will begin promptly at 9 am.

Dates: July 17-20 (rain date July 21)

Location: GHS Field Hockey Field (Inside the track)

Grades: Entering 1-3 in Fall 2017

Times: 9 am–12 noon

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

Grades: Entering 4-9 in Fall 2017

Times: 9 am–3 pm

Fees: \$185 Res /\$195 Non-Res

***Reversible pinnie included with registration fee**

For more information or questions, please contact Becki Belmore at: bbelmore@msad51.org.

The first ten (10) registrants to sign up for camp will receive a FREE field hockey equipment package (stick, ball, shin guards, goggles, mouth guard)

Downeast Lacrosse Camp for Girls

Instructors: Dorothy Holt & YHS coaching staff

Learn lacrosse in this one-week clinic designed for girls entering grades 3 - 9. This intensive lacrosse camp will focus on instruction in offensive and defensive skills, positional play, rules and mental preparation. Participants must bring cleats, sneakers, lacrosse stick, mouth guard, water bottle and snack daily.

Please register for this program at:
yarmouthcommunityservices.org

Dates & Times: Monday-Friday, June 26-30, 3:30–6 pm

Location: YHS, turf field

Grades: 3-9 **Fee:** \$140

Summer Track (Ages 6-14)

Coach: Stefan Sandreuter & Staff

This program is for youth who enjoy track and field events. Events include sprints, jumps, throws, and distance running. Practices consist of age/ability appropriate workouts as well as games, all of which are designed as a fun way to prepare youth for weekly regional meets. Transportation to the meets is provided. *Schedule available at first practice. Meet transportation provided by school bus.*

Dates & Times:

Practice: Mondays/Tuesdays June 19 - July 27* (6 weeks), 5:30–7 pm

**State meet is typically held during the second Saturday of August (the 5th), with the qualifying meet being held the Thursday prior (July 27). The program continue during this time period for all who are interested in these fun post-season meet opportunities.*

Meets: Typically Thursday Afternoons

Location: (Practice) - GHS Track, **(Meets) -** Area High Schools in Southern Maine

Ages: 6-14

Fees: \$125 Res /\$135 Non-Res

Min: 20 registered by June 2 to offer program.

Thanks to all of our volunteer youth basketball coaches!

Johnna Mulligan
Heath McAllister
Barry Gabloff
Chris Fitzpatrick
Peter Segal
Charlie Livingston
Steve Hutnak
Jerry Lyon
Ron Greco
Matt Stein
Andy Smith
Jeff Michaud
John Eisenhart
Sue Obar
Darren Yorkey
Eric Pettengill
Todd Cloutier
Ray Giandrea

Steve Carey
Colleen Ippolito
Cory Crocker
Mike Tompkins

Greely Varsity
Coaches:
Travis Seaver,
Todd Flaherty,
Rob Marsh
& members of the
Greely Boys & Girls
Basketball Teams

Special Thanks to
Patty Normandeau
For Coordinating gym
times for the program!

Youth Sports



St. Peter's Grand Slam Tennis

The junior tennis camps offered through St. Peter's Grand Slam Tennis Programs are fun, yet challenging and instructional for boys and girls **ages 8-18** at all skill levels.

For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic, but low-pressure, environment featuring the all new **USTA 10 And Under Tennis** (www.10andundertennis.com) program for 8-10 year old. For the intermediate and advanced players, every session consists of intense drills to refine strokes, conditioning exercises, strategy, and competitive match play.

Dates & Times: Monday-Friday, August 14-18, 9 am-3 pm

Location: Val Halla

Fee: \$215

Ranger Tennis Camp

NEW!

Program Coordinators: Ben Caswell & Rye Daily, GHS Tennis Coaches

We are excited to offer this new summer tennis camp under the direction of Ben Caswell & Rye Daily. Camp will consist of a fun yet competitive atmosphere, while at the same time learning the strokes and strategies needed to compete in match play. Additionally, coaches Caswell & Daily will incorporate games/activities that promote and encourage the sport of tennis.

The camp will be divided into two groups by grade, 1st-3rd & 4th-6th (entering fall 2017). We are extremely excited to offer the camp and encourage any child of any level interested in learning the game to please sign up!! We look forward to seeing you on the courts!!

NOTE: Please bring hat, water bottle, sunscreen and tennis racquet. Participants should wear light colored clothes and sneakers.

Dates & Times: Monday-Friday, July 10-14, 9 am-12 Noon

Location: Val Halla Golf & Recreation Center

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

It's Football Time

Greely Football Registration April 1st through June 15th. We will be scheduling several live registration and parent information sessions throughout the spring. New players are always welcome at all levels!

Flag Football (Grades K & 1) - An 8 week program introducing kids to the game of football through short practices and games that emphasize fun and sportsmanship. No tackling at this level. Players meet on Saturday mornings for fun practices and games. Cleats are recommend and mouth guards are required.

