

# SUMMER 2017



# Camps Events Programs



## STONINGTON BEARS BOYS YOUTH BASKETBALL CAMP

Instructed by Stonington High School Boys Coaching staff and members of the current high school team. This fun, skill-intensive program is designed for boys entering grades 4-9 (divided in 3 different age groups). An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Kids will also learn vital life lessons such as respect, teamwork and responsibility. Every participant will receive a practice jersey included in the fee. Grab your current team members and join as a group.

**Age:** Entering Grades 4-5; 6-7; 8-9 (divided into 3 age groups)  
**Dates:** TBD as of press time  
**Times:** 9:00 am to 12:00 pm  
**Location:** Stonington High School Gymnasium  
**Fees:** \$100

## YOUTH TENNIS LESSONS

Instructed by George Crouse. Held in conjunction with our Morning Playground portion of Summer Camp, young athletes learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Limited availability outside of pre-registered Summer Camp participants. Mr. Crouse is the long standing coach at Stonington High School and is a USTA & USPTA trained tennis instructor.



**Level:** Beginners - 8:00 am - 9:00 am  
Intermediate/Advanced - 9:00 am - 10:00 am  
**Days:** Tuesday and Thursdays  
**Sessions:** 1. June 27-July 18, 6 classes (no class 7/4)  
2. August 1-August 17, 6 classes  
**Location:** Spellman Park, George Crouse Tennis Courts  
**Fees:** \$45/person

## YOUTH TENNIS CAMP

Week long intense camp for beginners through advance instructed by George Crouse with a particular focus on: 1. STROKES & TECHNIQUE to develop and improve all strokes within tennis. 2. DOUBLES PLAY to learn the fundamentals of doubles play while becoming a better partner. 3. MATCH PLAY to see how you stack up against the competition. 4. HAVE FUN: to join activities that will allow your child to enjoy just being a kid.

**Age:** 7 to 17 years old  
**Dates:** Monday-Friday, July 24-July 28  
**Times:** 8:30 am to 12:30 pm  
**Location:** Spellman Park, George Crouse Tennis Courts  
**Fees:** \$125/Resident; \$150/Non-Resident

## OPEN SHOOT BASKETBALL FOR GIRLS

Basketball Open Gym for shooting and possibly pickup games. Games are run and organized by the players themselves. Open to currently enrolled Stonington students only! School rules and expectations on behavior are extended during each session. Pre-registration required; students may join at any time.

**Age:** Girls entering Grades 5-8 and Grades 9-12 in Fall 2017  
**Day/Date:** Mon, Wed & Fri - July 3-August 18 (7 weeks)  
**Time:** 8:00 am - 10:00 am  
**Location:** Stonington High School Gymnasium  
**Fee:** \$25/Stonington Students only



## SUMMER BOYS BASKETBALL CLINIC

Improve your game & have serious fun. These clinics create an opportunity for players entering Grades 7 & 8 and in Grades 9-12 (two age groups). Participants will learn the concepts of basketball, as well as develop and improve their game for the season ahead. Focus will be on helping athletes improve their skills and develop their talent by participating in practice drills that emphasize the fundamentals of the game. Instructed by: Tim Sartor, MMS Coach

**Ages:** 1. Boys entering grades 7 & 8  
Tuesdays, July 11-August 8  
2. Boys entering grades 9-12  
Thursdays, July 13-August 10

**Time:** 8:00 am - 9:30 am  
**Location:** Stonington High School Gymnasium  
**Fee:** \$125/five week session



## VOLLEYBALL CAMP



Top notch instruction and coaching from Sound Volleyball Club right here in Stonington! Outcome goals are for players to learn how to compete, develop competency in skills and tactical awareness all while growing in character. Athletes are able to achieve these goals through a commitment to learning and giving a complete effort throughout each session. Sound Volleyball Club's staff is comprised of members of the coaching staff at Connecticut College and the Coast Guard Academy along with players from CC. Club Co-Directors and coaches Patty and Josh have been coaching peers since 2002 and together they provide 30+ years of proven success developing and coaching female indoor players.

