

# Quincy Recreation



2010

# Sports & More

Mayor Thomas P. Koch, the Quincy City Council, and the Park and Recreation Board invite your family to participate in the enclosed 2010 sports clinics and instructional workshops. By taking advantage of our outstanding municipal facilities and the great wealth of local leadership, the Quincy Recreation Department is pleased to organize and conduct the following self-supporting clinics and workshops for the benefit of children, while they are enjoying the summer school vacation. The clinics will be under the direction of highly qualified sports coaches and instructors from the area and will feature individual instruction with an approximate counselor to child ratio of one to ten.

Sports & More Clinics and Workshops are of great value and have been designed to give city residents a low cost alternative for youngsters who desire specialized instruction in these activities while avoiding the high cost of for-profit camps. Enrollment is limited, so register early! Please call the Recreation office at 617-376-1394 or visit the Quincy Recreation web site, [www.QuincyRec.com](http://www.QuincyRec.com), for further information.

Thomas P. Koch  
Mayor

Barry J. Welch  
Director of Recreation

“DON’T HESITATE, RECREATE”

## **REGISTRATION INFORMATION**

### **QuincyRec.com**

Visit the Quincy Recreation web site, QuincyRec.com, for additional registration forms and other information regarding the programs offered.

#### **There are three ways to register please read carefully:**

**\* MAIL-IN REGISTRATION BEGINS NOW.** Registrations will be processed daily beginning Monday, May 17, 2010, lottery style. Please use one form for each child, photocopies accepted (both sides).

Send completed registration form (both sides) and FULL payment to:  
(Make checks payable to Quincy Recreation Department.)  
Quincy Recreation Department  
One Merrymount Parkway  
Quincy, MA 02170

#### **\* ONLINE REGISTRATION BEGINS TUESDAY, May 18, 2010**

Visit our web site, QuincyRec.com, for details and instructions. Online registration will continue throughout the summer.

**\* WALK-IN REGISTRATION FOR ANY REMAINING SPACES BEGINS MONDAY, JUNE 7, 2010 at 9 a.m.** Walk-in registration will continue Monday through Friday between 9 a.m. and 4 p.m. at the Quincy Recreation Department, One Merrymount Parkway, Quincy, MA 02170.

Confirmations will be mailed upon receipt of full payment and completed registration form. Confirmations will include all pertinent information regarding your clinic/workshop, including cancellation and refund policies.

When unable to accommodate your registration request, your check will be immediately returned. If a clinic/workshop is full we will place your child on the wait list for that clinic/workshop. Please ensure a correct telephone number so that we may contact you regarding registration issues. All of our programs do have limited spacing. In fairness to those on wait lists, registrations are non-transferable.

**Refund Policy:** The Department will issue **Full Payment Refunds Less a \$5.00 Administration Fee** to participants if the request to withdraw is made in person or in writing and is received by the Recreation Department **One Full Week** prior to the clinic/workshop starting date. The Department will issue **One Half Payment Refunds** to participants if the request to withdraw is made in person or in writing and received by the Recreation Department **After the Full Week** Deadline and **Prior** to the time the clinic or workshops begins. Payment is **NOT** refundable after the clinic or workshop begins unless a documented medical excuse is provided to the Department.

Phone registrations are not accepted. Falsification of residence, age or other pertinent information requested on the registration form will result in dismissal from the clinic/workshop without eligibility of refund.

The clinics/workshops are for Quincy residents only. Grades are as of September 2010 and ages are as of the first day of the clinic or workshop.

**Quincy Recreation Department**  
**One Merrymount Parkway, Quincy, MA 02170**  
**(617) 376-1394 QuincyRec.com**

**2010 SUMMER CLINIC REGISTRATION**

**CHILD'S NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**D. Of B.:** \_\_\_\_\_ **GRADE IN FALL:** \_\_\_\_\_ **BOY:** \_\_\_\_\_ **GIRL:** \_\_\_\_\_

