



*East Longmeadow
Recreation Department*

SUMMER / FALL 2014

***East Longmeadow Recreation Department
328 North Main Street, East Longmeadow, MA 01028
Phone: 413-525-5437
www.eastlongmeadowma.gov***

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All program descriptions, fees, dates, and times are subject to change.
Additional program Offerings will be announced in the local media.

There is a "non-resident" fee of \$15 that applies to all programs for those who are not residents of East Longmeadow.

328 North Main Street, East Longmeadow, MA 01028

Phone: 413-525-5437 Fax: 413-526-9746

Hours: Monday - Friday 8am - 4pm

Website: eastlongmeadowma.gov

Email: recreation@eastlongmeadowma.gov

Colin Drury, Recreation Director
Carol Shank, Administrative Assistant
Tim Laroocca, Recreation Assistant
John Matte, Clerk
Dock Ericksberg, Bookkeeper

RECREATION COMMISSION

Tom Kaye, *Chair*
Carolanne Elmendorf
Charles Gray

Nancy Roberts, *1st Vice Chair*
Faith Leahy
Dan Kelly

Michael O'Neill, *2nd Vice Chair*
John O'Heir
Thomas Kennedy

LETTER FROM THE RECREATION DIRECTOR

Hello East Longmeadow,

I hope by the time you read this that all of the winter snow has melted away and spring sports have begun. E.L. Recreation has continued to make changes to better serve our community. Facility changes like the renovation of Blackman Field and our state of the art new pool at Pine Knoll are the highlights, but little tweaks and equipment purchases for spring will continue to cut a path towards our goal of having the best facilities in Western Mass.

In this issue you will find new programs like our Next Level International Soccer Clinic. We are bringing in college coaches from U.S.A. to Ireland to make your player better in a fun and inviting atmosphere. We are working with endurance pros to run Core Intensity, which will whip your kiddo into shape for their upcoming season or just plain whip them into shape. We are excited for these new programs and the multiple enhancements that we have made to our already successful programs.

This summer we will open the brand new Pine Knoll Pool! Please stay tuned for the announcement of our opening day. We will cut a big fancy ribbon and ask each attendee to swim a length so they can say they were one of the first to swim in our town's new pool. We will also be offering single and family pool memberships this summer to East Longmeadow residents and hope to bring back our Learn to Swim programs! Stay tuned for updates.

I hope that all of you have seen the changes we have been making over the past two years. I would like to thank all of those who have supported Recreation and the goals I have set for our department. Each day we try to enhance recreation in this town and hope to some day be able to set a new set of goals for our future.

To end, I would like to announce the retirement of our long-time employee Carol Shank. A huge thank you to her and the 31 years that she served the youth and families of East Longmeadow and of course for signing me up for baseball when I was 5 years old. Please feel free to stop by if you can to say thanks!

See you on the fields this spring!

Colin R. Drury



ON THE HORIZON...

The New Pine Knoll Pool Grand Opening!



Memorial Field Renovation

Kix 100.9 Country Bonfire
September 6 @ Center Field
Save the date!



National
ALLIANCE
For Youth Sports

SUMMER SPORTS CLINICS

BACKYARD ALL-STARS

July 7—July 11
Birchland Park Middle School
Instructor: Dan Donovan
Ages 5 to 10 9AM to 12PM
Program fee: \$110



The Backyard All-Stars provides fun and games in a relaxed setting. Children will have the opportunity to participate in t-ball, flag football, kickball, Frisbee golf, and many more games!



BASEBALL CLINIC

June 30—July 3 (*no 4th*)
Birchland Park Middle School
Instructors: Dan Donovan
Ages 6 to 12 9AM to 2PM
Program fee: \$125

The Baseball Clinic provides an opportunity for young baseball players to hone their skills during the summer.

CORE INTENSITY: RUNNING & CONDITIONING

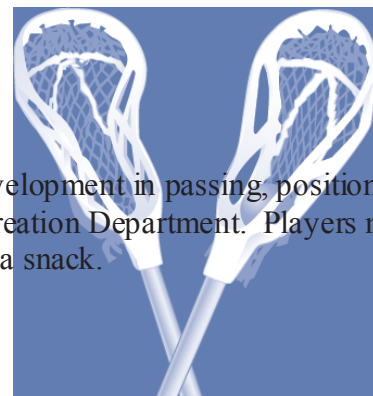
July 8—August 7
Tuesday & Thursday
East Longmeadow High School
Instructor: Ryan Corbett
Ages 9 to 18 5:30PM to 7PM
Program fee: \$160 (*includes t-shirt*)

The Running & Conditioning clinic introduces participants to running sports (cross country and track.) The goal is to teach the proper running mechanics, improve overall conditioning and core strength, and to have fun doing so!

