

# NORWICH RECREATION LATE FALL '18 PROGRAMS

Recreation@norwich.vt.us

802-649-1419 Ext. 5

## Register 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**. Please register early to help us provide a better program. Registration for all **3<sup>rd</sup> - 6<sup>th</sup> Grade Basketball** should be completed by Monday, Nov. 5<sup>th</sup> in order to help us set up appropriate sized teams and to avoid an extra \$10 charge. 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.

We would like to thank everyone who donated to the "John Girard Fund". Close to \$23,000 has been received and the extended Girard family decided to pay for the \$10,000 installation of two new side basketball hoops in the Marion Cross School (Girard) Gymnasium. These will be enjoyed by all Norwich students/basketball players for generations to come. There are many more ideas of how to best honor Mr. G that are being pursued. If you have not yet donated to the fund and would like to, checks can be made out to: Town of Norwich - Recreation, with "John Girard Fund" on the memo line. Checks can be dropped off at Tracy Hall or mailed to: Norwich Recreation P.O. Box 1137, Norwich, VT 05055.

## **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. Held in the **Marion Cross School Gym Practices begin Wednesday, Nov. 7<sup>th</sup>, '18 & thereafter**, and run through 2/15, 2019. Please bring a **clean pair of athletic shoes**. **FEE: \$72**, 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 Rec. 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 Rec. office for \$2. Players can bring their own (labeled) intermediate (28.5) size basketball to practice but otherwise we will provide balls.

### **TEAM**

### **Practice DAYS / TIMES**

**3<sup>rd</sup>/4<sup>th</sup> Girls** - Sadly, we are currently not planning to have a team due to very low interest & # projection. Please contact Jill immediately (Recreation@norwich.vt.us) if your daughter wishes to play, or if you could coach.

**5<sup>th</sup>/6<sup>th</sup> Girls** Mondays, 3:30pm - 5pm & Wednesdays, 2:30pm - 4pm **COACH:** Sarah Martin (603-359-0974)  
Assistant(s) Needed

**\*3<sup>rd</sup>/4<sup>th</sup> Boys** (1 or 2 teams) **1st practice on Thursday, Nov. 8<sup>th</sup> from 3:30pm - 5:30pm** with potentially 1 other joint practice, then Tuesdays & Thursdays, 3:30pm - 4:45pm **OR** if needed (2 teams), Mon. & Fridays, 5:15pm - 6:30pm  
**Head COACH:** Philip McCaull (603-252-9422) and Laura & Matt Duncan assisting. Another coach needed for M & F if we have 2 teams

**\*PLEASE NOTE - explanation of the "OR" in the Boys' times listed:** We are guesstimating that we will have two teams **for both 3/4 and 5/6 Boys**. If this happens our priority will be splitting them into two equal teams, ability-wise. This follows '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. All **players need to attend the first practice(s)**, as listed. Coaches will notify families which team they will be part of by Nov. 11<sup>th</sup>. E-mail updates will be sent out.

**\*5<sup>th</sup>/6<sup>th</sup> Boys** - (1 or 2 Teams) **1st TWO practices are on Wed., 11/7 from 4:15 - 6pm & Thurs., 11/8 from 5 - 6:30pm.**  
**Then either** Tuesdays & Thursdays 5:30 - 7pm **OR** Saturdays, 8:30am-10am & Wednesdays, 4:15 - 5:45pm  
**COACHES:** Brian Lucas (312-213-6713), Robb Cramer (802-369-9328), John Lobb (802-299-6922) & Cathy Welder (336-655-5408). Tony Daigle, Julie Stevenson & Michelle Ollie will also be Assistants for the 5/6 Boys teams

**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 for Ages 15+**

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

**Sun., Dec. 2nd from 1 - 2pm @ Dothan Brook School Gym** (Route 5 in Wilder, VT) Offered through Hartford Rec. Dep't. **Call 295-5036** to confirm details, or with questions. **Register on-line by Nov. 30th at: [hartfordrec.com](http://hartfordrec.com) / Register now / Sports, Adults / Basketball Officials' Clinic.** Create account to sign up for this FREE clinic. Instructor: Dan Pause This clinic is designed to give young or first time basketball officials the framework for getting started and to help any uncertified official get tuned up for the UVRA Youth Basketball season ahead. The clinic provides participants with an overview of the sport, including pre and postgame expectations, basic signaling, positioning, penalty enforcement and application.

