

# The Recreational Reader

Truro Recreation & Beach Department

November 2013

## Truro Rec. Youth Soccer Team Wears Orange In Support of Bullying Prevention Awareness Month!

*Special points of interest:*

- Bullying Prevention Awareness
- Youth Coach Training
- Youth Basketball



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## 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](http://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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# Truro Recreation Youth Basketball

Basketball is open to all children in grades K-6 who either reside in Truro or attend Truro Central School.

**Fees:** \$20.00 per child. *Discount if registered prior to 11/06/13.*

Specific practice times and game schedules will be distributed once coaches have been determined.

Basketball practices will begin in December and games begin in January. The boy's games will be played on Wednesday evenings and the girl's games will be played on Monday evenings.

### **Grades K-2**

*Children in grades K-2 will generally practice once a week. Games t.b.d.*

### **Grades 3-6**

*Children in grades 3-6 will generally practice once or twice a week depending on the team and scheduling availability. They will have one game per week and will often have to travel to other towns for those games. Home games will be held at TCS.*

### **COACHING:**

Truro Recreation is seeking coaches for the 2013-2014 season. Experience is not necessary. Please contact the Recreation Department if you are interested or have any questions.

### **REGISTRATION DEADLINE:**

Due to league schedules and appropriate roster sizes, any registrations received after the deadline will be accepted at the discretion of the Truro Recreation Department.

Register online at [www.activityreg.com](http://www.activityreg.com)

**Registration Deadline 11/08/13**

P. (508)487-1632 | E. [asstrecdir@truro-ma.gov](mailto:asstrecdir@truro-ma.gov)

*"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](mailto:purajulie@hotmail.com)

Erin Silva - [esilva1@comcast.net](mailto: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)



## 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

#### **N**ov. 5 - Ballston Beach Hike

**Address:** South Pamet Rd

**Park:** Beach Parking Lot

#### **N**ov. 12 - Poor's Hill Hike

**Address:** Fisher's Rd

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

#### **N**ov. 19 - Cold Storage Beach Hike

**Address:** Pond Rd

**Park:** Beach Parking Lot

#### **N**ov. 26 - Pamet Harbor Hike

**Address:** Depot Rd

**Park:** Harbor Parking Lot

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](http://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

- ◆ Flying Santa
- ◆ REC the Halls
- ◆ Pickle-ball



### Mon - Fri

3pm - 5:30pm

\*\$6/day

(pre-registration required)

12pm - 5:30pm

(half days)

\*\*\$10/day

(pre-registration required)

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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.

### Pamet After School

Truro Community  
Center

Register online at [www.activityreg.com](http://www.activityreg.com)

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



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