

# NORWICH RECREATION

802-649-1419 Ext. 5 **Youth Basketball \*plus** Late Fall '16 / Early Winter '17

\*Basketball OFFICIATING Clinic, HOLIDAY ART GIFT - MAKING WORKSHOP, Youth YOGA note, FENCING, TABLE TENNIS, CIRCUS '17 Alert, Local SKI/SNOWBOARD Options, HALLOWEEN events, ADULT FITNESS, YOGA & Pa Kua Chang KUNG FU, many THANKS & RECREATION COUNCIL Members

## Register now at: [www.norwich.vt.us](http://www.norwich.vt.us) Departments / Recreation / On-Line Registration

Check on-line at same site for **Norwich Recreation Guidelines**. Registration for all **3<sup>rd</sup> - 6<sup>th</sup> Grade Basketball** should be completed by **Thursday, Nov. 3<sup>rd</sup>** in order to help us set up appropriate sized teams and to avoid an extra \$10 charge. Note that although we'll do our best to make it work, we cannot guarantee we'll be able to fit children onto a team after 11/7, once practices begin. For **1<sup>st</sup> & 2<sup>nd</sup> Grade Basketball** please register by **Dec. 1<sup>st</sup>**. Mastercard & Visa are accepted on-line. If you prefer to pay by **check, (payable to "Town of Norwich - Recreation")**, you can register on-line and either drop a check off at Tracy Hall or mail it to: P.O. Box 1137, Norwich, VT 05055. **If assistance is required for on-line registration please contact Jill @ 649-1419 x.5**. She can set up an account with/for you in the Recreation office upstairs in Tracy Hall. Please register early to help us provide better programs.

### 3<sup>rd</sup> - 6<sup>th</sup> Grade YOUTH BASKETBALL

The focus of our program is maximum individual and team skill development within a player friendly, fun environment. Knowledgeable, caring coaches will guide players to improve, while gaining a love of the game. With practices as our program base, beginning in December games will be played with other equivalent grade level teams from area towns.

**SEASON: All practices begin the week of Monday, Nov. 7<sup>th</sup>, 2016 and run through Feb. 17<sup>th</sup>, 2017**

**LOCATION: Marion Cross School Gym** Please bring a clean pair of athletic shoes to wear.

**FEE: \$68**, plus **\$30** for a Norwich navy & white uniform if player does not already have one. You can order a jersey (\$20), shorts (\$13) or both (\$30) on-line when registering. They are available for pick-up in the Recreation Office upstairs in Tracy Hall. They will be usable throughout the year for all Norwich Recreation sports that don't supply an alternative uniform. **Mouth Protectors strongly recommended** - available for purchase through the Recreation office for **\$2**. Players can bring their own (labeled) intermediate (28.5) size basketball to practice but otherwise we will provide balls. Sat. practices may be added for some teams.

<u>Team</u>	<u>Practice Days / Times</u>	<u>Coach(es)</u>
<b><u>3<sup>rd</sup>/4<sup>th</sup> Girls</u></b>	Tuesdays & Thursdays 3:30 - 4:45pm	Bruce & Marcia Williams (649-2863), Sarah Martin & Amy Patton
<b><u>5<sup>th</sup>/6<sup>th</sup> Girls</u></b>	Tuesdays & Thursdays 5 - 6:30pm	John Lobb (649-2770)
<b><u>*3<sup>rd</sup>/4<sup>th</sup> Boys</u></b>	*Wednesdays 4 - 5pm <b>OR</b> 5 - 6pm & Fridays 5 - 6:15pm	Robb Cramer (802-369-9328), Cathy Welder (336-655-5408), Tony Daigle, Michelle Ollie, Julie Stevenson & John-Mike Taylor

**\*PLEASE NOTE - explanation of the "OR" in the Boys' times listed:** We are guesstimating that we will have two teams for both 3/4 Boys & 5/6 Boys. If this happens our priority will be splitting them into two equal teams, ability-wise. This follows our 'Upper Valley Recreation Association' Guidelines and we feel it will give players the best possible experience. Sorry but **we cannot honor requests** for a certain coach or time slot.

