

# The Recreational Reader

Truro Recreation & Beach Department

## February 2014

### Special points of interest:

- Feb. Vacation Program
- Youth Hip Hop Dance
- Program Ideas Needed
- Beach Sticker Design Contest
- Rec. Area Improvements

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## February Vacation Youth Program

Feb. 18 - 21

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, and theme days. Sign up for one day or all four. Space is limited so register today. For more info visit our web site at [www.truro-ma.gov](http://www.truro-ma.gov).

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



## YOUTH HIP HOP DANCE CLASSES

The Pamet After School program will be offering Hip Hop Dance Classes in February

Contact: Jennifer Flanagan, PAS Coordinator  
P. (508) 487-1632 ext. 26  
E. [pascoordinator@truro-ma.gov](mailto:pascoordinator@truro-ma.gov)



Rec. & Beach Dept. Help Beach Restoration!  
Grass Restoration Project with Safe Harbor at Ballston Beach

## Beach Sticker Design Contest



The Truro Rec & Beach Department invites all residents and property owners to submit drawings for our Town's 2014 Beach Sticker Contest. In this contest, submitters are asked to use their extraordinary talents to create a scene or image representative of Truro's amazing natural beauty, historic influence, and/or general charm. The winning design will be used on the 2014 beach sticker and the winner will receive a free sticker and other great prizes. For more information about the contest, including contest rules and art requirements, please visit [www.truro-ma.gov](http://www.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



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## Truro Rec. Offers Parents Association for Youth Sports Training.



Truro Recreation has incorporated the PAYS program as a part of their winter youth sports. 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. For more information visit [www.nays.org](http://www.nays.org)



### *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.



### **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)

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)



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

## 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

#### Feb. 4 - 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.

#### Feb. 11 - Poor's Hill Hike

Address: Fisher's Rd  
Park: Designated parking area to the side of the road.

#### Feb. 18 - Pilgrim Heights

Address: Pilgrim Heights Rd, Truro  
Park: First parking lot

#### Feb. 25 - Head of the Meadow

Address: Head of the Meadow Rd, North Truro  
Park: Town parking lot, to the right at the fork.





## RECREATION & BEACH DEPARTMENT

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Visit us on the web!  
[www.truro-ma.gov](http://www.truro-ma.gov)

“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
- Feb. Vacation - Youth Program
- Open Gym
- Billingsgate Basketball Tournament

### Truro Rec Commission Needs Your Help

The Truro Recreation Commission is looking for public support from residents and visitors of Truro for a proposal submitted to the Community Preservation Committee. The proposal requests funding for improvements to Snow's Field and the Truro Community Center, including tennis courts and a walking trail. The Recreation Commission is seeking members of the public to come to the meeting in support of the proposal. For supporters who are not currently on-Cape, we welcome written testimonials. Please contact [recdirector@truro-ma.gov](mailto:recdirector@truro-ma.gov) to obtain a copy of the proposal, ask questions, or submit a testimonial. The meeting will be held on Tues. February 11th at 5:00pm at the Truro Community Center (7 Standish Way). Please come show your support!

### What Do You Want?

The Truro Recreation Department is looking for suggestions of programs that people would like to see offered in Truro. If you have an idea for a program (dancing, adult dodge ball, youth karate...) contact us at [asstrecdir@truro-ma.gov](mailto:asstrecdir@truro-ma.gov).

### 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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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.

#### Pamet After School

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

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

For more info, Call (508) 487-