**PARENT'S NAME:** \_\_\_\_\_

**HOME #:** \_\_\_\_\_ **CELL #:** \_\_\_\_\_

**E-MAIL ADDRESS:** \_\_\_\_\_

**EMERGENCY CONTACT NAME & PHONE:** \_\_\_\_\_

**DOES YOUR CHILD HAVE ANY MEDICAL CONDITIONS/ALLERGIES WE SHOULD BE AWARE OF?** \_\_\_\_\_

I, \_\_\_\_\_, Parent or Guardian of the above named understand that participation in a Recreation Department sponsored program is voluntary and may involve some risk, but I regard that the benefits outweigh the risks. I hereby release the City of Quincy as well as the Recreation Department, its agents, contractors, employees, and volunteers from any and all actions, claims and damages for personal injuries and disability that my child or I may sustain or incur as a result of participation in or transportation to or from any recreation program. I give permission for medical treatment to be given if needed. I understand that in an emergency whenever possible an attempt will be made to communicate with me prior to the use of this permission. I also give permission for the use of my or my child's photo, video, artwork etc. by the Recreation Department for flyers, presentations etc.

\_\_\_\_\_  
(SIGNATURE)

\_\_\_\_\_  
(DATE)

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**RECREATION DEPARTMENT USE ONLY**

**FEE \$** \_\_\_\_\_ **PAID IN FULL** \_\_\_\_\_ **CHECK #** \_\_\_\_\_ **RECEIVED BY** \_\_\_\_\_

**REMARKS** \_\_\_\_\_ **DATE** \_\_\_\_\_

**2010 Clinics & Workshop - Please Check ✓ Each Clinic/Workshop that you are entering.**

**Soccer – Girls 9 – 14 years old** Cost: \$75.00  
June 28 – July 2 Time: 8:00 a.m. – 12:00 Noon

**Tennis – Middle School #1**  
June 28 – July 2 Time: 8:30 a.m. – 12:30 p.m.  
Entering Grades 6 – 9 Cost: \$75.00

**Basketball – Girls**  
July 6, 7, 8, 9 Time: 8:00 a.m. – 12:00 Noon  
Entering Grades 4 – 9 Cost: \$60.00

**Baking & Decorating #1**  
July 12 – 16 Time: 8:30 a.m. – 12:30 p.m.  
10 – 14 years old Cost: \$75.00

**Cheerleading**  
July 12 – 16 Time: 8:00 a.m. – 12:00 Noon  
7 - 14 years old Cost: \$75.00

**Musical Theater**  
July 12 - 23 Time: 1:00 p.m. - 3:00 p.m.  
8 - 14 years old Cost: \$75.00

**Lacrosse – Boys**  
July 19 – 23 Time: 8:30 a.m. – 12:30 p.m.  
Entering Grades 3 – 9 Cost: \$75.00

**Softball**  
July 19 – 23 Time: 8:30 a.m. – 12:30 p.m.  
8 - 15 years old Cost: \$75.00

**Tennis – Elementary #1**  
July 19 – 23 Time: 8:30 a.m. – 12:30 p.m.  
Entering Grades 3 – 5 Cost: \$75.00

**Golf** Entering Grades 7 – 9 Cost: \$75.00  
July 26 – 30 Time: 6:30 a.m. – 10:30 a.m.

**Lacrosse – Girls**  
July 26 – 30 Time: 8:00 a.m. – 12:00 Noon  
Entering Grades 3 – 9 Cost: \$75.00

**Rock Climbing #1 Morning**  
July 26, 27, 28 Time: 8:30 a.m. – 11:00 a.m.  
10 – 14 years old Cost: \$80.00

**Rock Climbing #1 Mid-day**  
July 26, 27, 28 Time: 11:15 a.m. – 1:45 p.m.  
10 – 14 years old Cost: \$80.00

**Rock Climbing #1 Afternoon\***  
July 26, 27, 28 Time: 2:00 p.m. – 4:30 p.m.  
\* Returning Climbers 10–14 yrs Cost: \$80.00