For the **first week**, all male players should plan to **attend at 5pm for the weekday practices and at 9am on Sat., Nov. 12<sup>th</sup> for the 5/6 Boys**, unless your Coach tells you differently. Coaches will be in touch to advise families of the exact practice times once we know our final numbers. We apologize for the inconvenience of not knowing immediately. A final decision will be made by Nov. 10<sup>th</sup> regarding the number of teams at which time we will get word out to confirm practice times going forward.

**\*5<sup>th</sup>/6<sup>th</sup> Boys** \*Mondays, 3:15 - 4:45pm **OR** 5 - 6:30pm & \*Saturdays, 9am - 10:30am **OR** 10:30am - Noon  
Coaches: John Girard (649-1173) & Joel Stettenheim, Brian Lucas (312-213-6713) & Matt Duncan

**NEEDED:** Basketball **OFFICIALS** for games after school and Saturdays in December, January and February.  
Special Note to Parents & HS Students - **Please attend** the clinic below, and then make some \$ with this flexible job!

## **FREE Youth Basketball Officiating Training Clinic**

If you attend the Officiating Clinic, please call 649-1419 x.5 to help us and officiate some Norwich games.

**Sunday, December 4<sup>th</sup> from 1 - 2pm @ the Dothan Brook School Gym** (Route 5 in Wilder, VT)

Offered through Hartford Rec. Dep't **Call 295-5036** to confirm details Register on-line by Dec. 2nd at: hartfordrec.com

**Instructor: Dan Pause** This FREE Clinic is designed to give young or first time basketball officials the framework for getting started. The clinic provides participants with an overview of the sport, including pregame and postgame expectations, basic signaling, penalty enforcement and application. Officials are introduced to positioning expectations for games. For ages 15 +

### **IMPORTANT Notes for 3<sup>rd</sup> - 6<sup>th</sup> Grade BASKETBALL Players & Parents:**

- 1) **The season begins Monday, November 7<sup>th</sup>, 2016** and runs until February 17<sup>th</sup>, 2017. Occasionally teams also participate in an optional tournament during the season or over the February break.
- 2) Regular practices and games will **NOT be held when school is closed, on vacations & snow days. No practices on Nov. 11<sup>th</sup>, Nov. 23<sup>rd</sup> - 25<sup>th</sup>, \*Dec. 22<sup>nd</sup> - Jan. 2<sup>nd</sup> & Jan. 16<sup>th</sup>**, BUT check with coaches about potential midday practices over December vacation. On 11/18 for the Parent/Teacher Conference day, practices will be held at their regularly scheduled times.
- 3) The school district administrators decide if cancelling after school games is necessary on days when weather worsens. If your team has a practice immediately after school on such days, your coach will advise you via e-mail whether it is on or not. On weekdays, we will notify the school an hour before dismissal if there are basketball cancelations. Students should be told in class.
- 4) See coaches regarding practice schedule & location from **Dec. 12<sup>th</sup> - 14<sup>th</sup>** when the **MCS Gym is unavailable** due to Holiday Concerts. Some **practices will be held in the Tracy Hall Gym on these days.**
- 5) **Games** will begin in December. 3<sup>rd</sup>/4<sup>th</sup> grade teams will play approx. 1 game/week; 5<sup>th</sup>/6<sup>th</sup> grade teams will play approx. 2 games/week. Games will be between 3:30 & 7pm on weekdays and some Saturdays as well. We will play other Upper Valley area teams in a Home & Away format.
- 6) Please **avoid Parking in the MCS 'bus' driveway from 2:45 - 3:30pm**, and on **Wednesdays from 2 - 2:30pm.**
- 7) The Recreation Department cannot provide **transportation** to and from 'away' athletic events. This must be handled by the adults involved if our program is to succeed. When you register your child for participation on a team, please understand that it is your responsibility to get your child to 'away' contests.
- 8) **Scholarships** - If your family qualifies for the free school lunch program Norwich Recreation will waive the basketball program fee for residents. For further information contact Jill at 649- 1419 x. 5. All correspondence will be kept confidential.
- 9) **Non-Residents** may join our Basketball program **if** their town/school does not offer a program and if the #'s work to add more participants Non-Resident Basketball Fee: \$110, which includes uniform.
- 10) Please visit our web site after Thanksgiving at "<http://www.norwich.vt.us>" for **game schedules & directions** to other schools.
- 11) The Recreation Department will try to accommodate people with disabilities who would like to participate in our program according to **ADA** regulations. If you need an accommodation, please notify us at least a week before the program begins.
- 12) We reserve the right to **combine/split groups** if #'s warrant it, with potential adjustments in practice days &/or times.