Pee Wee Team (Grades 2 & 3) - Introduction to tackle football focusing on the fundamentals of football, safety, and fun. Players wear full football pads (cool!) Please check our website for equipment requirements. 8 games (Saturdays) and practices are 2 evenings a week (TBD).

Youth JV (Grades 4 & 5) & Youth Varsity Team (Grade 6)

Tackle football program focusing on fundamentals, safety, and team concepts. Players wear full football pads. Please check our website for equipment requirements. 8 games (Saturdays), practices 3 evenings a week (TBD).

Middle School (Grades 7 & 8) - A-Squad (mostly 8th graders and more advanced 7th graders). B-Squad (mostly 7th graders and newer 8th graders). Program prepares athletes for high school football. 8 regular season games (Saturdays/Sundays), practices 4 times a week. Players are supplied helmets and game jerseys but will need to obtain the other equipment.

High School (Grades 9 - 12) - Both JV and Varsity Teams. This is a full contact football program with 8 regular season games and playoffs. Players are supplied with all equipment except for cleats and mouth guards.

Please visit the Greelyfootball.com for more information and online registration. See you on the field, Erik Clapp @ 318-7252 or email emc@smemaine.com.

Note: Greely Football welcomes all players to our teams - no child is ever turned away due to an inability to pay. Scholarships available.



Youth Sports/Red Sox Trip

British Challenger Soccer Camp

Cumberland Recreation has once again teamed up with British Challenger Soccer to provide this popular quality teaching program for youth interested in soccer. Challenger is considered one of the leading soccer programs in the United States and operates multiple programs in Maine during the course of the summer. The Soccer Coaches are mainly British, with a strong background in teaching soccer as a fun and exciting sport. See specific age group camps listed below.

Dates: Monday-Friday, August 14-18

Location: Twinbrook Recreation Area

"First Kicks" Soccer Program

Boys & Girls, Ages 3 & 4 (Must be 3 by August 1)

Time: 9-10 am

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

Mini Kickers Soccer Program

Boys & Girls, Ages 5 & 6 (Must be 5 by August 1)

Time: 10:30 am-12 noon

Fee: \$110 Res / \$120 Non-Res

Young To Intermediate

Boys & Girls, Grades 2-5 (entering Fall 2017)

Time: 9 am-12 noon

Fee: \$150 Res / \$160 Non-Res

Advanced Training Program

Boys & Girls, Grades 4-8 (entering Fall 2017)

Time: Monday-Thursday, 9 am-4 pm,
Friday, 9 am-12 noon

Fee: \$210 Res / \$220 Non-Res

Host Families needed! Please contact

Eliza Miller: enm@maine.rr.com if you are interested in potentially hosting a coach for the week.

Take Me Out To The Ballgame! Boston Red Sox

Leader: Falmouth Rec Staff

Come join us and celebrate all things Red Sox! Let us worry about the details so you can just sit back and enjoy the day. Travel via motor coach to Boston and the famous Fenway Park to watch the team loved by all of New England and beyond. Price includes transportation, complete with movies and a restroom, game tickets, and a few surprises along the way. All discounts included in fee. All children must be accompanied by an adult. Return time will depend upon the end of the game.

Date: Sunday, August 6

Depart / Return: Mason-Motz Parking Lot, 9:45 am / Depends on the end of the game.

Fee: \$112

Seats: Right Field Box 92, RowsEE-HH (12 seats allocated to Cumberland/North Yarmouth Residents)

Brazilian Jiu Jitsu Summer Camp

NEW!

Instructor: Professor Shaun Durfee

The Stonecoast Brazilian Jiu Jitsu Camp is an enriching solution to your summer camp needs. Kids will be immersed in exciting activities that teach respect, and self-discipline while learning Brazilian Jiu Jitsu. This camp is designed to bring out the best of your child. Your child will be challenged physically and mentally in fun and unique ways. We will also touch on aspects of wrestling, judo, and grappling throughout the week.

The first half of the day will be an introduction to the sport using mobility and conditioning drills while the last half of the day will be filled with group games and outdoor activities. Please send your child with 2 snacks, a lunch and a water bottle. **Professor Durfee is a Black Belt in Brazilian Jiu Jitsu and owner of Stonecoast Brazilian Jiu Jitsu in Portland.**

Dates & Times: Monday-Friday, August 21-25,
8:30-3 pm

Grades: 2-7 (entering Fall of 2017)

Location: West Cumberland Hall

Fee: \$195 Res / \$205 Non-Res

Max 20 students



Fall Soccer

CNY United Fall Soccer (Cumberland/North Yarmouth Recreation)

This is an intra-community soccer league for grades 1-6. Games will be played at Twin Brook on Saturday mornings beginning September 10, (K & 1st grade program begins on September 9). Some of the benefits of community soccer are: Balanced teams; everyone plays at least ½ of game; and good sportsmanship is emphasized.

1st Grade Soccer Program

The First Grade Program will meet on Saturdays. All first graders, boys & girls, will gather at 11:30 am at Twin Brook for an hour of fun games, skill building and small-sided (3 versus 3) scrimmages. Players will receive a soccer jersey and their own size 3 ball.

