

OPEN SHOOT BASKETBALL FOR GIRLS

Basketball Open Gym for shooting and possibly pickup games. Pre-registration required; students may join at any time.

Ages: Girls entering Grades 9-12 in Fall 2019

Day/Date: Tue & Thu – July 2-August 8 (No program 7/4)

Time: 8:00 am - 10:00 am

Location: Stonington High School Gymnasium

Fee: \$25/Stonington Students



WOMEN'S OUTDOOR BASKETBALL LEAGUE

All league games are held at the outdoor courts in Spellman Recreational Complex (behind Stonington High School). Games are moved indoors due to weather if needed. Contact Denise Domnarski at denise.domnarski@gmail.com for additional information and registration forms.

Day/Date: Wednesdays - June 27-August 15 (no games 7/4)

Time: Schedule TBD – 6, 7 or 8 pm start times

Location: Spellman Recreation Complex

BASKETBALL: OPEN GYM FOR HS BOYS

Basketball Open Gym for shooting and possibly pickup games. Pre-registration required; students may join at any time.

Ages: Boys entering Grades 9-12 in Fall 2019

Day/Date: Mon & Wed – July 2-August 8

Time: 8:00 am - 10:00 am

Location: Stonington High School Gymnasium

Fee: \$25/Stonington Students

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: Monday & Wednesday

Sessions: 1. June 24-July 10, 6 classes
2. July 29-August 14, 6 classes

Location: Spellman Park, George Crouse Tennis Courts

Fees: \$45/Residents; \$60/Non-Resident



YOUTH TENNIS CAMP

Week-long intense camp for beginners through advanced.

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 23-July 27

Times: 8:30 am to 12:30 pm

Location: Spellman Park, George Crouse Tennis Courts

Fees: \$125/Resident; \$150/Non-Resident

HIKE STONINGTON!

Over 650 individuals have participated since 2016! 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!

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

2nd HIKE IT! The best part!

3rd TELL US ABOUT IT (PICTURES WELCOMED)!

hikestonington@stonington-ct.gov

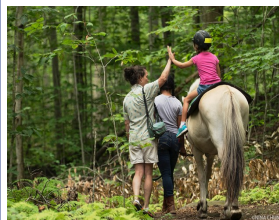
4th GET YOUR T-SHIRT FOR IT! Woo-hoo!

A packet with the complete list of trails, guidelines and info on how to report back will be provided upon registration. You will have the full season (through the fall) to complete the hikes and to be eligible for the shirt

Fee: FREE! Registration is required.



SUMMER RIDING CAMP



A partnership with Horses Healing Humans (HHH) A full equestrian center located on Rt. 184 in Stonington. Join HHH for a week-long riding camp experience for ages 5-15. The camp provides a structured daily schedule that incorporates horsemanship, art and nature awareness with small group sessions. Parents/guardians drop off and pick up directly at the center – lunch will be provided for the 10 am to 2 pm week-long program.

Participants may register for 1, 2 or all 3 of the weeks for their age group.

Each week enrolls a maximum of 6 participants.

Ages 5-9 yrs. old: July 8-12 + July 22-26 + Aug 12-16

Ages 10-15 yrs. old: July 15-19 + Aug 5-9 + Aug 19-23

Fee: \$450/week, Residents & Non-Residents



Equipment will be provided – campers are asked to wear appropriate clothing and shoes (list with details will be provided and sent ahead of each week). Registration is on a first come / first served basis. To check on current Session Dates/Times/Fees: <https://stonington.recdesk.com>

***All Stonington Human Services programs are inclusive. If your child has physical limitations and/or special behavior or developmental considerations, please call Stonington Human Services at (850) 535-5015 to arrange a support plan to ensure their success.**

SUMMER 2019

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, day trips and fitness programs.

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 \$30/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 8:30am-4:00pm, by mail, or outdoor drop box after normal business hours. 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 (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

<https://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.

MARK YOUR CALENDAR!
Monday, Oct 7th, 2019



**Golf Tournament
Scholarship Fundraiser**

Stonington Country Club



STONINGTON SUMMER SLAM!

