

Mayor Thomas P. Koch, the Quincy City Council, and the Park and Recreation Board invite your family to participate in the enclosed 2011 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, for further information.

Thomas P. Koch Mayor Barry J. Welch Director of Recreation

<u>REGISTRATION INFORMATION</u> OuincyRec.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 16, 2011, 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 17, 2011

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 6, 2011 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 2011 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

2011 SUMMER CLINIC REGISTRATION

CHILD'S	S NAME:					
ADDRES	SS:	ZIP:				
D. Of B.:		GRADE IN FALL	:BOY:	GIRL:		
PARENT	S'S NAME:					
HOME #	:	CELL	#:			
E-MAIL	ADDRESS:					
	ENCY CONTACT					
	OUR CHILD HAVI O BE AWARE OF?					
Quincy as well damages for pe from any recreat possible an atte	as the Recreation Department, ersonal injuries and disability the ation program. I give permission	its agents, contractors, employers my child or I may sustain of the formedical treatment to be cate with me prior to the use of the	yees, and volunteers from an r incur as a result of particip given if needed. I understar f this permission. I also give			
	(SIGNATURE)		_	(DATE)		
withdraw is ma starting date. T writing and rec	r: The Department will issue Fu ade in person or in writing and in the Department will issue One received by the Recreation Depart OT refundable after the clinic or	is received by the Recreation I Half Payment Refunds to partment After the Full Week De	Department One Full Week rticipants if the request to wi eadline and Prior to the time	prior to the clinic/workshop thdraw is made in person or in the clinic or workshops begins.		
*****	**************************************	RECREATION DEPARTM		******		
FEE \$	PAID IN FULL	CHECK #	RECEIVED BY			
DEMARKS				DATE		

June	ketball – Boys e 27 – July 1 ering Grades 4 – 9	Time: 8:00 a.m. – 12:00 Noon Cost: \$80.00	Arts & Crafts August 1 – 5 7 – 12 yrs old	Time: 8:30 a.m. – 12:30 p.m. Cost: \$75.00* (* Plus-\$3.00/Day
June	cer – Girls e 27 – July 1 ering Grades 3 – 9	Time: 8:00 a.m. – 12:00 Noon Cost: \$80.00	Lacrosse – Girls August 1 – 5 Entering Grades 4 – 9	Time: 8:00 a.m. – 12:00 Noon Cost: \$80.00
June	nis – Elementary #1 e 27 – July 1 ering Grades 3 – 5	Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00	T.V. Production August 1 – 5 Entering Grades 7 – 9	Time: 9:30 a.m. – 1:30 p.m. Cost: \$80.00
July	ketball – Girls 5, 6, 7, 8 ering Grades 4 – 9	Time: 8:00 a.m. – 12:00 Noon Cost: \$64.00	Tennis – Middle School # August 1 – 5 Entering Grades 6 – 9	1 Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00
July	rosse – Boys 5, 6, 7, 8 ering Grades 3 – 9	Time: 8:30 a.m. – 1:30 p.m. Cost: \$80.00	Baking & Decorating #2 August 8 – 12 10–14 years old	Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00
	nce 11 – 15 14 years old	Time: 9:00 a.m. – 12:30 a.m. Cost: \$80.00	Baseball August 8 – 12 9 – 11 years old	Time: 9:00 a.m. – 1:00 p.m. Cost: \$80.00
July		Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00	Golf August 8 – 12 Entering Grades 7 – 9	Time: 6:30 a.m. – 10:30 a.m. Cost: \$80.00
July		Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00	Tennis – Middle School # August 8 – 12 Entering Grades 6 – 9	Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00
July		Time: 1:00 p.m 3:00 p.m. Cost: \$80.00	Cheerleading August 15 – 19 7 - 14 years old	Time: 8:00 a.m. – 12:00 Noon Cost: \$80.00
July		ng Fime: 8:30 a.m. – 11:00 a.m. Cost: \$85.00	Rock Climbing #2 Mornin August 15, 16, 17 10 – 14 years old	ng Time: 8:30 a.m. – 11:00 a.m. Cost: \$85.00
July	k Climbing #1 Mid-da 18, 19, 20 - 14 years old	Time: 11:15 a.m. – 1:45 p.m. Cost: \$85.00	Rock Climbing #2 Mid-da August 15, 16, 17 10 – 14 years old	Time: 11:15 a.m. – 1:45 p.m. Cost: \$85.00
July	k Climbing #1 Aftern 18, 19, 20 eturning Climbers 10–1	oon* Time: 2:00 p.m. – 4:30 p.m. 4 yrs Cost: \$85.00	Rock Climbing #2 Afterno August 15, 16, 17 * Returning Climbers 10 –	oon* Time: 2:00 p.m. – 4:30 p.m. 14 yrs. old Cost: \$85.00
July	cer – Boys 25 – 29 ering Grades 3 – 9	Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00	Swimming – Competitive August 15 – 19 10 years old – High School	Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00
July		Time: 8:00 a.m. – 12:00 Noon Cost: \$80.00	Tennis – Elementary #2 August 15 – 19 Entering Grades 3 – 5	Time: 8:30 a.m. – 12:30 p.m. Cost: \$80.00
			Volleyball, Coed Entering August 22 – 26	Grades 6 – 12 Cost: \$80.00 Time: 8:30 a.m. – 12:30 p.m.

