

The Recreational Reader

June 2013

Special points of interest:

- Summer Rec
- Marine Life
- Beach Safety
- Seeking Golf & Tennis Instructors
- Credit Cards accepted

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Youth Sports REC-ognition Ceremony

Fri. 6/14/13 | 6:00pm
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 2012-2013 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.

Summer Youth Program - REC To The FUTURE

The Summer REC. Youth Program registration is now open. We are excited to announce that the theme for the 2013 Summer Youth Program is "REC. To The Future". To sign up visit activityreg.com under ACTIVITIES & MEMBERSHIPS

Below are the dates and times for the program.

Pre-Season: June 24-28 8:00am - *4:00pm

AM Program: July 1 - August 23 8:00am - 12:30pm

PM Program: July 1 - August 23 12:30pm - *4:00pm

Post-Season: August 26-29 8:00am - *4:00pm

*For an additional fee of \$5.00 per child per day, you can extend your pickup time to 5:30pm

For a fee structure visit
www.truro-ma.gov/recreation



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.



Seeking Golf Instructors

The Truro Recreation Department would like to offer the [Hook A Kid On Golf](#) program that is presented by the National Alliance for Youth

(Continued on page 2)

Beach Office 36 Shore Rd

The Beach Office will begin selling beach stickers on June 8th. The office will operate 7 days a week from 8:00am - 4:00pm. Beach stickers are required to park at town beach parking lots effective 6/15/13.

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.

Hook A Kid On Golf provides communities with three levels of curriculum and all the tools necessary to accomplish an organized youth golf program. These tools include providing quality equipment, affordable instruction, a structured system to learn how to play the game on the course and finally, a format for play that includes competition but stresses fun and learning.”

For more information or to volunteer contact us at (508)487-1632 or email at asstrecdir@truro-ma.gov.



Seeking Tennis Instructors

The Truro Recreation Department is seeking tennis instructors to teach the USTA 10 and Under tennis program during the summer. For more information contact us at (508)487-1632 | asstrecdir@truro-ma.gov

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 and schedules.

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

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 screeching halt!

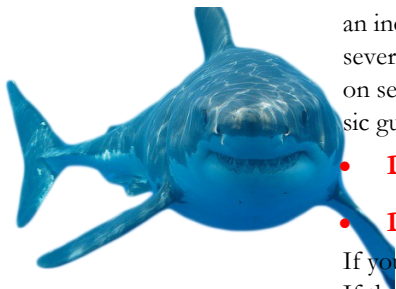
(Continued on page 4)



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

*Coach Boyce
Horn - Lake Alfred,
FL*

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.

- **Do Not Swim Near Seals**

- **Do Not Swim Alone**

- **Swim Close To Shore**

- **Avoid Swimming At Dusk/Dawn**

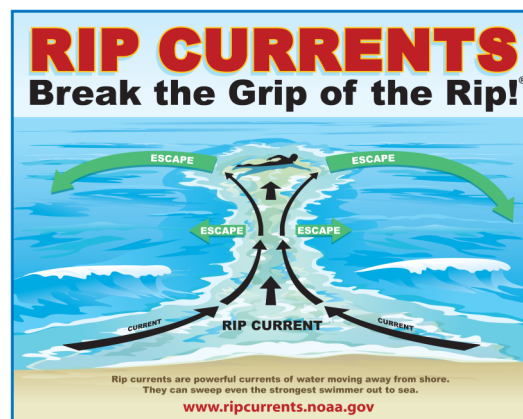
If you believe you view a shark and you're at a beach with a lifeguard, report the sighting to the lifeguard. If there isn't a lifeguard on duty, report the sighting to the local law enforcement as soon as practical - Truro Police Department (508)487-8730. If someone is in the water, get their attention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

Beach Fires

With beach season upon us we would like to remind everyone that a specific number of beach fires are allowed on specific beaches in Truro. Please check our web site for detailed information about beach permits.

O.R.V.

The Off Road Vehicle Corridor is located on the Bay side with access points at **Fisher Beach, Corn Hill Beach** and at **Beach Point Landing** (seasonally.) Properly affixed O.R.V. Stickers are required year round for all vehicles on the O.R.V. Corridor. From the third Saturday in June to Labor Day access to the O.R.V. Corridor is permitted between the hours of 6:00pm—9:00pm. From September 3rd, 2013 to June 20th, 2014 access to the O.R.V. Corridor is permitted 24 hours daily. O.R.V. stickers can be purchased at the Beach Office at 36 Shore Rd beginning 6/8/13 (8:00am - 4:00pm) Visit our web site for details.



IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never Swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usia.org



Truro Hiking/Walking Club

Tuesdays 10:00am

June 4 - High Head

Address: High Head Rd

Park: Parking lot at bike trail and start of ORV trail

June 11 - Ballston Beach Hike

Address: South Pamet Rd

Park: Beach parking lot

June 18 - Pine Grove Cemetery Hike

Address: Cemetery Rd

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

June 25 - North Pamet Rd Hike

Address: North Pamet Rd

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

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.

(YOUTH SPORTS - Continued from page 2)

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

Truro Community Center.

To enroll call

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



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