The Hoop Academy

Great opportunity for players of all abilities to continue to develop and learn about the game of basketball in a positive environment. Directed by George Hardison. Coach Hardison is the Head Womens' Basketball Coach at UConn-Avery Point and The CT Storm AAU Girls Basketball Club. He also has taught and coached at a number of local schools. For additional information on staffing along with other camp details please visit www.thehoopacademy.com or facebook.com/thehoopacademy

Camp Includes:

- Individual & Group Instruction
- Outstanding, Dedicated Staff
- Shooting Instruction w/ Related Drills
- Fully insured w/medically certified staff
- Camp T-shirt
- Fantastic Guest Speakers
- Two Games Daily
- Contests with Prizes

Who: For Boys and Girls entering Grades 3-9 who love to play basketball

When: Monday-Friday, July 8-July 12

AM Session - 8:30 to 11:30 AM

PM Session - 12:30 to 3:20 PM

Where: Stonington High School Gymnasium

Fee: \$90 for a single Session (AM or PM)

\$160 for both session (camp lunches are available at an additional fee)

STONINGTON ADULT LEAGUES

The Recreation Division of the Human Services Department is pleased to offer the following Adult Sports Leagues this spring and summer. For additional information and registration, please call (860) 535-5015 or email: rward@stonington-ct.gov.

- ADULT CO-ED SOCCER LEAGUE
- MEN'S SOFTBALL LEAGUE
- ADULT CO-ED SOFTBALL LEAGUE
- ADULT CO-ED TENNIS LEAGUE

OUR BATTING CAGES

Two, newly installed cages are available for residents on a first come, first served basis. Located in Spellman Park, behind Stonington High School.

OUR TENNIS COURTS

George Crouse Tennis Courts: Six, newly resurfaced courts are available for residents on a first come, first served basis outside of regular usage by the High School Boys and Girls interscholastic teams. Singles, doubles—whatever your game, come and enjoy! Located in Spellman Park, behind Stonington High School.



SOCCER -CHALLENGER SPORTS

Monday August 12 - Friday August 16 At Spellman Park

Full Day and Half Day options available. Challenger is excited to bring their high-quality coaching schools to Stonington! The week-long programs are held at Spellman Park and each will contain Challenger's own brand of innovative practices, small-sided games, camp world cup, cultural education, character building and FUN!

For additional info & registration contact - jmedcalf@challengersports.com
OR call 1-800-309-0212 EXT 323



TRACK & FIELD - SHS YOUTH CLINIC

Specifically developed for children in Grades 1–8. GREAT coaches from SHS Track & Field, with 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. 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, July 9-August 13 from 5:00-6:30 pm

Where: Stonington High School Track

Fee: \$120 (5 Clinics and 1 Meet); includes t-shirt

TRACK - SHORELINE CLINIC

Athletes will experience college-level coaching in the track and field events of their choice! Athletes will learn drills and techniques either in the Sprints, Hurdles, Jumps, Pole Vault or Throwing events. 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 Springfield College and Chris Wilber, Head Coach at SUNY Oneonta, as well as many other college coaches. Cost includes a t-shirt. For more information visit facebook.com/shorelinetrackclinic or email shorelinetrackandfield@gmail.com

shorelinetrackandfield@gmail.com

Age : High School Boys & Girls entering Grades 9-12

Dates: Session 1: Mon/Tue/Wed, July 15-17

Session 2: Mon/Tue/Wed, Aug 12-14

Time: 9:30 am - 3:00 pm

Location: Stonington High School Track

Fee: \$165 per session or \$275 for both sessions



SOCCER - HS Boys Weekly Clinic

Instructed by Marc Davis, Head Coach, Mitchell College; Diane Macera, Fitness Coach; Kristen Ullrich, Yoga Instructor, Owner, BarreCoast Fitness Studio

Challenging game related situations are utilized to develop player's technical ability and tactical knowledge. **Returning this summer** will be a fitness component & Yoga sessions. The "split squad" yoga sessions will be held once again at BarreCoast Fitness Studio where players will have an opportunity to learn the foundations of yoga which lead to both physical and mental benefits. **NEW TO THIS SUMMER'S STAFF:** Recent SHS Grads Jamison MaGowan and Max Wojtas will be assisting Coach Davis with the soccer trainings and Diane Macera, local fitness guru will be running the conditioning sessions. Paul deCastro, Boys Varsity Soccer Coach at Stonington states: "This program has a variety of training that helps the players prepare for the grind of the fall season. The coaches are top notch and are invested in the success of our student athletes."

