

The Recreational Reader

Truro Recreation & Beach Department

January 2014

Special points of interest:

- Youth Hip Hop Dance
- Youth Basketball
- Youth Cheerleading

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Youth Sports Basketball Games & Cheerleading Performances Beginning in January



YOUTH HIP HOP DANCE CLASSES

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

Contact: Jennifer Flanagan, PAS Coordinator
P. (508) 487-1632 ext. 26
E. pascoordinator@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)

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 pro-



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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



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gram 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



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 - 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)



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 Associa-



"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

Jan. 7 - Pilgrim Heights Hike

Address: Pilgrim Heights Rd, Truro

Park: First parking lot

Notes: Dogs are welcome.

Jan. 14 - Pine Grove Cemetery Hike

Address: Cemetery Rd, Truro

Park: Small parking lot at cemetery.

Notes: Dogs are welcome.

Jan. 21 - Cold Storage Beach Hike

Address: Pond Rd

Park: Beach parking lot

Notes: Dogs are welcome.

Jan. 28 - North Pamet Rd Hike

Address: North Pamet Rd

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

Notes: Dogs are welcome.

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
- ♦ February Vacation - Youth Program

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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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.

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.