**Ages:** Girls entering Grades 9-12  
**Day/Date:** Mon-Thru, July 24-27  
**Time:** 9:00 am-12:00 noon (includes lunch)  
**Location:** Stonington High School Gymnasium  
**Fee:** \$135/person

## Cheer Dance GYMNASTICS Camp

First-hand experience learning and perfecting the different aspects of the competitive sport, cheerleading! Cheerleading is unique in that it incorporates a variety of sports into one: cheering, stunting, dancing, and gymnastics. Join the Stonington High School Varsity Cheerleaders and their coaches in a cheer camp where we will focus on motions, jumps, stunts, gymnastics, and dancing skills while learning about teamwork and making new friends! Head Coach, Natalie Lucy has over 20 years experience in coaching cheerleading. She holds 11 level certifications and all coaches are First Aid & CPR trained. Camp is open to all students in grades K-12 and of varying levels of cheer, gymnastics and dance experience. Participants will receive a camp T-shirt. Lunch is provided.

**Ages:** Girls entering Grades K-12  
**Day/Date:** Mon-Fri, July 17-21  
**Time:** 9:00 am - 3:00 pm  
**Location:** Stonington High School Gymnasium  
**Fee:** \$125. 3-day option (Mon, Wed, Fri)  
\$165. 5-day option (Mon-Fri)



# SUMMER 2017

## Stonington Recreation

Stonington REC serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington. The Division, within the Human Services Department, provides an abundance of seasonal and year-round recreational opportunities (for all ages) to participate in camps, clinics, leagues, open runs, trips, family movie nights and fitness programs.

### Spellman Recreational Park

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment, two outdoor basketball courts, six tennis courts and two pavilions. Add Stonington High School's Palmer Field (turf) and their baseball field, and we have one of the finest recreational facilities in the area. Any organized non-scholastic sport using the fields for games or practices at the Park or both middle schools, must be registered with the Recreation Division. Please contact Richard Ward at [ward@stonington-ct.gov](mailto:ward@stonington-ct.gov) for additional information.

### Playgrounds in our Community

The Recreation Division oversees and maintains three playgrounds in our community. Please abide by all posted rules and regulations.

**Spellman Playground:** Located on Spellman Drive - Pawcatuck

**Borough Playground:** Located off of High Street - Stonington Borough

**Haley's Way Playground:** Located off of Haley's Way - Old Mystic

### Pavilion Rentals

The Town of Stonington Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$25/day. Call (860) 535-5015. Payment required for reservation; application is available online.



### Program Registration

All classes register in person at Stonington Human Services, 166 South Broad Street, Pawcatuck, Monday-Friday between 9am-4:30pm, by mail, or outdoor drop box after normal business hours. Online registration is available at <http://stonington.recdesk.com>. If registering in person, completed forms and payment are required at the time of program registration. Download forms for all programs at [www.stonington-ct.gov](http://www.stonington-ct.gov) (located under Human Services Department). REGISTER EARLY! If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment due to a full or cancelled program.

### Online Registration

<http://stonington.recdesk.com>

Program participants may now register for all of our programs online at the above link. First time visitors must set up an individual and family profile. Not computer savvy? No worries! Paper registration forms will continue to be available.



Fri, Jul 14: *FINDING DORY*

Fri, Jul 28: *THE SECRET LIFE OF PETS*

Fri, Aug 11: *STORKS*

Fri, Sep 29: *PIRATES OF THE CARIBBEAN:*

*CURSE OF THE BLACK PEARL*

### 2017 Schedule

Held on the green at Mystic River Park, Cottrell Street in Mystic. Special events and activities will be available leading up to the show, which will start at sundown (approximately 8:15 pm). Bring a picnic dinner, blankets and beach chairs to enjoy these FREE family nights out! Fall Movie Night, featuring *PIRATES OF THE CARIBBEAN - CURSE OF THE BLACK PEARL*, is held in conjunction with Mystic's Pirate Invasion.

### FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held at Black Bear Karate Studio at 829 Stonington Road. Our "new space" provides a state-of-the-art flooring and plenty of space "to get our sweat on"! It will also allow us to add to our offering of classes. If you have any suggestion on the type of fitness classes you would like to see please contact Richard Ward at [ward@stonington-ct.gov](mailto:ward@stonington-ct.gov). Registration for current programs takes place at Stonington Human Services, (860) 535-5015.



#### BABY BOOMERS

Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories. Designed specifically for individuals ages 50 and older. **Instructors:** Michele Gardner; Stacey O'Donnell & Heather Besse. Join at any time!

**Location:** Black Bear Karate, 829 Stonington Road, Stonington

Day	Date	Time	Age
M,W & F	Ongoing - join anytime	9:30-10:30 AM	50+

**Monthly Fees** 1 day/week \$15; 2 days/week \$30; 3 days/week \$45

Non Res add \$15



#### ZUMBA

Ditch the workout—join the party! Combine all elements of fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class. Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again. **Instructor** Caroline Wall.

**Location:** Black Bear Karate, 829 Stonington Road, Stonington

Day	Date	Time	Age
Mon/Wed	join anytime	5:30-6:30pm	18+

**Fees:** Punch card \$65 for 10 classes; \$100 for 20 classes – Drop in \$10

### Safe Boating / Personal Watercraft

#### Certification Course

Participants who successfully complete this course and pass the test qualify for the Certificate of Personal Watercraft Operation. A Safe Boating Certificate (SBC) will allow an individual to operate any recreational vessel registered in Connecticut except a personal watercraft ("jet ski" type vessel) on Connecticut's waters. A Certificate of Personal Watercraft Operation (CPWO) will allow an individual to operate any recreational vessel including a personal watercraft ("jet ski" type vessel). Visit <http://www.ct.gov/deep> for additional information on how to obtain your Safe Boating / Personal Watercraft Certificate. Payments received cover the cost to attend the course only. Pre-Registration required: Max of 25 participants. Ages: 12 +



Adults

Date: Mon/Wed, May 8 & 10 (must attend both classes)

Time: 5:30-9:30 PM

Location: Stonington High School

Fee: \$10/person

### Looking ahead to the Fall...



### REC YOUTH FLAG FOOTBALL LEAGUE

FALL PROGRAM - Registration starts June 1<sup>st</sup>!  
Program runs from September into November (schedule TBD) with practices and games held at Spellman Park behind Stonington High School and Pawcatuck Middle School. Each team will practice once during the week, with games being played on

Saturday mornings. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays—no cuts! This is strictly a recreational league and commitment to the league will not conflict with other fall sports.

Age: Boys & Girls - Two Divisions: Ages 8-10 & 11-14

Dates: September – November (Schedule TBD)

Where: Spellman Park Fields and/or Pawcatuck Middle School

Fees: \$55/Resident; \$75/Non-Resident

## STONINGTON TRACK & FIELD YOUTH CLINIC



Specifically developed for children in Grades 1–8. GREAT coaches from SHS Track & Field staff; w/special guest speakers throughout! Participants will be exposed to the various disciplines of Track & Field, including: sprinting; distance running; hurdling; jumping and throwing. Children will work in groups based on age-level to master relevant skills as they relate to each event. The first five weeks will include clinics where children will learn the techniques of the events, and the sixth week will be an exhibition track and field meet so that the athletes can show off their hard work in front of a

crowd. Jumping, Throwing, Running, Starts, Fun Runs, Shirts, Medals, Hurdling, Sprinting, Meets, and much more!