Max of 45 participants

Age : High School Boys entering Grades 9-12

Day/Time: Mondays, 8-9:45pm: Conditioning, full squad

Tuesdays, 8-9am: Yoga, split squad (10th & 12th grades)

Tuesdays, 7:30-9:30pm: Soccer training, full squad

Wednesdays, 8-9am: Yoga, split squad (9th & 11th grades)

Thursdays, 8:30-10:15am: Conditioning, full squad

Fridays, 8:30-10:30am: Soccer Training, full squad

Date: July 8-August 16* (fitness and yoga continue through 8/23)

Location: Spellman Recreation Complex – Palmer Field and/or Piver Field

Fee: \$135 Residents only

SOCCER - HS Boys Pre-Season 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! **Max of 45 participants**

Age : High School Boys entering Grades 9-12

Day/Date: Sunday-Wednesday Aug 25-28 (High School season starts 8/29)

Time: 5:00-7:30 PM

Location: Spellman Recreation Complex – Piver Field

Fee: \$85 Residents only

SOCCER - Middle School Boys Summer Camp

Instructed by Paul deCastro & Mario Costa A 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**

Age : BOYS entering grades 6, 7 & 8

Day/Date: Monday-Friday; July 29-August 2

Time: Evening session 5:00-7:30 PM

Location: Spellman Recreation Complex

Rec Field and/or Piver Field

Fee: \$75 Resident / \$85 Non-Resident

SOCCER - HS Girls Summer Programs

Details on opportunities for high school girls were still TBD as of press time. Please check <https://stonington.recdesk.com> for updates throughout the summer.



THE BEST POSSIBLE SOCCER EXPERIENCE

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 22-July 26

Time: Evening Session - 5:00 pm - 8:00 pm

Location: Spellman Recreation Complex – REC and/or Piver Field

Fee: \$135/person

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 22-July 26

Time: Evening Session - 5:00 pm - 6:30 pm

Location: Spellman Recreation Complex – REC and/or Piver Field

Fee: \$95/person



Summer Camp



Theme Days • Crafts • Sports • Interactive games
Field Trips • Fun with Science • Theater • Art
and much, much more!

Held at Spellman Park (behind Stonington High School). Our camp takes full advantage of on-site sports fields, playground, hiking trails and school facilities for safe, fun-filled days of summer adventure!

Full and Half-Day Options!

Age: Entering Grades 1-6 in Fall 2019

Day/Date: M-F - June 24-August 9

Full Day 8am-4pm Fee: \$650 Residents / \$800 Non-Resident

Morning Only 8am-12pm Fee: \$325 Residents / \$400 Non-Resident

Afternoon Only 12pm-4pm Fee: \$350 Residents / \$425 Non-Resident

Camp Lunches

Available Weekly or All Summer Long! Campers attending ANY of our day camps or sports clinics may opt to join us for lunch. Flexible registration includes joining by the week of your choice OR register for the full summer at a discounted rate! Daily choices will include Ham or Turkey Sandwich, PB&J or a "Munchable." The "Munchable" selection will change often throughout the summer. The ever-popular HOT PIZZA LUNCH will be available on the Fridays that we don't have a trip scheduled through our Day Camp.

Weekly Lunch Fee: \$20/week (must register in advance)

Full Summer Fee: \$125/7 weeks

Middle School REC Camp!

Full and Half-Day programs set up specifically for the middle school age group (boys and girls entering 7th & 8th grade)
Held at the East Pavilion at Spellman Park (behind Stonington High School).