2011 Clinics & Workshop - Please Check ✓ Each Clinic/Workshop that you are entering.

Arts and Crafts

Date: August 1 - 5 Cost: \$75.00*

Time: 8:30 a.m. - 12:30 p.m.

Location: Community Room, Richard J. Koch

Complex, Merrymount Park

Age: Boys and Girls 7 - 12 years old

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 11 – 15 **Cost:** \$80.00

Week #2 August 8 – 12

**Initial Registration for One Week Only. **

Time: 8:30 a.m. – 12:30 p.m.

Location: O.H.S. Culinary Arts Kitchen Age: Boys and Girls 10 - 14 years old

Director: Jacqui Niosi, Local business owner,

Former 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

Date: August 8 - 12 Cost: \$80.00

Time: 9:00 a.m. – 1:00 p.m.

Location: Pageant Field, Merrymount Park

Age: Boys 9 - 11 years old

Director: Pat Bryan, 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: June 27 – July 1 Cost: \$80.00

Time: 8:00 a.m. - 12:00 Noon

Location: North Quincy High School **Age:** Boys Entering Grades 4 - 9

Director: Kevin Barrett, Head Boys Basketbal

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 5, 6, 7, 8 Cost: \$64.00

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: August 15 - 19 **Cost:** \$80.00

Time: 8:00 a.m. – 12:00 Noon **Location:** Atlantic Middle School

Age: 7 - 14 years old

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: July 11 - 15 **Cost:** \$80.00

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: August 8 - 12 **Cost:** \$80.00

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, former 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 5, 6, 7, 8 **Cost:** \$80.00

Time: 8:30 a.m. – 1:30 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

Time: 8:00 a.m. – 12:00 Noon

Location: Veteran's Memorial Stadium

Age: Girls entering Grades 4-9

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.

Musical Theater

Date: July 18 – 29 **Cost:** \$80.00

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:** Brendan Ryan, Bachelor of Arts, U. Mass-Amherst, Director of local productions

"Lights, Camera, Action"- Come join us for a musical theater adventure! Participants will be introduced to the art of set, props, 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 29, 2011.

Rock Climbing - Six Sessions!

Date: Week #1 – July 18, 19, 20 **Cost:** \$85.00

Week #2 – August 15, 16, 17 Cost: \$85.00

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

Date: July 25 - 29 **Cost:** \$80.00

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

Date: June 27 – July 1 **Cost:** \$80.00

Time: 8:00 a.m. – 12:00 Noon

Location: Veteran's Memorial Stadium

Age: Girls entering Grades 3-9

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

Softball

Date: July 18 – 22 **Cost:** \$80.00

Time: 8:30 a.m. - 12:30 p.m.

Location: Mitchell/McCoy Field, Merrymount Park

Age: Girls entering Grades 3-9

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 15 – 19 **Cost:** \$80.00

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 - Middle & Elementary

Date: Middle #1 – August 1 – 5 **Cost:** \$80.00

Middle #2 – August 8 – 12 Elementary #1– June 27 – July 1

Elementary #2 – August 15 - 19

**Initial Registration for One Week Only. **

Time: 8:30 a.m. – 12:30 p.m.

Location: Quincy High School Tennis Courts

Rain Site: Quincy High School Gym

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 must have their own rackets.**

T.V. Production Workshop

Date: August 1 - 5 **Cost:** \$80.00

Time: 9:30 a.m. – 1:30 p.m.

Location: Q.A.T.V. 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 an S-VHS Program that will be cablecast on Quincy Access Television, Channel 8.

Track, Field and Distance

Cost: \$80.00

Date: July 25 – 29

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

Date: August 22 – 26 **Cost:** \$80.00

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.