JUMP START LACROSSE

July 21—July 25
Birchland Park Middle School
Instructor: Dan Blinn
Grades 2nd to 7th 8:30AM to 12PM
Program fee: \$130

This instructional clinic is for new or experienced players interested in skill development in passing, positioning, blocking, offense, and defense. Helmets are available for rent through the Recreation Department. Players must bring all other protective gear, as well as, a drink and a snack.





LITTLE LAXERS

June 30—July 3 (*no 4th*)
Birchland Park Middle School
Instructor: Dan Blinn
Ages 4 & 5 12PM to 1:15PM
Program fee: \$55



This lacrosse clinic will introduce children ages 4 and 5 to lacrosse. Players will receive “Fiddle Sticks” (lacrosse sticks designed for young players) and a team t-shirt.

NEXT LEVEL INTERNATIONAL SOCCER CLINIC

East Longmeadow High School
Instructor: Zach Ferland



SESSION 1

July 7—July 11
Ages 8 to 14 9AM to 3PM
Early registration fee (3/31—6/27): \$125
Registration fee (6/28—7/7): \$150

SESSION 2

July 14—July 18
Ages 8 to 14 9AM to 3PM
Early registration fee (3/31—7/7): \$125
Registration fee (7/8—7/14): \$150

The Next Level Soccer Clinic is offered for boys and girls ages 8 to 14. The program is designed to feature enjoyable, game-based activities that teach soccer basics and advanced skills. The curriculum that has been specifically designed for the Next Level Soccer Clinics uses drills and small-sided games to develop individual skill. Players should come dressed in shorts, t-shirt, and either soccer shoes or sneakers. Water is provided, so bring a water bottle. The pool may be open in cases of extreme heat, so be sure to bring a swim suit.

GOALKEEPER TRAINING

SESSION 1: July 7—July 11
SESSION 2: July 14—July 18
Ages 8 to 14 9AM to 3PM
Early registration fee (3/31—7/7): \$125
Registration fee (7/8—7/14): \$150



The E.L. Goalkeeper Training will concentrate on teaching young goalkeepers footwork, positioning (angle play), ball handling, diving saves, dealing with crosses, parrying the ball, breakaways, dealing with the back pass, distribution, and communication skills. Each GK will also learn how to prepare a pre-game warm up routine. The staff believes goalkeepers best develop with a blend of specialized training in fundamentals through shooting and finishing drills, game experience, and the tactical demands that our small-sided competition and evening games provide. Players should come dressed in shorts, t-shirt, and either soccer shoes or sneakers. Water is provided, so bring a water bottle. The pool may be open in cases of extreme heat, so be sure to bring a swim suit.

PINE KNOLL RECREATION AREA

ACTIVITY CENTER

The Activity Center consists of programs designed for children who have recently completed grades K - 8th. Each age group will showcase a variety of programs such as games, sports, plays, music, arts & crafts, swimming, dancing, nature, and more!

9:00 AM - 3:00 PM

Sessions:

Session #1	June 23—June 27	Session #2	June 30—July 3 (no 4th)
Session #3	July 7—July 11	Session #4	July 14—July 18
Session #5	July 21—July 25	Session #6	July 28—Aug. 1
Session #7	Aug. 4—Aug. 8	Session #8	Aug. 11—Aug. 15

Age Groups:

- Kindergarten
- Grades 1st—8th

(all groups based upon recently completed grade in June 2014)

Extended Day Information:

MORNING—7:30AM-9:00AM

EVENING—3:00PM-5:00PM

The Extended Day program is available to those registered in the Activity Center. Pine Knoll staff prepares some planned activities during these hours, but the majority of time spent is supervised free time for children to explore their favorite activities. Children should bring their own food for afternoon snack. No single days.

Pine Knoll Information:

Address: 1974 Allen St., Springfield, MA

Phone: 413-782-3445 (June-August)

Children should bring the following: Lunch, snacks, drinks (refrigeration is available), sun block, refillable water bottle, swim suit, and towel. A Snack Bar is available; we recommend children do not bring more than \$2.