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

- 1) **The season begins Wednesday, November 7th, 2018** and runs until February 15<sup>th</sup>, 2019. 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. 12<sup>th</sup>, Nov. 21st - 23rd, \*Dec. 24th - Jan. 1st & Jan. 21st.** \*BUT check with coaches about potential midday practices over December vacation. On Fri., 11/9 for the Parent Conferences Day, practices will be held at their regularly scheduled times. **No practices on Mon., Dec. 17th** due to the MCS Holiday Concert. Check with Coaches for further updates.
- 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 the school will be notified an hour before dismissal if there are basketball cancelations & students will be advised.
- 4) **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 teams.
- 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. Please contact the Recreation Director if this is impossible for your family.
- 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: \$115, 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.

### **YOUTH YOGA - NEW Late Fall Session!**

**FOR:** 4<sup>th</sup> - 6<sup>th</sup> Grade Students **Coed DAY / TIME / DATES:** Mondays, 3:30pm - 4:30pm Nov. 12th - Dec. 17th (6 weeks)

**LOCATION:** Tracy Hall GYM **FEE:** \$60; Non-Res.: \$66 Min # 8; Max # 18

**INSTRUCTOR:** Christina Tangredi ([christina.tangredi@gmail.com](mailto:christina.tangredi@gmail.com)) has been a regular practitioner of yoga since '06 & has completed her 500-hour training (2013). Her practice has been focused on the Ashtanga, Vinyasa, Power & Yin styles of Yoga. Christina is also a Nurse practitioner with both 1st Aid & CPR certification. Her lovely choreography, consideration of working the entire body and ability to challenge all levels are her trademarks. Her marvelously strong practice also provides an excellent example of beautiful positions/transitions to inspire participants.

**DESCRIPTION:** This program is geared toward tweens who are interested in experiencing the joys and health benefits of yoga. Each class will allow for the opportunity to work on strength and flexibility while relieving the stress of daily life. Youth yoga will focus on several fun and challenging yoga postures that are geared to build strength, flexibility, and confidence. Sessions will offer active asana (poses), balance work, breath work (pranayama), and relaxation. All levels welcome. Plan to practice in bare feet and clothing that comfortably allows movement /stretching. Please **BYO yoga mat.**

**NEW - MINI YOGA for 3, 4 & 5 year olds - "YOGANIMALS" (Bonus Parent registration included)**

**Sundays, 10:30am - 11am (30 minutes) \*Nov. 4th - Dec. 23rd \*No class on Nov. 25th (6 weeks) Coed**

**LOCATION: Held in the Tracy Hall Multi-purpose Room**

**FEE for full 6 week session for child (includes a parent): \$60; Non-Residents: \$66 Min # 4 children; Max # 10 children**

Come experience a great program to introduce your child to Yoga, with you by their side. Want to help your child get stronger, more flexible, build confidence, improve their balance and develop concentration, all while having fun? Christina's Yoga program is designed just for that! Get ready to experience foundational yoga poses (with animal themes) to develop a strong Yoga foundation; all paired with fun music. Participants will learn to work with their breath & body in new beneficial ways. Plan to practice in bare feet & clothing that comfortably allows movement /stretching. Please **BYO yoga mats.**

**INSTRUCTOR:** Christina Tangredi (christina.tangredi@gmail.com) has been a regular practitioner of yoga since '06 & has completed her 500-hour training (2013). Over the years, her practice has been focused on the Ashtanga, Vinyasa, Power & Yin styles of Yoga. Christina is also a Nurse practitioner with both 1st Aid & CPR certification.

