

# East Longmeadow Recreation Department

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# 2010

# Spring



### Administrative Staff

Carolyn Porter, M.Ed. - Recreation Director

Carol Shank - Secretary

Jean La Broad - Part Time Clerk

David Benjamin - Part Time Bookkeeper

### Recreation Commission

Richard Paige, Chair

Nancy Roberts, 1st Vice Chair

Michael O'Neill, 2nd Vice  
Chair

Carolanne Elmendorf

Faith Leahy

Richard Matuszczak

John O'Heir

Mike O'Shea

Mike Salvon

## OFFICE LOCATION & HOURS

### Pleasant View Building

328 North Main Street

Phone: 525-5437

Office Hours: Monday – Friday

8:00 a.m. to 4:00 p.m.

Web Page: [www.eastlongmeadowma.gov](http://www.eastlongmeadowma.gov)

All Program Descriptions, Fees, Dates and Times are Subject  
to Change.

Additional Program Offerings will be announced  
in the Local Media.

## PIONEER VALLEY SOCCER PROGRAM

**Registrations** begins on **January 4, 2010** and runs till **February 5, 2010**  
for **Grade 3** through **Grade 8**.

Programs will be set up in accordance with the U.S.Y.S.A. Age Groupings. Players **MUST** compete in their own age group. Groups are as follows:

U/9	<b>Born after 8/1/2000</b>	Boys (411805 A)	Girls (411805 G)
U/10	<b>Born after 8/1/99</b>	Boys (411805 B)	Girls (411805 H)
U/11	<b>Born after 8/1/98</b>	Boys (411805 C)	Girls (411805 I)
U/12	<b>Born after 8/1/97</b>	Boys (411805 D)	Girls (411805 J)
U/13	<b>Born after 8/1/96</b>	Boys (411805 E)	Girls (411805 K)
U/14	<b>Born after 8/1/95</b>	Boys (411805 F)	Girls (411805 L)



### FEE:

The Fee for all age groups will be **\$70.00** for those who participated in the **Fall Program**  
**\$90.00** for those who are participating in the **Spring only**.

A **LATE FEE** of **\$10.00** will be charged after **FEBRUARY 5** for both groups.  
Please register on time as the number of teams to be entered into the league is determined based on the number of registrations received by Feb 5th.  
Players who register late may not have a slot on a team.

A **FULL UNIFORM** is provided for "**New Players**" only. Please provide sizes at registration.

*All NEW PIONEER VALLEY PLAYERS MUST HAVE ONE (1) CURRENT PICTURE,  
And BIRTH CERTIFICATE AT THE TIME OF REGISTRATION. Complete MYSA form.*

## IN-TOWN SPRING SOCCER

### REGISTRATION:

Beginning **January 4, 2010** until **March 26, 2010**

**FEE:** The Fee for all age groups will be **\$45.00**

Program based on the participant's grade in the **Fall of 2009:**

**Kindergarten** CO-ED - 411800 A\* This program will run as a Coed program.

**Grades 1 & 2**                      **Boys** – 411800 B                      **Girls** – 411800 D

**Grades 3, 4 & 5**                      **Girls** – 411800 E

Due to low enrollment in previous years, Boys in grades 3,4,5 will be placed on girls teams.

**Soccer cleats and shin guards** can be purchased at the Rec Dept (shoe sizes 11 - 4)

Programs will be played using modified rules.

This will be strictly a **Recreational Program** and **NO PLAYOFFS** will be scheduled.

**UNIFORM INFO:** Fall 2009 Players – *New SHIRT, ONLY*    New Players – *Full Uniform Supplied*

Those registering **AFTER March 26th** will be **CHARGED** a **\$10.00 LATE FEE**.

*A "Waiting List" will be established when a program is full*



## BOYS LACROSSE

Program for youth in **Grades 3<sup>rd</sup> to 8<sup>th</sup>**  
Learn unique athletic skills, and building self confidence.

Increasing degree of *aggressive play* as the grades advance.