### **1st & 2<sup>nd</sup> Grade BASKETBALL - On-line registration opening by Nov. 1st for this program**

Introductory basketball-handling skills will be taught through lead-up games and activities. Lots of individual skills practice will happen amidst the fun. The number one goal is for all participants to be introduced to the sport in a friendly atmosphere. Our 8 foot hoops welcome success. Mouth protectors are recommended but not mandatory. Uniforms are not required for this age group, however our royal blue Norwich T-shirts tend to make players feel like part of the team. These are an optional (\$13) purchase from the Recreation Department. If you have your own (labeled) Junior sized basketball, bring it along. Please bring a pair of clean athletic shoes to wear in the school gym. **Please register by 12/1. Assistants welcome.** Volunteer on-line.

**LOCATION:** Marion Cross School Gym **FEE:** \$45; Non-Res.: \$50 **Min # 6; Max # 20**

**Note** that the Girls' will be a combined 1st/2nd Grade team while the Boys will have separate practices for 1st & 2nd Grades...

**1st & 2<sup>nd</sup> Grade GIRLS' DAY / TIME / SEASON:** Fridays, 3:30 - 4:30pm / 12/2, 12/9 & 12/16 & 1/6 - 2/17

1st & 2<sup>nd</sup> Grade GIRLS' COACHES: Bruce & Marcia Williams (649-2863)

**1st Grade BOYS' DAY / TIME /SEASON:** Wednesdays, 2:30 - 3:30pm / Dec. 7<sup>th</sup> & 21<sup>st</sup>, '16 then 1/4 - 2/15

(Gym unavailable due to Holiday show on 12/14) **HELP! - Registration cannot open until we find a Coach.**

1st Grade BOYS' COACH: **YOU?** We desperately need a coach or two for this team. Please call Jill @ 649-1419 x.5

**2nd Grade BOYS' DAY / TIME / SEASON:** Saturdays, 4 - 5pm / Dec. 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> then Jan. 7<sup>th</sup> - Feb. 11<sup>th</sup> '17

2nd Grade BOYS' COACHES: Philip McCaull (649-1972) & Matt Duncan (649-7077)

## HOLIDAY ART GIFT - MAKING WORKSHOP

**DAY/DATE/TIME:** Friday, December 9th, 3:30pm - 5:30pm      **FOR:** 3rd - 6th Grade Students; Coed

**LOCATION:** Marion Cross School ART Room

**\*FEE:** \$25; Non-Residents: \$30 \*includes all materials for 2 - 4 handmade wrapped gifts, including tags.

**INSTRUCTOR:** Nicole Butters ([nsbd123@gmail.com](mailto:nsbd123@gmail.com) or 649-0213), an experienced, certified Elem. School Teacher, Artist and mother of four. Nicole has taught multiple Art Camps, Outdoor Education and After School Programs. Michele George may assist. Do you love to create and make special gifts for friends and family? Join us for holiday gift-making fun! Max # 20

**Late Fall Youth Yoga is FULL.** For those already signed up, it runs on **Wednesdays, Nov. 2nd - Dec. 14th; 2:30 - 3:30pm** in the Tracy Hall Gym No class 11/23 **INSTRUCTOR:** Michele George ([msgorge.yoga@gmail.com](mailto:msgorge.yoga@gmail.com) or C# 603-306-2428) Bring a yoga mat and plan on bare feet, and clothing that comfortably allows movement/stretching.