**Ages:** Grades 1-3; Grades 4-6; Grades 7-9  
**When:** Tuesdays, 5:00-6:30 PM, July 11-August 15  
**Where:** Stonington High School Track  
**Fee:** \$120 (5 Clinics and 1 Meet); includes T-shirt

## SHORELINE JUMP CLINIC

Take your jumping abilities to the next level! Athletes will experience college level coaching in the track and field jumping events learning drills and techniques in the High Jump, Long Jump, and Triple Jump. On top of a high level of coaching, this clinic will include short lectures on body mechanics, video analysis, fun track related activities, and some friendly competition. Hosted by Brendan Wilkins, Assistant Track & Field coach at The United States Coast Guard Academy and Stonington High School alumni, as well as Chris Wilber, Assistant Head Track & Field coach at the State University of New York at Oneonta. Cost includes lunch and t-shirt. For more information visit [facebook.com/Shorelinejumpclinic](https://facebook.com/Shorelinejumpclinic) or email [shorelinejumpclinic@gmail.com](mailto:shorelinejumpclinic@gmail.com).

**Age :** High School Boys & Girls entering Grades 9-12  
**Day/Date:** Session 1: Wed/Thur/Fri, June 28-30  
Session 2: Wed/Thur/Fri, July 26-28  
**Time:** 9:30 am - 3:00 pm  
**Location:** Stonington High School Track  
**Fee:** \$165 per session or \$250 for both sessions

## GIRLS SUMMER LAX CLINIC

*"The fastest sport on two feet"* Geared for LAX players of all ability levels, from the experienced to the beginner player. Fundamentals and skill development will be emphasized in this 4-week clinic for girls in Grades 2-6. Ground balls, shooting, fast breaks, defense, stick skills and draws will be discussed and worked on throughout the clinic. Players will learn from enthusiastic and experienced players in small group settings and in scrimmage and game situations. Led by Elizabeth Morrison, along with members of the Class S State Championship HS Girls Lacrosse Team and coaches from the SEALS Youth Lacrosse Program.

**Age:** Girls entering Grades 2-6 in Fall 2016  
**Dates:** Mondays, Wednesdays and Fridays - June 26-July 21 (no clinic on July 3)  
**Time:** 6:00 pm - 8:00 pm  
**Location:** Multi-Purpose Field, Spellman Park  
**Fee:** \$40



## HIKE STONINGTON!

We are gearing up and doing it again – adding a few extra hikes from just outside Stonington! Grab your friends and family members and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the

park. Register early and get outside!

**1<sup>st</sup> REGISTER FOR IT!** <http://stonington.recdesk.com>

**2<sup>nd</sup> HIKE IT!** The best part!

**3<sup>rd</sup> TELL US ABOUT IT (PICTURES WELCOMED)!**

[hikestonington@stonington-ct.gov](mailto:hikestonington@stonington-ct.gov)

**4<sup>th</sup> GET YOUR T-SHIRT FOR IT!** Woo-hoo!

A packet with the complete list of trails and guidelines will be provided upon registration. Info on how to "report back" on each trip will also be given at that time. You will have the whole summer (even into the fall) to complete the hikes and to be eligible for the FREE t-shirt.

**Fee:** FREE! Registration is required.

## HS BOYS WEEKLY SOCCER CLINIC

Instructed by Marc Davis, UK International & Ben Bowne, Head Coach, Stonington Track & Field. Challenging game related situations are utilized to develop player's technical ability and tactical knowledge. New this summer will be a fitness component lead by Ben Bowne where players will work on agility and conditioning two of the three days the program runs each week. All players will receive an individual evaluation highlighting specific strengths and areas for improvement. Paul deCastro, Boys Varsity Soccer Coach at Stonington states: "Anybody serious about the upcoming high school season should consider signing up for this program even if they miss a couple of sessions because of family vacation or summer job responsibilities." Each participant will receive their own shirt, included in the fees.

**Age :** High School Boys entering Grades 9-12  
**Day/Time:** Tue 6:45-9:45 PM – soccer & conditioning  
Wed 6:45-8PM – conditioning  
Thurs 8-10 AM – soccer

**Date:** July 11-Aug 17 (6 weeks)  
**Location:** Spellman Recreation Complex – Palmer Field and/or Piver Field  
**Fee:** \$100 Resident / \$110 Non-Resident



## MS & HS GIRLS WEEKLY SOCCER CLINIC

Instructed by Mario Costa, & Diane Macera. Challenging game-related situations are utilized to develop player's technical ability and tactical knowledge. One of the three program days will focus on soccer-specific agility and conditioning, the other two days out of the weekly program will concentrate on related skills and touches on the ball. Coach Costa will be the Head Coach at Fitch High School this fall and Coach Macera is a certified personal trainer by the National Academy of Sports Medicine and is also a certified Performance Enhancement Specialist. Register early for this wonderful opportunity – "guaranteed results or your money back!"

