

The Recreational Reader

Truro Recreation & Beach Department

May 2014

Special points of interest:

- Band Search
- Summer Kick Off
- Beach Office

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Summer Kick Off

Truro Recreation is currently searching for a band to perform at the Summer Kick Off event to be held at the Truro Community Center. If you have any suggestions or requests please contact us at asstrecdir@truro-ma.gov.



DANGEROUS MARINE LIFE

Please remember that the ocean waters are home to a variety of potentially hazardous marine life to include seals, jellyfish, sharks, etc. In the past decade the Cape Cod region, especially Truro, has observed an increased population of grey and harbor seals. The region has become home to many of the seals for several months every year. The increased seal population has attracted great white sharks, which depend on seals as the staple of their diet. Please remember to use caution when swimming and follow some basic guidelines.

If you believe you view a shark and you're at a beach with a lifeguard, report the sighting to the lifeguard. If there isn't a lifeguard on duty, report the sighting to the local law enforcement as soon as practical - Truro Police Department (508)487-8730. If someone is in the water, get their attention and call them out of the water.

- Do Not Swim Near Seals
- Swim Close To Shore
- Do Not Swim Alone
- Avoid Swimming At Dusk/Dawn

Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child, and the whole family!

It's completely free to participate. All you have to do is go to www.nays.org/sportsparentpledge to



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(Sports Parents Pledge - Continued from page 1)

sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program, and beyond!

We encourage you to check out www.nays.org/sportsparentpledge today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



LINE DANCING

Join dance instructor Julie Rich for Line Dancing in May at the Truro Community Center. This class uses a variety of music, including soul and pop, but NOT country, this is a low impact, repeating pattern that is done in a group. Emphasis is less on exercise and more on FUN and learning a group dance.

Truro Community Center Classes

Saturdays 10:15am-11:15am (Julie Rich)



Summer Yoga Classes

We are pleased to announce that Karin Stephan and Christel Pierron will be returning to the Truro Community Center to offer yoga classes this summer. Ms. Pierron will begin classes in late June and Ms. Stephan will begin in August. Visit our web site for class updates.



Truro Community Center Classes

Tuesday 9-10am (Julie Rich)

Wednesdays 5:30pm- 6:30pm (Erin Silva)

Thursdays 9-10am (Julie Rich)

Fridays 9-10am (Erin Silva)

Saturdays 9-10am (Julie Rich)

*"Ditch the
Workout, Join the
Party."*

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Classes are conducted by certified instructors, Julie Rich and Erin Silva.

Contact instructors for fees and schedules.

Julie Rich - www.purajulie.com

Erin Silva - esilva1@comcast.net



National Youth Sports Coaches Association

Truro Recreation is proud to announce that each Truro Recreation Head Coach will be provided membership into the National Youth Sports Coaches Association and asked to complete the online training process. The following is an overview of the NYSCA by the National Alliance for Youth Sports. Truro Rec. is the local chapter for NAYS.

Volunteer coaches are the backbone of youth sports in America. Without the thousands of parents signing up to coach youth sports every season, the youth sports world would come to a screeching halt!

The question is who are these volunteers? Are they an ex-high school or college athlete trying to re-live their sports experiences? Are they a parent of a reluctant child trying to give their child the same great experience that they had as a child? Or are they the mother or father of a child who was told, "If you don't volunteer, we

don't have enough coaches!"

The truth is that all of these scenarios are pretty likely in the average volunteer-based youth sports league. That's why in 1981 NAYS developed the National Youth Sports Coaches Association - to help educate those volunteers to become the best youth sport coaches that they can be. The National Youth Sports Coaches Association (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 2.5 million coaches since its inception in 1981. More than 3,000 community-based agencies and organizations have offered this opportunity.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches' [Code of Ethics Pledge](#).



"Very helpful on the knowledge & fundamentals of coaching."

*Coach Boyce
Horn - Lake Alfred,
FL*

Truro Recreation Offers Concussion & Bullying Training for Coaches Through the National ALLIANCE for Youth Sports

Truro Hiking/Walking Club

Tuesdays 9:00am

May - 2014

Hikes will begin at *9:00 am

** Please Note The Time Change! **

May 13 - Pine Grove Cemetery Hike

Address: Cemetery Rd, Truro

Park: small parking lot at cemetery, off of Old County Rd, Truro

May 20 - North Pamet Rd Hike

Address: North Pamet Rd

Park: Trail head parking lot at the end of North Pamet Rd, by Hostel.

May 27 - Poor's Hill

Address: Fisher's Rd

Park: Designated parking area to the side of the road.

Join Bob Lowe, club coordinator, for a peaceful walk in some of the most beautiful areas that Cape Cod has to offer.





RECREATION & BEACH DEPARTMENT

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Visit us on the web!
www.truro-ma.gov/recreation

"Committed to Community"



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

Upcoming Activities

- Pickle-ball
- Summer Rec - Youth Program
- Summer Outdoor Movie
- Open Gym
- Youth Sports REC-ognition Ceremony
- Summer Yoga Schedule

Youth Sports REC-ognition Ceremony

June 7 - 2014

Truro Community Center

Join us in recognizing the participation of the players and the dedication of the coaches that partook in a Truro Recreation sport during the 2013-2014 season. The event will include a formal recognition of the players and coaches as well as some light snacks and beverages. We encourage parents to submit photos from the year to asstrecdir@truro-ma.gov so that we may create a slideshow.

Credit Cards Now Accepted

In an effort to increase convenience to our participants, we are excited to announce that our department will now be able to process credit card payments. (MasterCard & Visa)

Mon - Fri

3pm - 5:30pm

***\$6/day**

(pre-registration required)

12pm - 5:30pm

(half days)

****\$10/day**

(pre-registration required)

**Truro Community
Center**

*\$8/day if registered the day of.
**\$12/day if registered the day of.

PAMET AFTER SCHOOL

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions and socio-economic status are welcome.

P.A.S. is a safe, supervised environment for children to learn and grow. The program operates everyday that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.

Register online at
www.activityreg.com

For more info. Call (508) 487-1632.