**FENCING** continues for ages 10 & up - Monday & Wednesday evenings in the Tracy Hall Gym

**COORDINATORS:** Paul Horak (802-649-3735) & Ralph Hoehn ([UpperValleyFencingClub@gmail.com](mailto:UpperValleyFencingClub@gmail.com))

Check their website for more information - [www.UpperValleyFencingClub.com](http://www.UpperValleyFencingClub.com)

**COED TABLE TENNIS** for 5th Grade players - adults continues on \*Wednesday evenings, 6:45pm - 9pm in the Marion Cross School Gym \*Will not meet on 11/23 **Register & pay on site at class.** Drop-in basis

**COORDINATORS:** Doug Haynes, 10 years of experience as a certified USATT coach (603-643-2178) & Doug Hill [Douglas.Haynes@Dartmouth.edu](mailto:Douglas.Haynes@Dartmouth.edu) or [Douglas.P.Hill@Dartmouth.EDU](mailto:Douglas.P.Hill@Dartmouth.EDU) **FEE: \$2/night; \$1 for Students; Non-Res.: \$3/\$2**

**CIRCUS NEWS !!!** Save the dates & register EARLY for our Summer CIRCUS CAMP 2017.

Two sessions: 1) **July 10th - 21st** & 2) **July 24th - August 4th** Held in the Marion Cross School Give your child an unforgettable, experiential gift they can look forward to, & then remember forever.

For ages 8+, but must also have completed 2nd Grade. **On-line Registration will open Dec. 1st @ Noon.** Participants MUST PAY at least the Deposit amount to have their spot reserved. Once paid in full, participants become officially registered with their spot secured.

**LOCAL SKI & SNOWBOARD PROGRAMS** - For Ford Sayre program options go to: <http://www.fordsayre.org>  
For Whaleback programs go to [www.Whaleback.com](http://www.Whaleback.com) & check out their 'Core Team' @ [www.whalebackcoreteam.com](http://www.whalebackcoreteam.com)

## **HALLOWEEN CELEBRATION**

**Monday, October 31<sup>st</sup> 3:15 - 4:45pm** in front of the **Norwich Inn**

FREE • Come in costume • Refreshments • Face & nail painting  
Fun & Games • A family event - All Welcome!

Co-Sponsored by the Norwich Inn and Norwich Recreation Council  
& then immediately following,

Visit **The HAUNTED HOUSE if you dare!** @ the Grange Hall on Main Street

Monday, October 31<sup>st</sup> from **4:45 - 7pm** FREE & open to all ages, however...

Parental accompaniment suggested/needed for young children. Sponsored by the American Legion-Lyman F. Pell Post # 8 & Boy Scout Troop # 253, as well as community members. After visiting the Haunted House, or just while out Trick or Treating, stop by the Fire Station (behind the Grange) **after 4:45pm for a quick FREE dinner for the kids!**

## ADULT PROGRAMS

Register @ [www.norwich.vt.us](http://www.norwich.vt.us) Departments / Recreation "On-Line Registration" for first 2 programs.