Registrations accepted in the Recreation Office  
beginning **January 4, 2010.**

**Deadline to register will be March 5, 2010**

3<sup>rd</sup>/4<sup>th</sup> Grade BANTAM - **\$75.00**      *Program # 411501 A*

5<sup>th</sup>/6<sup>th</sup> Grade JUNIOR - **\$80.00**      *Program # 411501 B*

7<sup>th</sup>/8<sup>th</sup> Grade SENIOR - **\$80.00**      *Program # 411501 C*

**Late Fee of \$10.00 will be charged after March 5, 2010**



Adults interested in Coaching are encouraged to contact the Rec Office

## GIRLS LACROSSE

### 3<sup>rd</sup> and 4<sup>th</sup> Grade Program (limit 25 participants)

Bantam Division. This is an **Instructional** program to introduce players to the basic skills of catch, throwing and field movement. Players will need a Girls Lacrosse stick and mouth guard.  
Fee: \$60.00      Program # 410403-A

### 5<sup>th</sup> and 6th Grade Program (limit 25 participants)

This is a **Developmental** program, which will teach the basic concepts of the game of Lacrosse. The girls will learn throwing and catching, as well as field positions and the rules of the game. The team will play about **8 Games** and **1 Tournament** during the season. All that is required to play is a Girls lacrosse stick and mouth guard. Fee: \$65.00      Program # 410403-B

### 7th and 8th Grade Program (limit 25 participants)

This is a more **Advanced** designed to prepare the girls for High School lacrosse. There will be a review of throwing and catching as well as the rules of the Game and field positions. Physical conditioning and set plays will be part of the program. Requirements for play are a Girls lacrosse stick, mouth guard, soccer type cleats and Lacrosse goggles.      Fee: \$70.00  
Program # 410403-C

Registrations begin on **January 4, 2010** and run to **March 5, 2010**

**Late Fee of \$10.00 after March 5, 2010**

A "**Waiting List**" will be taken once the program is filled

**Cleats** can be purchased at the Rec Dept (shoe sizes 11 - 5)

All Girls will play in their age group based on school grade



## BASEBALL

Registration begins on **January 4, 2010** and runs to **March 5, 2010**  
Please register on time as the number of teams to be entered into each league is based on the number of registrations received by March 5th.

### **INTOWN PROGRAM:**

Kindergarten	- \$45	Program # 410401-A	Shetland
1 <sup>st</sup> and 2 <sup>nd</sup> Grade-	\$55	Program # 410401-B	Pinto
3 <sup>rd</sup> and 4 <sup>th</sup> Grade-	\$60	Program # 410401-C	Mustang

### **Tri Town League:**

3 <sup>rd</sup> and 4 <sup>th</sup> Grade-	\$65	# 410401-G cannot turn 11 before 5/1/09	Mustang in Tri- Town
5 <sup>th</sup> and 6 <sup>th</sup> Grade-	\$70	# 410401-D cannot turn 13 before 5/1/09	Bronco in Tri-Town
7 <sup>th</sup> and 8 <sup>th</sup> Grade-	\$90	# 410401-E cannot turn 15 before 5/1/09	NEYSA or Tri-Town

### **Mickey Mantle League:**

\*9<sup>th</sup> and 10<sup>th</sup> Grade- \$100 # 410401-F cannot turn 17 before 5/1/10 \*Players may sign up during this period. There will be a special deadline date for this age group after high school tryouts.

***Players selected for the Spring "A&B" teams at the Fall try outs must still register in the above appropriate group and make payment.***

There will be a "Waiting List" established after **March 5<sup>th</sup>** with a *LATE FEE* of \$10

**Each Participant will be required to purchase their own baseball pants and glove. Cleats are optional for younger players and required for players in 3<sup>rd</sup> grade and older.**

EVALUATION DATES AND TIMES WILL BE ANNOUNCED AT A LATER DATE

## SOFTBALL

Registration begins on **January 4, 2010** and runs to **March 5, 2010**  
Please register on time as the number of teams to be entered into the league is determined based on the number of registrations received by March 5th.

Grade 1 & 2	Playing with Wilbraham and Hampden	\$55	Program # 410402-F
	NEYSA U10-	\$65	Program # 410402-B
	NEYSA U12-	\$70	Program # 410402-D
	NEYSA U14-	\$80	Program # 410402-E

**Register for age group by D.O.B. effective 1/01/10**  
 Softball Coordinator: Ken Morrisino 525-2492

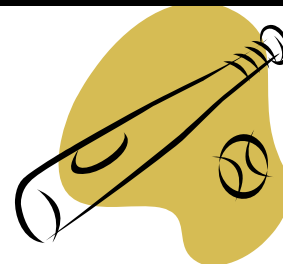
**Each Participant will be required to purchase their own glove.**  
**Cleats are optional for younger players and required for players in 3<sup>rd</sup> grade and older.**

A **LATE FEE** of **\$10.00** will be charged **AFTER March 5<sup>th</sup>**  
 There will be a "Waiting List" established after **March 5<sup>th</sup>**

EVALUATION AND TRYOUT DATES AND TIMES WILL BE ANNOUNCED AT A LATER DATE

All Players will be **placed based on level appropriate to skills and ability** after evaluations.