PROGRAM FEE

RESIDENT

Two (2) week session* = \$210

Individual session = \$110

Extended Day: AM = \$50 / 2 weeks PM = \$60 / 2 weeks

Extended Day: AM = \$25 / week PM = \$30 / week

NON-RESIDENT

Two (2) week session* = \$225

Individual session = \$125

Extended Day: AM = \$50 / 2 weeks PM = \$60 / 2 weeks

Extended Day: AM = \$25 / week PM = \$30 / week

*two week sessions must be consecutive weeks

FOR MORE INFORMATION ON PINE KNOLL, CHECK OUT OUR ONLINE PORTAL: <https://elrec.recdesk.com/recdeskportal/>

ADVENTURE KIDS



AGES 4 - 6

Adventure Kids is a program specifically designed for children ages 4 to 6. Those who participate in the Adventure Kids program will be introduced to similar programs and activities found in the Activity Center, but modified to fit their needs and interests.

It is available as a full day (9AM - 3PM) or half day (9AM - 11:30AM) program. Session Dates are as follows:

Session #1	June 23—June 27	Session #2	June 30—July 3 (no 4th)
Session #3	July 7—July 11	Session #4	July 14—July 18
Session #5	July 21—July 25	Session #6	July 28—Aug. 1
Session #7	Aug. 4—Aug. 8	Session #8	Aug. 11—Aug. 15

PROGRAM FEE

FULL DAY		HALF DAY	
Two (2) week session*	Resident - \$210 Non-Resident - \$225	Two (2) week session*	Resident - \$120 Non-Resident - \$135
Individual session	Resident - \$110 Non-Resident - \$125	Individual session	Resident - \$70 Non-Resident - \$85

**two week sessions must be consecutive weeks*

(CIT) JUNIOR COUNSELOR PROGRAM

The Junior Counselor Program is a leadership development program designed to provide hands-on learning and educational information. Topics taught will include first aid procedures, effective discipline techniques, enhancing individual leadership styles and planning activities. The Junior Counselors assist the Counselors in various facets to provide opportunities for Junior Counselors to gain experience. Registrations are limited to 20 Junior Counselors per session.

Program fee: **\$150 per two week session**
\$70 per additional weeks (additional weeks are by invitation only based on their participation in the first 2 week session)
Sessions: Please see session dates under Activity Center

POOL MEMBERSHIPS

The Pine Knoll Recreation Area offers both family and individual pool memberships. This allows for the use of the pool and other facilities during specific hours. Children under the age of 16 must be supervised by an adult when in the pool area. The pool is open for public use from 3pm—7pm on weekdays and 11am—7pm on weekends. Hours are subject to change and are weather permitting.

Fee structure:	Resident fee
Sr. Citizen (individual)	\$45
Sr. Citizen (couple)	\$55
Adults (individual)	\$65
Adults (couple)	\$75
Family (3 or more)	\$95

Come have some fun in the sun in the new PK Pool.
Limited memberships available





SUMMER PROGRAMS

Pine Knoll Recreation Area

Junior Scientist Fun Lab - Age 4-6

August 18 - 22 9:00AM — 12:00PM

In this Fun Lab, children get a chance to explore many aspects of the world. Children will develop an understanding of what science is and how it relates to their daily lives. They'll even have a day as "Mad Science Master Builders," building and designing cool structures. Every day, kids will take part in a variety of exciting demonstrations and fun hands-on activities that will establish them as official 'Junior Scientists'.

Fee: \$165

Rockin' Rockets & Aerodynamics - Ages 7-12

August 18 - 22 12:30PM — 3:30PM

Children will step into the shoes of a rocket scientist and learn the fundamentals of flight, propulsion and rocket design. We'll have fun exploring astronomy and trying out various flight designs from hot air balloons to hovercrafts (and many more!). "Launch Day" will bring some real excitement to your budding astronaut! Kids will build rockets as well as discover the fundamental concepts involved in launching and recovering many different types of rockets.

Students will make and take home their own complete Mad Science rocket.

Fee: \$165

Eureka! Invention - Ages 7-12

Discover - Create - Invent! Each day campers will be given a series of challenges they must overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all – their minds. Because of the team-based approach to problem solving these challenges, this camp is never the same twice. You'll make your very own light saber, an awesome marshmallow shooter...and much more!

August 18 - 22 9:00AM — 12:00PM

Full Day Option - Eureka! Invention + Rockin' Rockets

Fee: \$315



U 18 SUMMER SOCCER Boys & Girls

For more information, contact the Recreation Department today!