**Tennis – Middle School #2** Entering Grades 6 – 9  
July 26 – 30 Time: 8:30 a.m. – 12:30 p.m. Cost: \$75.00

**Track, Field & Distance 7 - 14 years old**  
July 26 – 30 Time: 8:00 a.m. – 12:00 Noon Cost: \$75:00

**Dance** 7 – 14 years old Cost: \$75.00  
August 2 – 6 Time: 9:00 a.m. – 12:30 a.m.

**Soccer – Boys**  
August 2 – 6 Time: 8:30 a.m. – 12:30 p.m.  
Entering Grades 3 – 9 Cost: \$75.00

**Arts & Crafts**  
August 9 – 13 Time: 8:30 a.m. – 12:30 p.m.  
7 – 12 yrs old Cost: \$75.00\* (\* Plus-\$3.00/Day)

**Baking & Decorating #2**  
August 9 – 13 Time: 8:30 a.m. – 12:30 p.m.  
10–14 years old Cost: \$75.00

**Baseball – Little League Eligible**  
August 9 – 13 Time: 9:00 a.m. – 1:00 p.m.  
10 – 12 years old as of 7-31-2010 Cost: \$75.00

**Rock Climbing #2 Morning**  
August 9, 10, 11 Time: 8:30 a.m. – 11:00 a.m.  
10 – 14 years old Cost: \$80.00

**Rock Climbing #2 Mid-day**  
August 9, 10, 11 Time: 11:15 a.m. – 1:45 p.m.  
10 – 14 years old Cost: \$80.00

**Rock Climbing #2 Afternoon\***  
August 9, 10, 11 Time: 2:00 p.m. – 4:30 p.m.  
\* Returning Climbers 10 – 14 yrs. old Cost: \$80.00

**Basketball – Boys**  
August 16 – 20 Time: 8:00 a.m. – 12:00 Noon  
Entering Grades 4 – 9 Cost: \$75.00

**Mountain Biking** Entering Grades 5 – 9 Cost: \$65.00  
August 16, 17, 18 Time: 8:30 a.m. – 12:30 p.m.

**T.V. Production**  
August 16 – 20 Time: 9:30 a.m. – 1:30 p.m.  
Entering Grades 7 – 9 Cost: \$75.00

**Tennis – Elementary #2**  
August 16 – 20 Time: 8:30 a.m. – 12:30 p.m.  
Entering Grades 3 – 5 Cost: \$75.00

**Swimming – Competitive**  
August 23 - 27 Time: 8:30 a.m. – 12:30 p.m.  
10 years old – High School Cost: \$75.00

**Tennis – High School Advanced**  
August 23 – 27 Time: 9:00 a.m. – 12:00 Noon  
Entering Grades 10 – 12 Cost: \$60.00

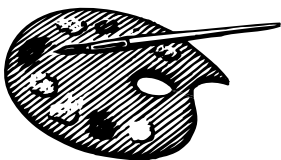
**Volleyball, Coed** Entering Grades 6 – 12 Cost: \$75.00  
August 23 – 27 Time: 8:30 a.m. – 12:30 p.m.

## Arts and Crafts

**Date:** August 9 – 13      **Cost:** \$75.00\*  
**Time:** 8:30 a.m. - 12:30 p.m.  
**Age:** Boys and Girls 7 - 12 years old  
**Location:** Community Room, Richard J. Koch  
Complex, Merrymount Park  
**Director:** Ann Howie, Professional Instructor for  
area agencies

This workshop offers simple projects that may include decorations, arrangements, painting, ribbons and lace work that would result in a completed project. Additional materials cost.

*\*Participants will bring \$3.00 per day to instructor for materials*



## Baking Basics & Dynamic Decorating

**Date: Week #1** July 12 – 16    **Cost:** \$75.00

**Week #2** August 9 – 13

**\*\*Initial Registration for One Week Only. \*\***

**Time:** 8:30 a.m. – 12:30 p.m.  
**Age:** Boys and Girls 10 – 14 years old  
**Location:** Q.H.S. Culinary Arts Kitchen  
**Director:** Jacqui Niosi, Culinary Arts Instructor,  
Q.H.S.

Are you curious about the kitchen? This workshop is for you! Participants will prepare basic recipes for various cookies, cakes, and frosting. The fundamentals of using a pastry bag will also be covered. Don't be afraid to get your hands dirty! Come ready to be creative and have fun!