Please make note of the website: **leaguelineup.com/elfastpitch**



## **STROKE & TURN CLINIC**

### **Marlins Competitive Swim Program - Six-Week Clinic**

March 1 - April 4 on Mon, Wed and Fri at 5:00 - 7:30pm

**Must have COMPLETED 2 seasons of competitive experience.**

**& be 10 years of age or older**

**Registration** will begin January 19 is limited to 40 students

**Residents given first priority.** A wait list for open slots will be taken.

**\$70 Program # 310205 A at E.L. High School Pool.**



## **COMPETITIVE SWIM – HIGH SCHOOL POOL**

This program is offered to boys and girls ages 6 – 18 who want to develop their swimming skills, be part of a team and make new friends. Swimmers get in excellent physical condition as they learn and improve the four competitive swimming strokes. Swimmers **must be able to complete 25 yards freestyle** to participate in the program.

Practices are held Monday through Thursday. Swim Meets are usually held during the week beginning in late June. The season starts with practices on Monday, May 3, 2010 and ends with the Championships end of July. Coaches will determine the best practice schedule for your child.

Registration will be held at the High School Cafeteria from 7:00 to 8:00 p.m. on Wed, April 14th and Thursday 15th, 2010. After these dates, registration may be made in the Recreation Office.

The program fee is **\$90.00 resident swimmer** and **\$110 nonresident swimmer** and must be paid prior to participating. Reduced price of **\$60 for E.L. High School swimmers who are also participating in a high school spring sport.** Activity # (110206-A)

### **POOL RULES**

1. A shower is required before entering the pool.
2. Proper bathing attire is required. No cutoffs.
3. Follow all RULES & REGULATIONS posted in the pool area.
4. No Flotation devices are allowed.
5. Please obey LIFEGUARDS at all times.
6. Please be courteous to fellow swimmers.
7. During Family Swim, an adult **MUST** be in the area to supervise children under the age of 14.

## **FITNESS/ WELLNESS PROGRAMS**

Open to 16 yrs of age and Older. Cost for each (8 -10) week program will be:  
\$35.00 resident. Additional \$15 nonresident fee.

Senior Discount: \$5 for 60 and up. All programs are currently held at Pleasant View

### **Aerobics**

Monday and Wednesday 6:00 to 7:00 p.m. (220101)

Tuesday and Thursday 4:50 to 5:55 p.m. or 6:00 to 7:00pm (220103) (220102)

### **Yoga**

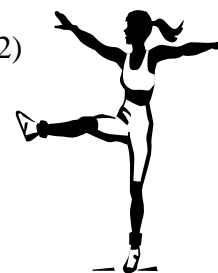
I Tuesday 5:00 - 6:00 pm (# 210400)

II Thursday 7:00 - 8:00 pm (# 210401)

### **Strength Training**

Wednesday 4:50 - 5:55 pm (220100)

Rolling registration periods, Please call office for start dates



## **FALCONS ICE HOCKEY DISCOUNT TICKETS**

The East Longmeadow Recreation Department and the Springfield Falcons are pleased to announce the Sale of Discount Tickets at the Recreation Office. We are pleased to be able to offer these tickets at A Great Low Discount Price of \$11.00 per ticket for Adult, Seniors and Children with \$1 per ticket returned to the Recreation Department for Youth Activities . All tickets purchases may be used for any home game in the regular 2009-2010 Season.

Schedules are available at the Rec. Dept Office.



