

The Recreational Reader

Truro Recreation & Beach Department

December 2013

Special points of interest:

- Flying Santa
- Youth Coach Training
- Winter Sports Meeting

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Flying Santa

Presented by Truro Recreation & The Friends of Flying Santa

Sat. 12/14/13

10:00 am

For more information and to register, visit the Flying Santa page under programs.

Registration Deadline
12/03/13

Seeking Basketball Coaches

Be a part of making positive and memorable experiences for local youths. Truro Recreation is seeking adults to coach youth basketball. The season runs from December to March. All volunteers are provided membership and online training through the National Youth Sports Coaches Association.

Sign up online at www.activityreg.com

**Volunteer Coaches
Are the Back Bone
of Youth Sports**



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)

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



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Winter Youth Sports Parent/Guardian Meeting

Monday, Dec. 9, 2013

5:00 pm - 6:00 pm

Truro Community Center

Take the pledge to put the **FUN** back into sports!

Join us to receive information about your child's upcoming sports season and to help become an essential role in the success of your youth sports program.

"How many times have we heard about a parent getting ejected from their child's youth sports game for unruly behavior or about a parent who has their 8 year-old child follow a regiment similar to that of a professional athlete?"

Don't let yourself be lumped in with the individuals of those incidents. By being a member of the Parents Association for Youth Sports (PAYS) you are making a statement that you want to bench irrational behavior in youth sports. You're the kind of sports parent that enjoys some friendly competition - as long as the fun and safety of each child stays a priority!

The PAYS program sets a standard for parent education by providing a video-based educational program which offers a simple, effective way to make youth sports parents aware of their roles and responsibilities as well as ways they can make their child's experience more enjoyable and positive." - National Alliance for Youth Sports

Youth Basketball Practices Begin in December

Youth Cheerleading Practices Underway



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."*

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 - purajulie@hotmail.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 Includes Concussion & Bullying Training for Coaches Through the National ALLIANCE for Youth Sports

Truro Hiking/Walking Club

Tuesdays 10:00am

Dec. 3 - Truro Old Air Force Base

Address: Old Dewline Rd

Park: Parking lot located in front of old baseball field.

Notes: Dogs are welcome.

Dec. 10 - Ballston Beach

Address: South Pamet Rd

Park: Beach parking lot

Notes: Dogs are welcome.

Dec. 17 - Pamet Harbor

Address: Depot Rd

Park: Harbor Parking Lot

Notes: Dogs are welcome.

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
- ◆ Open Gym

Mon - Fri

3pm - 5:30pm

*\$6/day

(pre-registration required)

12pm - 5:30pm

(half days)

**\$10/day

(pre-registration required)

Truro Community
Center

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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.

Pamet After School



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