## Baseball - Little League Eligible\*

**Date:** August 9 – 13      **Cost:** \$75.00  
**Time:** 9:00 a.m. – 1:00 p.m.  
**Age:** 10 – 12 years old as of 7-31-10  
**Location:** Pageant Field, Merrymount Park  
**Director:** Tim Daley, Head Baseball Coach, Q.H.S.

This clinic will emphasize all phases of the game. Instruction, position play, game experience and individual attention will be offered. Instruction will range from the basic fundamentals to advanced skills in order to build a solid baseball foundation.



## Basketball – Boys

**Date:** August 16 – 20      **Cost:** \$75.00  
**Time:** 8:00 a.m. – 12:00 Noon  
**Location:** North Quincy High School  
**Age:** Boys Entering Grades 4 - 9  
**Director:** Kevin Barrett, Head Boys Basketball  
Coach, N.Q.H.S., Paul Bregoli, former Head  
Basketball Coach, N.Q.H.S.



This is an instructional program with an emphasis on the fundamentals: passing, shooting, rebounding, dribbling and defensive skills through a complete series of drills and scrimmages.



## Basketball – Girls

**Date:** July 6, 7, 8, 9      **Cost:** \$60.00  
**Time:** 8:00 a.m. – 12:00 Noon  
**Location:** North Quincy High School  
**Age:** Girls Entering Grades 4 - 9  
**Director:** Paul Bregoli, former Head Basketball  
Coach, N.Q.H.S.

This is an instructional program with an emphasis on the fundamentals: passing, shooting, rebounding, dribbling and defensive skills through a complete series of drills and scrimmages.

## Cheerleading

**Date:** July 12 – 16      **Cost:** \$75.00  
**Time:** 8:00 a.m. – 12:00 Noon  
**Age:** 7 – 14 years old  
**Location:** Atlantic Middle School  
**Director:** Nicole Ferris, Cheerleading Coach



This clinic is geared to beginner through intermediate cheerleaders. Particular emphasis will be placed on fundamental techniques, voice, partner stunts, mounts and dance routines for all cheerleading teams. In addition, new sideline and floor cheers will be taught.

## Dance

**Date:** August 2 – 6      **Cost:** \$75.00  
**Time:** 9:00 a.m. – 12:30 p.m.  
**Location:** Atlantic Middle School  
**Age:** Boys and Girls 7 - 14 years old  
**Director:** Emily Tucker, B.A. in Dance and Theatre, Trinity College



This clinic is geared to beginner through intermediate dancers. The emphasis will be on routines and techniques. Participants will be taught musical comedy, jazz, fundamental ballet, tap and choreography.

## Golf

**Date:** July 26 – 30      **Cost:** \$75.00  
**Time:** 6:30 a.m. – 10:30 a.m.  
**Location:** Furnace Brook Golf Club  
**Age:** Boys and Girls entering Grades 7 – 9  
**Director:** John Franceschini, Director of Physical Education and Health



This activity is **not** for first-time or beginner golfers. The clinic will be geared toward teaching the rules of golf, proper etiquette and fundamentals. This is an opportunity for participants with prior experience to learn to play the game properly. Participants **must** have a set of golf clubs, as well as, golf balls and proper footwear (soft spikes only). Golf attire also required.

## Lacrosse – Boys

**Date:** July 19 – 23      **Cost:** \$75.00  
**Time:** 8:30 a.m. – 12:30 p.m.  
**Location:** Veteran's Memorial Stadium  
**Age:** Boys entering Grades 3 - 9  
**Director:** Mark Nutley, Boys Lacrosse Coach, N.Q.H.S.



This clinic will emphasize the fundamentals of the game: catching throwing, shooting and defense, as well as the rules. Full field scrimmages will take place. Boys must be fully uniformed with stick, helmet, gloves, arm pads, shoulder pads and mouth guard.

## Lacrosse – Girls

**Date:** July 26 – 30      **Cost:** \$75.00  
**Time:** 8:00 a.m. – 12:00 Noon  
**Location:** Veteran's Memorial Stadium  
**Age:** Girls entering Grades 3 - 9  
**Director:** Kerry Duffy Monaco, Girls Lacrosse Coach, Q.H.S.