## **Red Sox and Yankees Baseball Tickets and Bus Trips**

On Sale beginning Jan 5th, 2009 in Rec Office

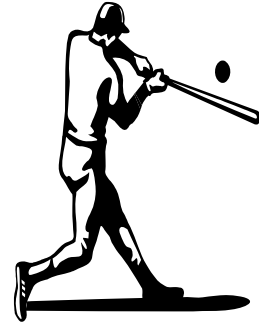
June 16th, in Boston, Red Sox vs Arizona DB \$98

August 2nd, in Boston, Red Sox vs Cleveland Indians \$98

September 3rd, in Boston, Red Sox vs Chicago White Sox \$98

Yankees Game in New York City yet to be Scheduled

Questions, please call Frank Petruzzello 531-6954



## **Instructional Swim Program**

East Longmeadow Recreation Department is seeking a new Swim Instructor for the 6 week Tues & Thurs - March to May Program 5:00 to 8:30pm.

The Program is held at the High School Pool and American Red Cross Class are offered at all ability levels. Certifications required include: Water Safety Instructor, First Aid and CPR .

Please watch Reminder for further information regarding this program.



### **PHOTO POLICY**

The Department reserves the right to photograph program participants for publicity purposes. If for any reason you do not want to be photographed, please notify the Recreation Director or program Instructor / Coordinator.

### **GYM RULES**

1. Only appropriate gym attire is to be worn.
2. Clean, NON-MARKING gym shoes are permissible.
3. Footwear MUST be WORN at all times.

### **SCHOOL BUILDING RULES**

1. Smoking is NOT permitted in any building and/or school grounds.
2. Food and Drink are prohibited in all areas.
3. Individuals whose language and/or behavior is deemed inappropriate will be removed from the program.
4. Persons doing physical damage to the facility will be held financially responsible.
5. Children will not be allowed to attend programs, unless designated "Family". Nor should they wait unattended outside the activity.
6. Parents who wish to observe youth programs are encouraged to do so on the first and last day. Other arrangements may be made through the Program Staff.
7. Concerns and problems relating to the program, staff and/or facilities should be directed to the Recreation Director immediately.

**VIDEO TAPING POLICY** - Participants have the right to play without expecting to be video taped. Do not record or post to the internet.

### **LOCKER ROOMS**

1. Children under the age of six (6) MUST be supervised by an adult.
2. Children six (6) & up MUST use locker rooms of the appropriate gender.
3. Please LIMIT the time for taking showers.
4. No locks can be left overnight, as school personnel will remove them.

## **Employment Opportunities with the EL Recreation Department**

**At Pine Knoll Day Program:** Assistant Dir., Nature Coordinator, CIT Coordinator, Counselors Art & Crafts Coordinator and Lifeguards. Positions June -August, CORI required.

**Swim Lessons Instructor** for two programs March -May Tue/Thur evenings and June -August Mon - Fri daytimes. WSI, CPR and CORI required

**Activity Instructors:** Individuals willing to teach a skill or program are invited to contact the Rec Office to see if we can bring a new program to EL residents. Application packet available online at [www.eastlongmeadowma.gov](http://www.eastlongmeadowma.gov)

## **Upcoming Summer Programs**

### **Pine Knoll Day Program**

Located off Allen Street in Springfield this wooded site with open fields is full of fun and adventure for children ages 4 - 16. Pine Knoll has been in operation as a Day program for 13 years and has loyal attendance by children and staff.

#### **The Adventure Kids Program**

Serves children 4 - 6 years of age with full and half day programs. Activities include swimming, games, arts & crafts and nature activities.

#### **The Activity Center**

Offers programming for children 6 - 14 years of age, grouped with peers and lead by dynamic college aged leaders. Weekly Themes and Special Events are scheduled throughout the summer. Activities include swimming, games, arts & crafts, nature activities and team challenges.

The **Counselor- In-Training** Program serves youth ages 13 and 14.

This program is being restructured this year to encourage longer service periods to accommodate tackling more interesting projects and more structured curriculum of leadership development.

The **Community Service Program:** High School Students can apply to earn community service hours as program volunteers.



### **Other Summer Offerings**

**Instructional Tennis Program** offers tennis lessons for a week at a time at the High School Courts.

**Summer Week Long Sport Clinics** are offered during the course of the summer at the E.L. High School. Sports include, Lacrosse, Football, Soccer, Baseball, and Basketball

**Youth Summer Baseball:** Many youngsters in 3 -6th grade choose to continue with the baseball program after the spring season is over. This is a more relaxed program providing additional opportunity to develop ones skills in the game of baseball.

#### **High School Aged Sport Teams:**

The East Longmeadow Recreation Department will be offering two High School Sports this summer, High School Baseball, and High School Soccer for both boys and girls.