**Age :** Middle and High School Girls - Entering Grades 7-12  
**Day:** Mondays, Wednesdays and Thursdays  
**Dates:** June 26-August 3 (6 weeks)  
**Time:** 6:00 pm - 7:30 pm  
**Location:** Spellman Recreation Complex – Multi-Purpose and/or Piver Field  
**Fee:** \$85/Residents; \$95/Non-Residents

## HS BOYS PRE-SEASON SOCCER CAMP

Advanced Team Program that provides a great opportunity to prepare for the coming season. The aim of the program is to create an environment conducive of both individual and team development. A quality camp experience that includes: sports and health topics including nutrition, flexibility, strength and fitness for soccer; camp t-shirt for all players; Written individual player evaluations and a detailed team evaluation. Instructed by professional soccer coaches from UK International Soccer Camps – the best of the best!

**Age :** High School Boys entering Grades 9-12  
**Day/Date:** Sunday-Wednesday Aug 20-23 (HS season starts 8/24)  
**Time:** 5:00-7:30 PM  
**Location:** Spellman Recreation Complex – Piver Field  
**Fee:** \$85 Resident / \$95 Non-Resident

## HS GIRLS PRE-SEASON SOCCER CAMP

Instructed by Mario Costa, and guest coaches including Pat McCarney, Brian Sujeci, Paul deCastro and others. Advanced Team Program that provides a great opportunity to prepare for the upcoming season. The aim of the program is to create an environment conducive of both individual and team development.

**Age :** High School Girls - Entering Grades 9-12 in Fall 2017  
**Day/Date:** Monday-Thursday; August 7-17  
**Time:** 8:00 am – 10:00 am (time subject to change with school calendar)  
**Location:** Spellman Recreation Complex – Rec Field and/or Piver Field  
**Fee:** \$60/Resident; \$70/Non-Resident

## SHS YOUTH FOOTBALL CAMP

Camp will be led by AJ Massengale and fellow coaches and players from Stonington High School. Kids will learn skills on both sides of the football including the core components of passing, catching and defense – all in a fun and positive environment. The week will end with the Stonington High School Super Bowl! Each camper will receive a jersey.

**Age:** Grades 1-2; 3-5; 6-8 (divided into 3 age groups)  
**Dates:** Monday-Friday - July 10-July 14  
**Time:** 6:00 pm - 7:30 pm  
**Location:** Palmer Field (turf at SHS)  
**Fee:** \$75







## UK INTERNATIONAL CLASSIC SOCCER CAMP

UK International's Classic Soccer Camp program enhances player's technical development and skill building in a stimulating environment. Players are challenged to consider basic tactical components at an age-appropriate level, including attacking and defending principles. Over the course of the week, players will be self-assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the 'UK Quiz' and World Cup Competition. Coaching curriculum covers: control; passing; dribbling; shooting; turning; running with the ball and defending. All participants receive their own soccer ball and a camp shirt, included in the fee.

Age: 6-14 years old  
Day/Date: Monday-Friday; July 24-July 28  
Time: Evening Session - 5:00 pm - 8:00 pm  
Location: Spellman Recreation Complex – REC and/or Piver Field  
Fee: \$135

## UK INTERNATIONAL – MINI SOCCER CAMP

UK International's 'Fun In The Sun' Program is for the youngest players just beginning the game. Our focus is fun, exciting games to build confidence and teach the fundamentals of soccer. Within this curriculum players will cover: ball familiarization; small group dynamics; coordination skills and social interaction - all with maximum participation in a fun-oriented environment. All participants receive their own soccer ball and a camp shirt, included in the fee.

