

Quincy Recreation



2011



Sports & More

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

“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 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 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)

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.

RECREATION DEPARTMENT USE ONLY

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

REMARKS _____ **DATE** _____

2011 Clinics & Workshop - Please Check

Each Clinic/Workshop that you are entering.

Basketball – Boys
June 27 – July 1 Time: 8:00 a.m. – 12:00 Noon
Entering Grades 4 – 9 Cost: \$80.00

Soccer – Girls
June 27 – July 1 Time: 8:00 a.m. – 12:00 Noon
Entering Grades 3 – 9 Cost: \$80.00

Tennis – Elementary #1
June 27 – July 1 Time: 8:30 a.m. – 12:30 p.m.
Entering Grades 3 – 5 Cost: \$80.00

Basketball – Girls
July 5, 6, 7, 8 Time: 8:00 a.m. – 12:00 Noon
Entering Grades 4 – 9 Cost: \$64.00

Lacrosse – Boys
July 5, 6, 7, 8 Time: 8:30 a.m. – 1:30 p.m.
Entering Grades 3 – 9 Cost: \$80.00

Dance
July 11 – 15 Time: 9:00 a.m. – 12:30 a.m.
7 – 14 years old Cost: \$80.00

Baking & Decorating #1
July 11 – 15 Time: 8:30 a.m. – 12:30 p.m.
10 – 14 years old Cost: \$80.00

Softball
July 18 – 22 Time: 8:30 a.m. – 12:30 p.m.
Entering Grades 3 – 9 Cost: \$80.00

Musical Theater
July 18 - 29 Time: 1:00 p.m. - 3:00 p.m.
8 – 14 years old Cost: \$80.00

Rock Climbing #1 Morning
July 18, 19, 20 Time: 8:30 a.m. – 11:00 a.m.
10 – 14 years old Cost: \$85.00

Rock Climbing #1 Mid-day
July 18, 19, 20 Time: 11:15 a.m. – 1:45 p.m.
10 – 14 years old Cost: \$85.00

Rock Climbing #1 Afternoon*
July 18, 19, 20 Time: 2:00 p.m. – 4:30 p.m.
* Returning Climbers 10–14 yrs Cost: \$85.00

Soccer – Boys
July 25 – 29 Time: 8:30 a.m. – 12:30 p.m.
Entering Grades 3 – 9 Cost: \$80.00

Track, Field & Distance
July 25 – 29 Time: 8:00 a.m. – 12:00 Noon
7 - 14 years old Cost: \$80.00

Arts & Crafts
August 1 – 5 Time: 8:30 a.m. – 12:30 p.m.
7 – 12 yrs old Cost: \$75.00* (* Plus-\$3.00/Day)

Lacrosse – Girls
August 1 – 5 Time: 8:00 a.m. – 12:00 Noon
Entering Grades 4 – 9 Cost: \$80.00

T.V. Production
August 1 – 5 Time: 9:30 a.m. – 1:30 p.m.
Entering Grades 7 – 9 Cost: \$80.00

Tennis – Middle School #1
August 1 – 5 Time: 8:30 a.m. – 12:30 p.m.
Entering Grades 6 – 9 Cost: \$80.00

Baking & Decorating #2
August 8 – 12 Time: 8:30 a.m. – 12:30 p.m.
10–14 years old Cost: \$80.00

Baseball
August 8 – 12 Time: 9:00 a.m. – 1:00 p.m.
9 – 11 years old Cost: \$80.00

Golf
August 8 – 12 Time: 6:30 a.m. – 10:30 a.m.
Entering Grades 7 – 9 Cost: \$80.00

Tennis – Middle School #2
August 8 – 12 Time: 8:30 a.m. – 12:30 p.m.
Entering Grades 6 – 9 Cost: \$80.00

Cheerleading
August 15 – 19 Time: 8:00 a.m. – 12:00 Noon
7 - 14 years old Cost: \$80.00

Rock Climbing #2 Morning
August 15, 16, 17 Time: 8:30 a.m. – 11:00 a.m.
10 – 14 years old Cost: \$85.00

Rock Climbing #2 Mid-day
August 15, 16, 17 Time: 11:15 a.m. – 1:45 p.m.
10 – 14 years old Cost: \$85.00

Rock Climbing #2 Afternoon*
August 15, 16, 17 Time: 2:00 p.m. – 4:30 p.m.
* Returning Climbers 10 – 14 yrs. old Cost: \$85.00

Swimming – Competitive
August 15 – 19 Time: 8:30 a.m. – 12:30 p.m.
10 years old – High School Cost: \$80.00

Tennis – Elementary #2
August 15 – 19 Time: 8:30 a.m. – 12:30 p.m.
Entering Grades 3 – 5 Cost: \$80.00

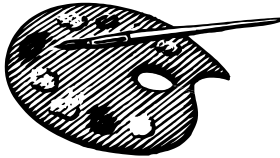
Volleyball, Coed Entering Grades 6 – 12 Cost: \$80.00
August 22 – 26 Time: 8:30 a.m. – 12:30 p.m.

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: Q.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 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 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.



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.

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.



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

Date: August 1 - 5

Cost: \$80.00

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

Date: July 25 – 29

Cost: \$80.00

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

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.