

The Recreational Reader

April 2013

Special points of interest:

- *Beach Stickers*
- *Softball & Tball*
- *Youth Golf*
- *Truro Times*
- *Vaca Youth Program*

Inside this issue:

Zumba	2
Coach Training	2
Discover the Cello	3
Hip Hop Dance	3
Walking / Hiking Club	3
Pamet After School	4

Resident Beach Stickers

New this year, the Truro Recreation and Beach Department is proud to offer Truro Resident Beach Stickers by mail. Click [HERE](#) for the application.



Youth Softball & Tball

Registration Deadline 4/4/13

Registration is now open for the Spring Youth Softball & Tball season. Registration deadline is Thursday, April 4, 2013. Receive a \$5 discount if you register on or prior to 4/1/13. If you are interested in coaching for youth softball or Tball click [HERE](#) and complete the online volunteer form. All head coaches with Truro Recreation are enrolled in the National Youth Sports Coaches Association. For more information about NAYS see article on page 2.

Pick Up Youth Basketball...

...offered at The Truro Community Center. Check Facebook and Twitter for upcoming dates.

Seeking Golf Instructor

The Truro Recreation Department is looking for an individual proficient in golf to run the Hook A Kid On Golf program. Hook A Kid On Golf is a program of the National Alliance for Youth Sports. The mission of Hook A



Kid On Golf is to provide communities with a comprehensive youth golf program that eliminates all the obstacles that discourage youngsters from learning and continuing to play golf while instilling in them an understanding of golf's rules, etiquette and history. For more info. Click [HERE](#). Interested individuals email asstrecdir@truro-ma.gov

Beach Fire Permits

New this year, applicants are able to request a beach fire permit online. For more information visit our Beaches page on our [web site](#).



April Vacation - Youth Program

04/16/13 - 04/19/13

Ages 4-13

Join us for a fun filled week!

Tuesday— Patriots Day!

Wear your red, white and blue. Make flag pins and patriotic arts and crafts. Participate in the Patriot's Day Marathon challenge, sports, and playground time.

(Continued on page 2)

(Continued from page 1)

Wednesday—Early Earth Day Celebration!

Trash to Treasure projects, Earth Day arts and crafts, playground time, games, and sports.

Thursday—Under the Sea and Pool Party! BRING YOUR SWIM SUIT AND TOWEL! *Come play Sharks and Minnows, Marco Polo, make sea-related origami... and...*

POOL PARTY AT TOP MAST BEACH POINT HEALTH AND SWIM CLUB @ 2 pm.

****Children not registered for the April Vacation can come just to the pool party for \$5.00, if they are supervised by an adult!**

Friday—Pajama Party!

Games, arts and crafts, movies, popcorn, and don't forget to wear your pj's!

Zumba Fitness

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.

Julie Rich - purajulie@hotmail.com

Erin Silva - esilva1@comcast.net



Classes

Mondays 9-10am (Erin Silva)
Tuesday 9-10am (Julie Rich)
Wednesdays 6-7pm (Erin Silva)
Thursdays 9-10am (Julie Rich)
Fridays 9-10am (Erin Silva)
Saturdays 9-10am (Julie Rich)

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

National Youth Sports Coaches Association

Beginning with the winter sports season of 2012-2013, 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



*"Very helpful on the
knowledge & fundamen-
tals of coaching."*

*Coach Boyce
Horn - Lake Alfred,
FL*

(Continued on page 4)

Discover the Cello

Truro Recreation is excited to continue the “Hello Cello” program with Saskia Keller. Saskia, a TCS graduate and currently a Junior at NRHS, will continue to provide cello demonstrations and exposure to any student who may be interested. The program will continue to be offered

at the Truro Community Center on Fridays. There will be 2 sessions each Friday, one at 4:00pm and one at 4:30pm. If you are interested you can register online at activityreg.com.

Please note that these are not lessons.



Truro Times Newspaper

The children that attend the Pamet After School program are creating their own newspaper. The paper will include news articles, comics, and an advice column all created by the children. K.C. Meyers, Cape Cod Times

writer, is the mentor for this project, which is a collaboration between Truro Recreation and the Truro Public Library. The paper will go to press soon, so stay tuned!

Hip Hop Dance Classes

The Pamet After School program is offering Hip Hop Dance classes with Dance & Fitness Instructor, Emily Mower. Ms. Mower has a Bachelors of Arts in Dance from Dean College and strives to make her classes creative and fun while building confidence.



**Mondays
at
Pamet After
School**

Truro Hiking/Walking Club

Tuesdays 10:00am

Apr. 9 - Head of the Meadow

Address: Head of the Meadow Rd, North Truro
Park: Town parking lot, to the right at the fork.

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

Apr. 16 - Ryder Beach

Address: Ryder Beach Rd
Park: Beach parking lot

Apr. 23 - North Pamet Rd Hike

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

Apr. 30 - Pine Grove Cemetery Hike

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





RECREATION & BEACH DEPARTMENT

Kelly Sullivan-Clark, Director
recdirector@truro-ma.gov

Damion Clements, Assistant Director
asstrecdir@truro-ma.gov

7 Standish Way
North Truro, MA 02652
Po Box 2030
Truro, MA 02666

Phone: 508-487-1632
Fax: 508-487-0854

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.

National Youth Sports

(Continued from page 2)
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](#).

Pamet After School

Mon - Fri
3pm - 5:30pm
\$6/day

12pm - 5:30pm
(half days)
\$10/day

**Truro Community
Center**

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.

To enroll call

(508) 487-1632 extension 21. Click [here](#) to download a registration packet.