Age : 4-6 years old  
Day/Date: Monday-Friday; July 24-July 28  
Time: Evening Session - 5:00 pm - 6:30 pm  
Location: Spellman Recreation Complex – REC and/or Piver Field  
Fee: \$85

## MIDDLE SCHOOL BOYS SOCCER CAMP

Instructed by Paul deCastro, Mike Hallisey and Mario Costa. Weeklong camp with daily practices, round robin games and skill development with GREAT COACHES! During the course of the camp participants will work on: ball control; passing; dribbling; shooting; turning with the ball; running with the ball and defending. Max of 30 participants.

Age : Middle School Boys - Entering Grades 7, 8 and 9 in Fall 2017  
Day/Date: Monday-Friday; July 31-August 4  
Time: Evening Session - 5:00 pm - 7:30 pm  
Location: Spellman Recreation Complex – REC and/or Piver Field  
Fee: \$75/Residents; \$85/Non-Residents

## MORE SPORTS CAMPS LISTED INSIDE!



## Summer Camp Morning Playground & Afternoon Enrichment

Join half day or full day options for our ever popular summer playground. Among the activities are - Theme Days - Crafts - Sports - Interactive Games - Field Trips - Fun with Science - Theater - Karate - Art - and much, much more! Held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun filled day of summer adventure! Please contact the Stonington Human Services for details and specifics. Don't be shut out - Register early! SCHOLARSHIPS AVAILABLE (contact Human Services for details)

Dates: Monday-Friday June 19-August 11  
Ages: Boys and Girls entering Grades 1-6 in the fall of 2017  
Full Day: 8AM to 4PM Fees: \$575 Resident / \$725 Non-Resident  
AM Only: 8AM to Noon Fees: \$275 Resident / \$350 Non-Resident  
PM Only: Noon to 4PM Fees: \$300 Resident / \$375 Non-Resident  
\*All fees includes daily breakfast and lunch, provided through the USDA Summer Food Service Program Grant. Field trips are an added fee.

## MIDDLE SCHOOL REC CAMP

Full and Half day Programs set up specifically for middle school age group (boys and girls entering 7<sup>th</sup> & 8<sup>th</sup> grade) Held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun filled day of summer adventure! Please contact Stonington Human Services for details and specifics. Don't be shut out - Register early! Breakfast and lunch is included with the weekly fee.

Dates: Monday - Friday starting June 19 - August 11  
Times: Full day 8AM to 4PM  
Half Day: 8AM to Noon or Noon to 4PM  
Fees: Full Day: \$125 / week Resident or Non-Resident  
Half Day: \$85 / week Resident or Non-Resident



Camp Fun during Pirate Day!

## Stonington Cross-Country 5K & Fun Run

The very popular Tom McCoy Family Fun Runs, held weekly throughout the summer in Misquamicut, have strong roots here in Stonington. Tom McCoy, who is the long standing Cross Country Coach at Stonington High School, started the Fun Runs at Spellman Park over 40 years ago. Currently, the Westerly Track & Athletic Club runs the program every Wednesday starting in late June and running through August. To this day, Coach McCoy, can be heard by hundreds of runners, young and old, as he calls out the times near the finish line. NEW, this year, the weekly Wednesday night summer fun series will close out the season back in Stonington with a FREE cross country and Fun Run at Spellman Park. Mark your calendar and plan to join us on our trails, fields, bridges and finish at the 50-yard line of the track to Coach McCoy's count! For additional information please click: [http://www.westerlytrackclub.org/stonington\\_xc.html](http://www.westerlytrackclub.org/stonington_xc.html)

Date: Wednesday, August 23  
Time: 5:30PM Registration  
6:00PM Children's Fun Run (1/2 mile), Kids 10 & under  
Cross Country 5K, all ages start immediately after Fun Run  
Awards Ceremony for Fun Run to follow  
Location: Spellman Park, Spellman Road, Pawcatuck  
Fee: FREE!

