

The Recreational Reader

Truro Recreation & Beach Department

April 2014

Special points of interest:

- April Vacation Program
- Town Meeting Support



April Vacation Youth Program

Apr. 21 - 25

8:00 am - 4:00 pm

Late pick up at 5:30 pm for an additional fee

Truro Recreation is calling all children, age 4-13, for a fun filled week of games, arts & crafts, field trips, and theme days. Sign up for one day or all four. Space is limited so register today. For a full schedule and to register, visit our Programs page on our web site at www.truro-ma.gov/recreation



Wednesday: 4/23/14 - 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!

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TRURO REC COMMISSION NEEDS YOUR HELP

The Truro Recreation Commission needs your help! Join us at [Town Meeting](#) on **April 29, 2014** to support our CPC proposal to obtain funds to improve two recreation sites in our community. The proposal includes tennis courts, walking trails, and other improvements.

Please join us to demonstrate support for recreational opportunities in Truro and for this proposal. **Free childcare** for ages 3 and up is available at the Community Center during the meeting. The more people that come out to support us, the better our chances are of securing funding so bring your friends, neighbors, parents and children. For information about the proposal, please email us at recdirector@truro-ma.gov.

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 socioeconomic status are welcome. P.A.S. is a safe,

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Youth Fashionistas!

Are you a fashionista whose running out of ideas? Then sign up for Pamet After-School on Monday's in April! Tamera will be teaching us all about recycled fashion design. Don't know how to sew? Well you don't have to! We will be doing little to no sew designs. So join us for an afternoon of fun with fashion!

Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child, and the whole family!

It's completely free to participate. All you have to do is go to www.nays.org/sportsparentpledge to

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sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program, and beyond!

We encourage you to check out

www.nays.org/sportsparentpledge today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this PAYS Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth - not for adults.
- I will do my very best to make youth sports fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

*"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 - www.purajulie.com

Erin Silva - esilva1@comcast.net

Classes

Tuesday 9-10am (Julie Rich)
Wednesdays 5:30pm- 6:30pm (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

April - 2014

Hikes will begin at 10:00am

April 1 - Pine Grove Cemetery Hike - CANCELLED

Address: Cemetery Rd, Truro

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

April 8 - First Congregational Church Hike

Address: 1st Parish Ln

Park: Church parking lot, in front of church.

April 15 - Truro Old Air Force Base Hike

Address: Old Dewline Rd

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

April 22 - Pamet Harbor Hike

Address: Depot Rd

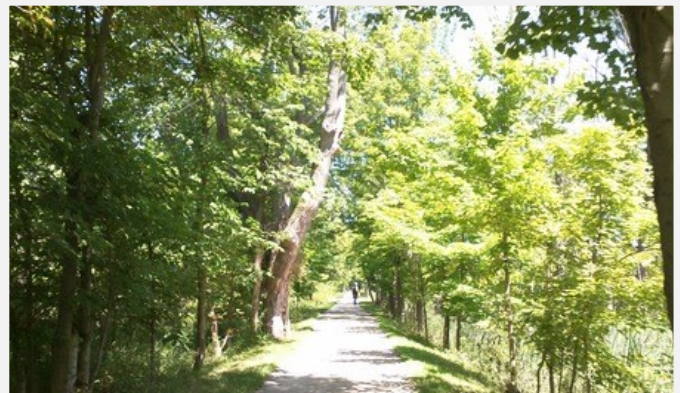
Park: Harbor parking lot.

April 29 - Cold Storage Beach Hike

Address: Pond Rd

Park: Beach 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

"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
- April Vacation - Youth Program
- Youth Sports REC-ognition Ceremony in May
- Summer Rec - Youth Program

Youth Sports REC-ognition Ceremony

May - 2014

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 2013-2014 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.

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)

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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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.

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.