Dates & Times: September 9, 16, 23, 30, October 7, 14, 11:30 am–12:30 pm

Location: Twin Brook Recreation Area “Shelter Field”

2nd-6th Grade* Soccer Community League Divisions (Boys & Girls)

- 2nd Grade Boys
- 2nd Grade Girls
- 3rd/4th Grade Boys
- 3rd/4th Grade Girls
- 5th/6th Grade Boys
- 5th/6th Grade Girls (NEW)
- Uniforms & 1 practice per week included!
- 7 Week Program with games beginning Saturday, September 9

**Actual age group breakdown will be determined by enrollment*

Boys & Girls 5th/6th Grade Soccer Leagues

Teams will be gender specific, inter-community schedule; (Portland, South Portland, Falmouth, Gorham, Biddeford, Saco, etc.) Team games will be 8 vs 8, using a ¾ field length. Practices will be once or twice per week, games will be scheduled late Saturday mornings or afternoons. Games are home at Twin Brook or at “away” locations.

Schedule TBA.

CNY United Soccer Registration for Fall Soccer Boys & Girls Entering Grades 1-6



You may register anytime beginning May 9 at Cumberland Town Hall or online www.cumberlandmaine.com, or in person.

For more information, contact:

*Pete Bingham: pbingham@cumberlandmaine.com
or Eliza Miller: enm@maine.rr.com*

2017 Program Fees:

Through Thursday, May 25 (Early Bird Special)

\$45 / 1st Grade (Per Participant)

\$65 / 2nd-6th Grade (Per Participant)

After May 25

\$50 / 1st Grade (Per Participant)

\$70 / 2nd-6th Grade (Per Participant)

Beginning August 1 (If Space Allows)

\$60 / 1st Grade (Per Participant)

\$80 / 2nd-6th Grade (Per Participant)

ALL GRADES BASED on FALL 2017

Reminder: Registration for this program begins May 9.

**Congratulations
to Cumberland Legends;
Glenn Hutchins and his sons
Jay & Kyle Hutchins on
their induction into the
Maine Sports Hall of Fame!**

Fall Youth Sports



Fall 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 Fall Running Club Program!

The primary focus of this POPULAR fall 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.

Registrations Accepted Beginning Tuesday, July 11th. Limited enrollment. *Note: Assistant Coaches are needed. Please call 829-2208 FMI.*

Dates & Times: Mondays/Wednesdays/Fridays, September 11 - October 16, Championship on Saturday, October 14

Location: MIW/Twinbrook Recreation Area

Grades: Entering 1-6 in Fall 2017

Fee: \$70

Fall Youth Instructional Field Hockey

Head Coach: Becki Belmore, GHS Head Field Hockey Coach & Staff

Emphasis will be on introducing the sport of field hockey and working on skill development; passing, dribbling, and shooting. Team play and game concepts are introduced. Participants are required to have a mouth guard, and shin pads. Hockey sticks are provided. The Greely Field Hockey coaching staff along with current members of the team will coordinate the program.

Dates & Times: September 9 - October 7, Rain Date Oct 14, (5 weeks)

Location: GHS Field Hockey Field (inside of track)

Grades 1-3: 10:15–11 am

Grades 4-5: 9:00–10:00 am

Fee: \$45 per participant

CNY United Recreation Fall Kindergarten Soccer

Coordinators: Mike Andreason (GHS Varsity Boys Head Coach) Josh Muscadin (GHS Varsity Girls Head Coach)

Kindergarten Soccer Saturdays are full of fun! We will work on developing soccer skills including dribbling, passing, shooting, foot/eye coordination and the very early stages of "field position." Program emphasis will be on fun, exercise and parent/child interaction. **Child must be entering K in the fall.** *Players from both the girls and boys varsity soccer teams will serve as assistant coaches. Registration begins Tuesday, July 11.*

Dates & Times: Saturdays, September 9, 16, 23, 30, October 7 (Rain date October 14) 5 weeks, 10–11 am

Location: Twinbrook Recreation Shelter Field

Grade: Entering K in Fall 2017

Fee: \$45 Res / \$55 Non-Res (Includes end of season award)

"Kiddie Kickers" Pre School Soccer Program

(Participants must be age 4 by August 1st)

Instructor: Seacoast United

Kiddie Kickers introduction to soccer created by "Seacoast United" is a program designed to introduce children to the game of soccer, the fun way! Children will learn rules, key words and how to play the game, as well as participate in skill developing games throughout the session. Parents get to share in some great 1 on 1 time with their child and the session ends with a real game! *Parents are encouraged to participate in this program. Registration begins Tuesday, July 11.*

Dates & Times: Saturdays, September 9, 16, 23, 30, October 7 (Make up October 14), 8:30–9:30 am

Location: Twin Brook Recreation Shelter Field

Fee: \$40 Res / \$50 Non-Res (Includes end of season award)