YOUTH CHEERLEADING

Early Registration: May 5—July 25

Grades 3—8

The Youth Cheerleading program begins practice in June to ensure that we'll be ready for participation in the 4th of July Parade. Beginning September 6th, the teams will practice Tuesday evenings and Saturday morning in preparation for the fall football games and Cheerleading Exhibition in October. High School cheerleaders are encouraged to volunteer their time to work with the program.

Early Registration fee: \$60

Registration fee (July 26 or later): \$80

TENNIS PROGRAMS

SUMMER YOUTH TENNIS INSTRUCTION - Ages 3.5 -17

YOUTH TENNIS PROGRAM

Ages 5.5 -17 yrs.

Daily Monday to Friday 9:00am - 12:00pm at Blinn Courts, Williams St., Longmeadow, MA

Cost per session is \$99 for one week/person; additional sessions for the same person will be \$89/week.

Session #1 - June 23 to June 27

Session #4 - July 21 to July 25

Session #2 - July 7 to July 11

Session #5 - July 28 to Aug 1

Session #3 - July 14 to July 18

Session #6 - Aug 11 to Aug 15

RACQUET ROOKIES PROGRAM Ages 3.5 to 6 yrs.

This program will consist of: Skills, Balance, FUN and Games. The program will meet daily Monday to Friday 9:00am - 10:00 am at Blinn Courts, Longmeadow, MA. Cost per session is \$49.00. Sessions are the same as above.

ADULT TENNIS PROGRAMS

ADULT, JR or FAMILY TENNIS LESSONS

A Beginner and/or Advanced Beginner program geared for the family or group of friends 6 or less. The program will start in May for afternoons or evening sessions. Please schedule 1 hour appointments through the Enfield Tennis Club 860-698-6503. Sessions held at Blinn Courts. Package of 6 lessons for \$234 (6 or fewer participants).

Adult and Youth Leagues Forming in Pioneer Valley - USTA

Adults: Wanted: Men & Women (19 +) interested in playing against players in other communities.

Be part of a team to represent East Longmeadow. Minimal match play experience OK.

Youth: Wanted: Young people ages 6 - 18 are invited to come out for the East Longmeadow Junior Team.

Beginners are welcome. Play against other communities on Wednesday nights. Practices on Monday nights.

Please contact Michael Myers (860-698-6503) for more information about Junior Teams and Advanced Tennis

FIELD HOCKEY

Early Registration begins May 5, 2014 through August 1, 2014.

Players registered after August 1 will be placed on a wait list and will be placed in division as space allows.

3rd and 4th GRADE INSTRUCTIONAL PROGRAM (LIMIT OF 20 PARTICIPANTS)

This program will introduce players to the basic skills needed to play field hockey. Players need cleats, mouth guard, and shin guards. Sticks and goggles are provided. There may be opportunities for competitive play.

Early Registration Fee: \$45.00

Program fee (August 2 or later): \$65.00

5th and 6th GRADE PROGRAM (LIMIT OF 20 PARTICIPANTS)

This is a developmental, inter-town league program that will cover the basic concepts of the game of field hockey. Basic skills, field positions, and rules of the game will be covered. There will be about 8-10 games and one Jamboree during the season. Players need cleats, mouth guard, shin guards. Goggles and sticks are available for use on a first come first served basis.

Early Registration Fee: \$65.00

Program fee (August 2 or later): \$85.00

7th and 8th GRADE PROGRAM (LIMIT OF 20 PARTICIPANTS)

This is a more advanced developmental, inter town league program that will review the basic skills, rules of the game and field positions and prepare the youth for a higher level of play. There will be about 12 -15 games and one Jamboree during the season. Players need cleats, mouth guard, shin guards. Goggles and sticks are available for use on a first come first served basis.

Early Registration Fee: \$70.00

Program fee (August 2 or later): \$90.00

PIONEER VALLEY SOCCER

Registrations begins on **April 7, 2014** and runs till **May 30, 2014**

				Early Reg. fee (4/7-5/30)	Fee (5/31 or later)
U/9	Born after 8/1/2005	Boys	Girls	\$100	\$120
U/10	Born after 8/1/2004	Boys	Girls	\$100	\$120
U/11	Born after 8/1/2003	Boys	Girls	\$100	\$120
U/12	Born after 8/1/2002	Boys	Girls	\$100	\$120
U/13	Born after 8/1/2001	Boys	Girls	\$100	\$120
U/14	Born after 8/1/2000	Boys	Girls	\$100	\$120

Please note: Players who register 5/31/14 or later may not have a slot on a team. Late registrants, or those who do not attend evaluations, will be placed on a waiting list.