Please watch for the full program flyer which will be available in Feb.

# Shaker Bowl After School Bowling Programs:

Students in **Grades 1st through 5th** are invited to join the After School Bowling Program:

11 week bowling program on **Mondays**  
**Beginning Jan 25th - April 5th from 2:45-5:00pm**  
(No class Feb 15th)

Parents pick up children at Bowling Center at end of the Session

**Cost: \$11 per week. Includes:** 1.5 hrs of bowling, shoe rental,  
One-way bus transportation from School to Shaker Bowl  
Mountain View and Mapleshade Schools  
Free party at the end of the program

Payments can be made weekly or in advance.  
Late registrations accepted at Shaker Bowl



(Detach Here and Return to EL Rec Dept) - for use with Bowling program only

**Parent or Guardian Info:**

Print Name: \_\_\_\_\_  
Adult (1) Adult (2)

Address: \_\_\_\_\_  
Street Town

Phones Adult (1): \_\_\_\_\_  
WORK HOME CELL

Phones Adult (2): \_\_\_\_\_  
WORK HOME CELL

**Participant Info:** \_\_\_\_\_  
Child (1) Print Full Name Child (2) Print Full Name

\_\_\_\_\_  
School Age Date of Birth Grade School Age Date of Birth Grade

Any Medical Concerns? \_\_\_\_\_ Any Medical Concerns? \_\_\_\_\_

Any Allergies? \_\_\_\_\_ Any Allergies? \_\_\_\_\_

**SIGN BELOW:** I am fully aware of the risk inherent and hereby give consent for the above named applicant to participate in the program offered by the East Longmeadow Recreation Department, and hereby release the town of East Longmeadow, East Longmeadow School Dept., any of its elected or appointed officials or instructors, & Shaker Bowl, from any and all liability from injuries, claims, demands, costs, loss of services, expenses, and/or damage which may be sustained by me or us or our children on account of his or her participation in said program or associated activities and events.

\_\_\_\_\_  
Signature by Parent or Guardian

\_\_\_\_\_  
Date

## GENERAL REGISTRATION INFORMATION

Registration for programs can be completed in person at the Recreation Department, 328 North Main Street in East Longmeadow. Children under 18 must have the registration form signed by their parent or guardian as it includes a liability waiver.

However **Mail-In Registration** saves time waiting in line.

Registration and Medical Forms are available 3 ways:

1. On line at [eastlongmeadowma.gov](http://eastlongmeadowma.gov) under Recreation
2. Pick up at the office 8am -4pm Mon -Fri
3. After hours pick up outside the office door in the Pleasant View building when the building is open for programs or meetings.



Please follow the following steps:

1. Fill out the Application Form completely. Multiple children and programs can be listed on the same form. Fill-in the appropriate fees and total all fees at the bottom of the form.
2. Medical Forms must be completed on all new participants. Birth Certificates must be on file.
3. **Make checks payable to: "Town of East Longmeadow"**
4. Mail registrations to: East Longmeadow Recreation Department  
328 North Main Street  
East Longmeadow, MA 01028
5. You will receive a confirmation receipt once the registration is processed into the computer. Additional information you may need to participate in the selected program(s) maybe mailed along with the confirmation or under separate cover.

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### REFUND POLICY

Full refunds are granted only if the program is canceled, the participant did not make the team based on try-outs or if the participant withdraws before the program begins. There will be a service charge of \$5.00 for participants that withdraw after the first quarter of a program. Requests to withdraw later will result in a pro-rated refund. No refunds are granted once a program is closed. A complete copy of the refund policy is available at the Recreation Department.

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### Additional Program Notes

#### **Non-Resident Registration**

Some Programs are closed to non-residents due to the limited number of spaces.  
Please register early and ask the Department staff regarding the availability of slots for non-residents.

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Non-Resident Fee \$15.00 per program session.

#### PHONE MESSAGES

Call 525-5437, after 4:00 p.m. for a listing of all programs scheduled for that evening or for cancellations

Messages can be left on the office phone after hours.

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### Program Drop off & Pick up Policy:

Parents should not drop off their children at an activity without confirming the presence of a responsible adult due to unexpected cancellation of a program or a coach or instructor not arriving on time. Please arrange to pick up children promptly at the end of the activity as volunteer coaches are not babysitters.

## **Registration form**