**1st & 2nd Grade Coed BASKETBALL will begin in December '18 or January '19. Check our website for details mid-November.**

**We will be offering another BABYSITTER'S TRAINING COURSE with Sergeant J. Frank on Friday, March 8th '19 (Parent - Teacher Conference Day). On-line registration will open by Thanksgiving.**

## **HALLOWEEN CELEBRATION '18**

**Wednesday, October 31<sup>st</sup> 3pm - \*4:30pm**

**in front of the Norwich Inn FREE**

**Face-painting / Games / Come in costume! Delicious refreshments**

**Family event / Everyone welcome**

**Co-sponsored by the Norwich Inn and the Norwich Recreation Council**

**With support from Youth-In-Action**

**\*Immediately afterwards, any time after 4:30pm continue on across Main Street to enjoy these 2 other great FREE events offered by other Norwich organizations. Read on...**

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

**Wednesday, October 31<sup>st</sup> from 4:30 - 6:45pm**

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 & Community Members

**FREE hotdogs for Norwich Trick or Treaters will be provided by the Norwich Fire Department at the Fire Station behind the Grange beginning at 4:30pm, until the hotdogs run out.**

**Plus, the Norwich Public Library is hosting "Trunk or Treat" from 4 - 6pm for youngsters in the Library parking area-FREE**

Although not organized by Norwich Recreation, a cool new event taking place in Norwich to make note of or participate in...

**RUNNERS - An exciting new event is being offered right here in Norwich on Sunday, October 28th and will include 3 distance choices: Half Marathon, Marathon and Ultra (50K). For more info. about the race or to register, go to: [www.runthewitch.com](http://www.runthewitch.com)**

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

**COED TABLE TENNIS** for 5th Grade through Adult players, continues on \*Wed. & Fri. evenings, 6:45 - 9pm in the Marion Cross School Gym through December 21st \*Will not meet on 11/21 & 11/23 **Register & pay on site.** Drop-in basis **COORDINATORS:** Doug Haynes, 10 years of experience as a certified USATT coach (603-643-2178) & Doug Hill Douglas.Haynes@Dartmouth.edu or Douglas.P.Hill@Dartmouth.EDU **FEE: \$2/night; \$1 for Students; Non-Res.: \$3/\$2**

## ADULT PROGRAMS

### PA KUA CHANG KUNG FU

**SEASON:** Runs through Dec. 28th NO class on 11/23 **DAY/TIME:** ongoing Friday evenings, 6 - 8pm  
**LOCATIONS:** Held in Tracy Hall or the Marion Cross School Multi-purpose Room - Please confirm with Instructor  
**\*FEE: \$60/month; Non-Residents: \$66/month \*Register & Pay at class.** A class in the Art of Pa Kua Chang Kung Fu  
**TAUGHT by** Glenn Gurman, a Martial Arts expert and Licensed Acupuncturist-Herbalist and lineage holder of the Pa Kua Chang Kung Fu System; 40+ years experience (649-1616 or enlightendedhealthcare@gmail.com)

### Late Fall '18 ADULT YOGA with CHRISTINA TANGREDI & MICHELE GEORGE

Please REGISTER for YOGA pass on-line at [www.norwich.vt.us](http://www.norwich.vt.us)

Click on Departments / Recreation, then "On-line Registration".

Our Norwich fall Yoga Season runs **\*through Dec. 20th** All classes held in TRACY HALL - 300 Main St., Norwich, VT.

\*NO class on 11/22 Please **BYO Yoga mat** & props, though we'll have some props available to borrow

**FOR ALL LEVELS**, as listed

**\*FEE: 10 class pass** (Good throughout 2018): Residents: **\$140**; Non-residents: \$153 **\*Drop-in rate: \$16** or \$13 for Students & Seniors (65+) \*Drop-ins must be cash or check payable to Town of Norwich - Recreation.