### AIMEE'S Late Fall BOOTCAMP for Ultimate FITNESS

**SEASON:** Nov. 2nd - Dec. 23rd No classes on 11/11, 11/23, 11/25 & 12/2

**LOCATION:** Tracy Hall Gym (except on 11/4 & 11/7, when class is downstairs in Tracy Hall Multi-purpose room)

**DAYS / TIMES / CLASS FORMAT:** **Monday** 8:15-9am - TRX, then 9:15-10am - Tabata; **Wednesday** 8:15-10am - Tabata style circuit that participants can pop in and out of as they wish if their time is limited; **Friday** 8:15-9am - AimeeX, a safe alternative to Crossfit workouts (equipment provided) **FEE: \$150;** Non-Residents: \$165

**INSTRUCTOR:** Aimee Goodwin; Certified Tabata Boot Camp Instructor & NASM Certified Personal Trainer (603-443-2643 or 649-3104 or [aimee970@gmail.com](mailto:aimee970@gmail.com)) **DESCRIPTION:** Get ready to feel your best ever! Classes are

intense, but adaptable for all fitness levels. Tabata Bootcamp is high-intensity interval training (HIIT) where strength and cardio moves are combined to create a short yet efficient all over body workout using minimal equipment to high energy music. 25 minutes of targeted intervals, followed by 20 minutes of a focused core set and stretching. TRX is suspension training targeting major muscle groups and working the core simultaneously (equipment provided).

### YOGA with MICHELE GEORGE

**SEASON:** Ongoing through December 15th **LOCATION:** Tracy Hall No classes on 11/24 & 11/27

**INSTRUCTOR:** Michele George, M.Ed., ([margeorge.yoga@gmail.com](mailto:margeorge.yoga@gmail.com)) or C# 603-306-2428

**FEE: 10 class pass:** Residents: **\$140;** Non-residents: \$150 **\*Drop-in rate: \$16** or \$13 for Students & Seniors

\*Drop-ins for ALL classes must be cash or checks payable to Town of Norwich - Recreation. Classes on Tuesday & Thursday mornings, 8:45-10am, as well as a Sundays, 8:30 - 9:45am See **class details on-line**. Ongoing registration

### PA KUA CHANG KUNG FU

A class in the Art of Pa Kua Chang Kung Fu **TAUGHT** by Glenn Gurman, a Martial Arts expert with 40+ years' experience (649-1616 or [enlightenedhealthcare@gmail.com](mailto:enlightenedhealthcare@gmail.com)) **FEE: \$60/month;** **Non-Residents: \$66/month**

Ongoing through Dec. 30th **Fridays, 6 - 8pm** NO class 11/25 **Register & Pay at class.**

**LOCATION:** the **Marion Cross School Multi-purpose Room** but Nov. 11, Dec. 23 & 30th classes are in Tracy Hall

## THANK-YOU !!!

We thank ALL who generously contributed to our Scholarship Fund while registering on-line this past year!

Get ready for an awesome rink on the Green this winter season. We just received a fabulous new, big, commercial grade rink liner, along with a few other items to improve the skating rink **thanks to a "Norwich Women's Club"** grant.

A heartfelt thank-you also goes out to all our **Wonderful Volunteer SOCCER COACHES:** David Barlow, Chris Brien, Justin Campfield, Trip Davis, Amy Downard, Laura Duncan, Paul Foster, Ryan Gardner, John Gentine, Rob Johnson, John Lobb, Todd MacKenzie, Rebecca Reed, Jeffrey Ruoff, Martin Scanlan, Sam Strohbehn, Bill Tine, Rick Wilson, and our **Awesome Labor Day Race Volunteers** & John Girard, Joe Galanes & Randy for officiating Soccer games!

& what about the new **Huntley Meadow Bike Pump Track!** It could never have happened without **Gered Dunne's** vision and energy or **Graham Webster's** incredibly generous donations of materials, machines and time. Thanks also to all the individuals and families who came out to volunteer on September 17th and actually made it all happen.

**Questions / Suggestions for the Recreation Department?** Please talk to **Norwich Recreation Council Members:**

Laura Duncan - President; Chris Clapp - Vice-President, Amy Tuller - Secretary, Jill Collins, Gered Dunne, Kristin Fauci, Ryan Gardner, Rebecca Matteo, John Girard, Page Tompkins & Jill Kearney Niles - Director