A full uniform is provided to all players (jersey, shorts, and socks.) Uniform will be used for fall 2014 and spring 2015 seasons. Please provide sizes at registration. **PIONEER VALLEY PLAYERS MUST HAVE ONE (1) CURRENT PICTURE, BIRTH CERTIFICATE, and COMPLETED MYSA FORM AT THE TIME OF REGISTRATION.**

Evaluations will be held at East Longmeadow High School Stadium. For dates and times of evaluations, please check our online Recreation Portal at <https://elrec.recdesk.com/recdeskportal/>

Evaluation Guidelines

1. One parent must be present at the evaluations (if not previously registered through the Rec. Dept.)
2. No Pioneer Valley uniforms are to be worn
3. Players must bring shin guards, soccer ball, and a water bottle
4. All rosters will be posted at the E.L. Rec. Department
5. Please consider registering online at <https://elrec.recdesk.com/recdeskportal/>

All evaluation postings are considered final. Parents will not be allowed to move their child from one roster to another.



IN-TOWN FALL SOCCER

Early Registration begins **June 9, 2014** until **August 8, 2014**
Those registering **after August 8, 2014** will be placed on the waiting list.

PROGRAM FEE:

Early Registration (until 8/8/14):	Little Kickers: \$35	K-5: \$55
Registration (8/9/14 or later):	Little Kickers: \$55	K-5: \$75

Program based on the participant's grade in the **Fall of 2014:**

Little Kickers (Ages 2.5 - 4)	CO-ED (All players must be potty trained)
Kindergarten	CO-ED
Grades 1 & 2	Boys/Girls
Grades 3, 4, and 5	Boys/Girls*
Grades 6, 7, and 8	Boys/Girls*

*Boys and Girls will merge if enrollment is insufficient.

Uniform information: Fall 2014 Players – Soccer specific shirt, shorts, socks

FOOTBALL

SUBURBAN

The East Longmeadow Recreation Department is offering a football program for children grades 3 - 8 (per fall 2014-15 school year) from August to mid-November. Residency in East Longmeadow is required by the league.

Early Registration—save \$20! June 2 - July 11

Early Registration fee: \$95

Program fee (after 7/12/14): \$115

PEE WEE 3rd/4th Grade

JUNIOR 5th/6th Grade

SENIOR 7th/8th Grade

Requirements: A parent's signature, and the player's birth certificate are required at the time of registration. Additional registration information is required by the league, including; the completion of a Suburban Football League form (available at the Recreation Department) and participation in the league "weigh-in." *Registrations after July 11th will be placed on a waiting list.*

Games: Varsity team games begin in September on Sunday afternoons. The Junior (JV) team will have games scheduled on Saturday mornings (schedule is set by the Suburban Football League.)



**Early Registration June 2 - August 29
Grades 1st & 2nd**

**Early Registration fee: \$50
Program fee (Aug. 30 or later): \$70**

The NFL Play 60 program is designed to introduce young players to the game of football with on-field support and instruction from coaches. This is a non-tackling program, instead the flag football version will be offered.

Players will learn the various roles on a football team and how they must work together for success. Players are also introduced to sportsmanship and fair play, all while maintaining a fun and enjoyable atmosphere!

The program begins in early September and will last for approximately six weeks.

GOLF LESSONS

Location: Bob Lake Golf Learning Center @ Fenway Golf

June 23 - 27

Session A - Grades 1-4 2:00 - 3:00PM

Session B - Grades 5-8 3:00 - 4:00PM

August 11 - 15

Session A - Grades 1-4 2:00 - 3:00PM

Session B - Grades 5-8 3:00 - 4:00PM

Program fee: \$97.00



EAST LONGMEADOW RECREATION



Center Field
Gates open at 5:30PM
Concert at 7:00PM

Pre-sale for tickets begins in late April and can be purchased at the Recreation Department, Fire Department, Local Businesses, and Online!

FOR MORE INFORMATION, VISIT WWW.MYKIX1009.COM

Check out our ONLINE PORTAL: <https://elrec.recdesk.com/recdeskportal/>