Dates: Monday-Friday starting June 24*-August 9

Times: Full day 8:00AM to 4:00PM

Half Day: 8:00AM to 12:00PM or 12:00PM to 4:00PM

"Early-Bird" Fees: Full Day: \$125/week; Half Day: \$85/week
Resident OR Non-Resident



Stonington Cross-Country 5K & Fun Run

OUR 3rd ANNUAL! With close to 150 adults and kids running at last year's event, we are looking to make this year even better! Mark your calendar and plan to join us on our trails, fields, bridges and finish at the 50-yard line of the track at Stonington High School!

Date: Wednesday, August 21

Time: 5:15PM Registration opens (everyone must check in)
6:00PM Children's Fun Run (1/2 mile), Kids 10 & under
Cross Country 5K, all ages start immediately after Fun Run
Refreshments are served post-race for all participants.

Location: Spellman Park, Spellman Road, Pawcatuck

Fee: FREE! If pre-registered online by August 21
\$5 in person on race day

Register at: http://www.westerlytrackclub.org/stonington_xc.html



Westerly Track & Athletic Club

August 21



Youth & Family Programs Services

Trips Events



Day Trip to Fenway Park Tampa Bay Rays vs. Boston Red Sox

Please join us as we travel to historic Fenway Park on Saturday, June 8th for a 1:05pm ball game.

\$75/participant

Full sized motor coach leaves Stonington Human Services at 9am. Returns after the game
Don't miss out, register today! *All sales final!*



2019 Schedule Mystic River Park

Cottrell St, Mystic (Stonington side!)

Bring your blankets and beach chairs for a family-friendly movie that begins at sundown (about 8:15 PM). Come early and enjoy a picnic dinner or go for a walk through beautiful downtown Mystic.

Mark your calendar:

July 12: Ralph Breaks The Internet

July 26: Mary Poppins Returns

August 16: E.T. the Extra-Terrestrial

Summer Camp

SAVE THE BAY.®

NARRAGANSETT BAY

June 17th-21st

8:30am-12:00pm

Spellman Park Playground

Ages: 6-10

\$200 Resident

\$250 Non-Resident



During this week of camp, campers will engage in hands-on fun and educational activities right at Spellman Park. Save The Bay educators will teach campers about their watershed and encourage exploration of the forested area. They will help campers identify vegetation and learn about their unique adaptations. Campers will also explore the streams and pond while testing water and searching for critters and wildlife. Save The Bay educators will lead games and crafts as well as teach campers how to contribute to a healthy ecosystem.



Every parent wants a nurturing environment for their young child's early education. **Get off to a great start and enroll in our program!**

Located within Stonington High School, 2, 3 and 5 day options are available. From 9am to 12:30pm

Registration is available for the
2019-2020 School Year Program

Contact Stonington Human Services (806) 535-5015



COMING FALL 2019

STONINGTON REC FLAG FOOTBALL!!!

Program runs from early Sept into Nov (schedule TBD) with practices and games held at Spellman Park behind Stonington High School and/or Pawcatuck Middle School. Each team will practice once during the week, with games being played on Saturdays. 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. Each player will receive an Official NFL Flag reversible Team Jersey and flag belt. Also, our coaches and referees will have access to amazing trainings and support tools to better teach and prepare for practices and games!



NFL FLAG leagues are powered by USA Football, the sport's national governing body. NFL FLAG leagues are community-based and are customized to fit our needs.

The nation's #1 recognized flag football program, NFL FLAG powered by USA Football provides league organizers and coaches the ability to position their programs as credible and leading youth flag organizations at the local level.

2019 AGE GROUPS:

5-7 yrs, 8-9 yrs, 10-11 yrs, 12-14 yrs
(age as of 12/31/19)

- Every player will receive an Official NFL FLAG reversible Team Jersey
- An official NFL FLAG Football belt and flags for every player
- Coaches receive access to practice plans and guidelines and amazing trainings
- Officials receive top of the line training
- Four age groups including ages 5-7!!

Fees: \$75 Resident; \$95 Non-Resident

Registration: <https://stonington.recdesk.com>

For additional info, contact Pete Christina: pchristina@stonington-ct.gov. (860) 535-5081