This clinic will include a variety of individual skills. Beginning players will focus on catching and throwing, while more advanced players will add to their skills and learn more about shooting and defense. Competitions and scrimmages will take place. Players must provide their own stick, goggles, and mouth guard.

## Mountain Bike Program

**Date:** August 16, 17, 18\*\*      **Cost:** \$65.00  
**Time:** 8:30 a.m.-12:30 p.m.  
**Location\*:** Twice at Pageant Field and Once at Blue Hills      \*Transportation to the starting site is the **responsibility** of the participant.  
**Age:** Boys and Girls entering Grades 5 – 9  
**Director:** Lyall C. Croft, Boston Bike Tours



The Mountain Bike Program is designed to be a fun, active experience for kids to learn about different aspects of bicycling, including riding techniques, basic repairs, and the importance of how to safely operate a bicycle. **\*\* Each child must have a multi-speed bicycle with wide tires (not a road bike) in good working condition.**

## Musical Theater



**Date:** July 12 – 23      **Cost:** \$75.00  
**Time:** 1:00 p.m. – 3:00 p.m.  
**Location:** Ruth Gordon Amphitheater  
**Rain Site:** Community Room-Recreation Building  
**Age:** Boys and Girls 8 – 14 years old  
**Director:** Christopher Spencer, Music Major,  
U. Mass-Boston, Director of local productions

“Lights, Camera, Action”- Come join us for a musical theater adventure! Participants will be introduced to the art of make-up, set and costume design. Focus will be placed on actor/actress character development and singing. Come and join the fun! **The performance will be at 2:00 p.m. on Friday, July 23, 2010.**

## Rock Climbing - Six Sessions!

**Date:** **Week #1** – July 26, 27, 28      **Cost:** \$80.00

**Week #2** – August 9, 10, 11      **Cost:** \$80.00

**Time:** **Morning: 8:30 a.m. – 11:00 a.m.**  
**Mid-day: 11:15 a.m. – 1:45 p.m.**  
**\*\*Afternoon: 2:00 p.m. – 4:30 p.m.**

**\*\*Afternoon Session is for returning climbers! \*\***

**Location:** Quarry Hills Rec. Area, Granite Rail  
Quarry, Ricciuti Drive, West Quincy  
**Age:** Boys and Girls 10 – 14 years old  
**Director:** David McCarthy, Executive Director SSC  
and Staff

**\*Initial Registration for One Session Only.\***

Top roping is a unique and challenging experience. It is the easiest form of rock climbing and completely safe! Students will climb and rappel with confidence as certified guides, from the South Shore Center for Outdoor Education, safely belay them. Participants have fun while learning during this 3-day session. All equipment is provided. This is not a climbing wall! Students will climb and rappel to heights of 70', learn a variety of knots and set up anchors under the S-E-R-E-N-E principle.

## Soccer – Boys

**Dates:** August 2 – 6      **Cost:** \$75.00  
**Time:** 8:30 a.m. – 12:30 p.m.  
**Location:** Veteran's Memorial Stadium  
**Age:** Boys entering Grades 3 – 9  
**Director:** Mark Scanlan, High School Coach



The focus of the clinic will be on the fundamentals of soccer with a particular emphasis on the skills of passing, trapping, heading, dribbling and shooting. Children will receive instructions from high school coaches as well as local high school players through lectures and demonstrations.

## Soccer – Girls

**Dates:** June 28 – July 2      **Cost:** \$75.00  
**Time:** 8:00 a.m. – 12:00 Noon  
**Location:** Veteran's Memorial Stadium  
**Age:** Girls 9 – 14 years old  
**Director:** Paul Bregoli, Head Girls Soccer Coach,  
N.Q.H.S.



The focus of the clinic will be on the fundamentals of soccer with a particular emphasis on the skills of passing, trapping, heading, dribbling and shooting. Children will receive instructions from high school coaches as well as local high school players through lectures and demonstrations.