**LOCATION:** Tracy Hall Gym & note that classes on 10/18, 10/21, 11/5, 11/6 & 12/2 will be held downstairs in the Tracy Hall Multi-purpose Room

**INSTRUCTORS:** Christina Tangredi (christina.tangredi@gmail.com) teaches all of our classes from Monday - Thursday. She has been a regular practitioner of yoga since '06 & has completed her 500-hour training (2013). Over the years, her practice has been focused on the Ashtanga, Vinyasa, Power & Yin styles of Yoga. Her lovely choreography, consideration of working the entire body and ability to challenge all levels are her trademarks. Her marvelously strong practice also provides an excellent example of beautiful positions and transitions.

Michele George is **BACK** to teach on Sunday mornings. Michele (msgeorge.yoga@gmail.com or C# 603-306-2428), M.Ed., Teacher @ Crossroads Academy, and certified hatha yoga teacher (E-RYT 500), has been teaching yoga since 1998. Her extensive training includes two decades of study and over 2000 hours of Teacher Training (Kripalu, Iyengar, Anusara). Michele is well known in the Upper Valley for her safe, dynamic & inspiring classes.

**DAYS/TIMES/DATES: Sundays & Mondays, 8:30am - 9:45am and Tuesdays & Thursdays, 5:30pm - 6:45pm**

**Mondays 8:30am - 9:45am through Dec. 17 (11/5 in Multi) Ashtanga Flow / Levels 1, 2 & 3 Instructor:** Christina  
Prior yoga experience of at least 6 months recommended. This super energetic and fun yoga flow follows the traditional Ashtanga yoga primary series to build cardiovascular endurance, muscular strength and flexibility. Experience a continuous flow of moving meditation that will take your practice to the next level. An excellent cross-training practice for athletes

**Tuesdays & Thursdays 5:30pm - 6:45pm \*through Dec. 20 \*NO class on 11/22 (10/18 & 11/6 in Multi) Vinyasa Flow/Levels 1 & 2 Instructor:** Christina Come experience a strong and fun 75-minute moving meditation! You will lengthen, strengthen, and energize your entire body through creative sequencing and awareness of your breath. This class will leave you feeling both invigorated and relaxed from the inside out.

**Sundays 8:30am - 9:45am through Dec. 16 (10/21 & 12/2 in Multi) Sacred Sunday Yoga with Michele - For All Levels Instructor:** Michele A pinch of meditation, a few handfuls of asana and a sprinkle of philosophy make this mixed-level class a special way to begin your day

## **THANK-YOU, THANK-YOU, THANK-YOU !!!**

We **thank ALL who generously contributed to our Scholarship Fund** while registering on-line this past year &/or the **John Girard Fund**. A heartfelt thank-you also goes out to all our **Wonderful Fall '18 Volunteer COACHES & Parent Coordinators**: David Barlow, Jared Benedict, Kimberly Clapp, Trip Davis, Kristin Fauci, Alex Fuld, Ryan Gardner, Stephen Gaughan, Rob Johnson, Meghan Kelliher, Ken Leslie, Todd MacKenzie, Sarah Martin, Mark Melamut, David Navins, Wayne Norse, Rebecca Reed, Bill Tine, Megan Tompkins, Jon Wilkinson as well as others who quietly stepped up to help.

**Questions/Suggestions for the Recreation Department? I couldn't manage without our wonderful Norwich Recreation Council Members** with whom you can share your thoughts: Ryan Gardner - President, Kristin Fauci - Vice-President, Amy Tuller - Secretary, David Bartlett, Jill Collins, Gered Dunne, Rob Johnson, Sarah Martin, Bill Tine, Page Tompkins ~ Jill Kearney Niles - Director