

# The Recreational Reader

January 2013

## Rec. Department dipping into beach management

The Truro Recreation Department is proud to announce that they have been tasked with managing the town's beaches. We are excited to work with the beach staff and Beach Commission and we welcome any input or suggestions from the public.



### *Special points of interest:*

- Rec. & Beach Department.
- Adult Indoor Volleyball
- Flying Santa 2012
- Coach Training

## Flying Santa

The air was crisp with the smell of hot chocolate and coffee and the sounds of Christmas music on Saturday, December 15th, as the crowd of parents and children waited for the arrival of the big guy in the red suit. While waiting the children ate donut holes and stole peaks at the

*(Continued on page 2)*



### *Inside this issue:*

<a href="#">Flying Santa '12</a>	2
<a href="#">Zumba</a>	2
<a href="#">Coach Training</a>	2
<a href="#">Discover the Cello</a>	3
<a href="#">Hip Hop Dance</a>	3
<a href="#">Walking / Hiking Club</a>	3
<a href="#">Pamet After School</a>	4

## Adult Indoor Volleyball...Pickup Style

Mondays 6:00pm — 8:00pm | Truro Community Center

Join us each Monday night for a pickup game of volleyball. This program is intended for participants age 16 or older. FREE



## Flying Santa 2012

*(Continued from page 1)*

pile of presents in hopes of finding one with their name on it.

Then, suddenly, faintly in the distance we heard the whirly sound of Santa's chariot. The sound and image became louder and larger with each second, until the helicopter began circling above the lighthouse, stirring the children into a frenzy. Santa could be seen peering out of the helicopter window and

waving. After circling a few more times the helicopter lands and the big guy gracefully exited. After exiting Santa strolled down the path, joyfully greeting children and adults, as he makes his way towards his throne to present his gifts.

After taking his seat, Santa's elf passed him gifts, at which time Santa called out the child's name. Once Santa calls out a name, it's echoed

by the crowd of children as they "patiently" wait their turn.

Once the children have been summoned Santa, they made their way through the crowd to gratefully accept their gifts. Once in their possession the wrapping paper didn't stand a chance as the presents were torn into. After presenting gifts to each child, Santa makes his way back down the path to his whirly "reindeer" and departs with a wave and a "Merry Christmas."

Flying Santa is a collaboration between:

Truro Rec & Beach  
Friends of Flying Santa  
Highland Light

Truro Rec. & Beach  
would like to recognize  
Truro DPW and Truro  
Fire Dept. for their  
assistance.

## 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

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



### 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)

## National Youth Sports Coaches Association

Starting for 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

*(Continued on page 4)*



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

*Coach Boyce  
Horn - Lake Alfred,  
FL*

---

## Discover the Cello

Truro Recreation, in collaboration with Truro Central School 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](http://activityreg.com).

Please note that these are not lessons.



## 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

### **Jan. 8 - First Congregational Church Hike**

**Address:** 1st Parish Ln

**Park:** Church parking lot, in front of church

Join Bob Lowe, club coordinator, for a peaceful walk in some of the most beautiful areas the Cape offers.

### **Jan. 15 - Pine Grove Cemetery Hike**

**Address:** Cemetery Rd, Truro

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



### **Jan. 22 - Cold Storage Beach Hike**

**Address:** Pond Rd

**Park:** Beach parking lot

### **Jan. 29 - Poor's Hill Hike**

**Address:** Fishers Rd

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





## RECREATION & BEACH DEPARTMENT

Kelly Sullivan-Clark, Director  
[recdirector@truro-ma.gov](mailto:recdirector@truro-ma.gov)

Damion Clements, Assistant Director  
[asstrecdir@truro-ma.gov](mailto: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](http://www.truro-ma.gov/recreation)

*"Committed to Community"*



Find us on  
**Facebook**

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)*

screaching 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.