## Girls' Softball

**Date:** July 19 – 23      **Cost:** \$75.00  
**Time:** 8:30 a.m. - 12:30 p.m.  
**Location:** Pageant Field, Merrymount Park  
**Age:** Girls 8 – 15 years old  
**Director:** Rachel Powers, Head Women's Softball  
Coach, Wheaton College



This clinic will focus on fundamentals and essential mechanics. Drills will cover fielding, throwing, pitching, catching and hitting. There will also be lectures and demonstrations by NCAA players and coaches!

## Swimming – Competitive\*

**Date:** August 23 – 27      **Cost:** \$75.00  
**Time:** 8:30 a.m. – 12:30 p.m.  
**Location:** Lincoln Hancock School Pool  
**Age:** Boys and Girls ages 10 – High School  
**Director:** Yvonne Boness, Eastern Mass. Swim Official, M.I.A.A. Tournament Director

This clinic will emphasize the refinement of competitive skills and exposure to a number of different types of training. Strokes (free style, backstroke, butterfly, and breaststroke). Starts and turns will also be covered. This is not a learn-to-swim program. All applicants must be able to swim\* and acclimate themselves to the rigors of training. \* Must have Red Cross Level IV or Y.M.C.A. Fish.

## Tennis – High School Advanced

**Dates:** August 23 – 27      **Cost:** \$60.00  
**Time:** 9:00 a.m. – 12:00 Noon  
**Location:** Q.H.S. Tennis Courts  
**Age:** Boys and Girls entering Grades 10 – 12  
**Directors:** Meghan Matthews, Girls Varsity Tennis Coach, Q.H.S.



The High School Advanced program is for children who have at least one year of high school tennis.

## Tennis – Middle & Elementary

**Dates:** Middle #1 – June 28 – July 2      **Cost:** \$75.00  
Middle #2 – July 26 – 30  
Elementary #1 – July 19 – 23  
Elementary #2 – August 16 – 20



**\*\*Initial Registration for One Week Only. \*\***

**Time:** 8:30 a.m. – 12:30 p.m.  
**Location:** Bishop Field Tennis Courts  
**Rain Site:** Montclair Elementary School  
**Age: Middle** – Boys and Girls entering Grades 6 – 9  
**Elementary** – Boys and Girls entering Grades 3 – 5  
**Director:** Meghan Matthews, Girls Varsity Tennis Coach, Q.H.S.

Fundamental drills on groundstrokes, volleying and serves, as well as, strategies on singles and doubles will be taught. Conditioning and strength training will also be discussed. Participants should have their own rackets.

## T.V. Production Workshop

**Dates:** August 16 – 20      **Cost:** \$75.00  
**Time:** 9:30 a.m. – 1:30 p.m.  
**Location:** Q.A.T.V. 8 Studio, 88 Washington St.  
**Age:** Boys and Girls entering Grades 7 – 9  
**Director:** Mark Crosby, Q.A.T.V. Staff



The participants will be taught the basic techniques of television production including camera operation, editing, scripting, and studio instruction. Participants will produce a S-VHS Program that will be cablecast on Quincy Access Television, Channel 8.

## Track, Field and Distance

**Dates:** July 26 – 30      **Cost:** \$75.00  
**Time:** 8:00 a.m. – 12:00 Noon  
**Location:** Cavanaugh Stadium, Birch Street  
**Age:** Boys and Girls 7 – 14 years old  
**Director:** Geoff Hennessey, Head Track Coach, Q.H.S./N.Q.H.S., and Quincy Track Club



This clinic provides a hands-on learning environment focusing on the basic fundamentals of sprinting, relay racing, hurdling, distance running, and all field events. Athletes will have daily lectures on training, diet and nutrition, sports psychology, rules and regulations, and sports medicine.

## Volleyball – Coed

**Dates:** August 23 – 27      **Cost:** \$75.00  
**Time:** 8:30 a.m. – 12:30 p.m.  
**Location:** North Quincy High School  
**Age:** Boys and Girls entering grades 6 – 12  
**Director:** Kerry Ginty, Head Girls Volleyball Coach, N.Q.H.S.



This clinic will include a wide variety of individual skills from defense to offense. Beginning players will focus on passing and serving. Advanced players will concentrate on attack. Competition experiences of doubles, triples, and 6 on 6 will highlight the clinic.