

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 25.

Ages: 12 + Adults. Participants must attend both classes.
Dates: Mon/Wed, April 30 & May 2
Time: 5:30-9:30 PM
Location: Stonington High School
Fee: \$15/person

COWBOY KITCHEN

DINNER SERIES! We are pleased to announce a new partnership with Horses Healing Humans (HHH) – a full equestrian center located on Rt. 184 in Stonington. Join Chef Robert Ramsay from the Cultivator Kitchen at the RD86 restaurant incubator project in New London. This hands on cooking class and dinner will happen the 3rd Tuesday of the month from June through September. Only ten people per session will join Chef Robert in the kitchen to learn how to cook like a cowboy then enjoy a meal together. Each class is \$25 with dinner. Proceeds go to benefit HHH. Participants may register for one or all 4 dates. Adults 18+
Each date enrolls a maximum of 10 participants.



● **Class 1: Tuesday, June 19**
Chili Marinated Charred Shrimp Fajitas, Grilled Spanish Onions & Poblano Peppers, Roasted Tomato Salsa, Ayocote Black Beans, Grilled Tortillas.

● **Class 2: Tuesday, July 17**
Asian Glazed Salmon, Toasted Garlic Sesame Rice, Baby Bok Choy w/ Oyster Sauce

● **Class 3: Tuesday, Aug 21**
Skillet Chicken w/ Bacon, Wild Mushrooms, & White Wine Sauce, Pappardelle Pasta

● **Class 4: Tuesday, Sept 18**
Marinated Strip Steak - Chimichurri, Pan Seared Roasted Potatoes w/ Shallots, Swiss Chard.

Everything will be provided. Registration is on a first come / first served basis.
Fee: \$25/person per date

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 2018
Day/Date: Mon, Wed & Fri – July 2-August 10 (no program 7/4)
Time: 10:00 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 ddomnarski09@gmail.com for additional information and registration forms. **Ages** 18+ year olds

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

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 26-July 12, 6 classes
2. July 31-August 16, 6 classes
Location: Spellman Park, George Crouse Tennis Courts
Fees: \$45/person

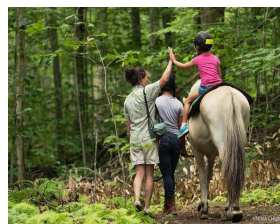


YOUTH TENNIS CAMP

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 23-July 27
Times: 8:30 am to 12:30 pm
Location: Spellman Park, George Crouse Tennis Courts
Fees: \$125/Resident; \$150/Non-Resident

SUMMER RIDING CAMP



We are pleased to announce a new 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 youth ages 6-15. 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 10AM to 2PM week-long program. Participants may register for one or both weeks for their age group.

Each week enrolls a maximum of 6 participants.

Ages 6-9: July 9-13 and/or Aug 6-10
Ages 10-12: July 16-20 and/or Aug 13-17
Ages 13-15: July 23-27 and/or Aug 20-24

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.

Fee: \$450/week



*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 2018

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!

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 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.



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 3-8 who love to play basketball

When: Monday-Friday, July 9-July 13
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 - includes lunch

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. **Note:** Dates and times were not available for this popular program as of press time. Please check <https://stonington.recdesk.com> for details or call (860) 535-5015



Looking ahead to the fall:

STONINGTON REC NFL YOUTH FLAG FOOTBALL LEAGUE



FALL PROGRAM - Register now! Rec Flag Football 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. **NEW THIS YEAR-** Each player will receive an Official NFL Flag reversible Team Jersey. Also, our coaches and referees will have access to amazing trainings and support tools to better teach and prepare for practices and games!

Age: Boys & Girls - Four Divisions: Ages 5-7, 8-9, 10-11 & 12-14
Dates: September – November (Schedule TBD)
Where: Spellman Park Fields and/or Pawcatuck Middle School
Fees: \$65/Resident; \$85/Non-Resident

Your child deserves to go to the **MOST POPULAR SOCCER CAMP** in North America!

Stonington Parks & Recreation
Monday August 13—Friday August 17
At Spellman Park

Challenger is excited to bring their high-quality coaching schools to Stonington! The weeklong programs are conducted 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!

Sessions	Age Groups	Times	Pricing
Mini Soccer	Ages 3-5	8am-9am	\$95
Half Day	Ages 6-16	9am-12pm	\$145
Full Day	Ages 7-16	9am-4pm	\$205

Register online: challengersports.com

OVER \$100 OF FREE GIFTS included with fees: Camp t-shirt, Soccer Ball, Action Poster with Camp Report and 12-month Subscription to online Coaching Resource
FREE JERSEY with online registration at least 45 days prior to camp

For more information Contact Regional Director -Joe Medcalf: jmedcalf@challengersports.com
OR call 1-800-309-0212 EXT 323

MARK YOUR CALENDAR! Monday, Oct 1st, 2018



Golf Tournament Scholarship Fundraiser



Stonington Country Club

HS BOYS SOCCER WEEKLY CLINIC

Instructed by Marc Davis, UK International; Ben Bowne, Head Coach, Stonington Track & Field; Kristen Ullrich, 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 lead again by Ben Bowne where players will work on agility and conditioning two of the four days the program runs each week. **Added this summer** will be "split squad" sessions at BarreCoast Fitness Studio where players will have an opportunity to learn the foundations of yoga which lead to both physical and mental benefits. A regular yoga practice not only increases flexibility; helping to prevent injury, but also teaches mind body awareness—a critical skill for any athlete. All players will receive an individual evaluation highlighting specific strengths and areas for improvement. Camp jersey is included in the fees. **Max of 45 participants**

Age: High School Boys entering Grades 9-12

Day/Times: See website for details

Date: July 9-Aug 17 (6 weeks)

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

Fee: \$125 Residents only

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 is the Head Coach at Fitch High School (2nd Year) 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: July 9-August 17 (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 SOCCER 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 19-22 (HS season starts 8/23)

Time: 5:00-7:30 PM

Location: Spellman Recreation Complex – Piver Field

Fee: \$85 Residents only

HS GIRLS 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 Challenger Sports!

Age: High School Girls entering Grades 9-12

Day/Date: Sunday-Wednesday Aug 19-22 (HS season starts 8/23)

Time: 8:00-10:00 AM

Location: Spellman Recreation Complex – Piver Field

Fee: \$85 Resident only

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

STONINGTON TRACK & FIELD YOUTH CLINIC

Specifically developed for children in Grades 1–8. GREAT coaches from SHS Track & Field staff, 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, 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, July 10-August 14 from 5:00-6:30 pm

Where: Stonington High School Track

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

SHORELINE TRACK CLINIC

Take your track & field abilities to the next level!

Athletes will experience college-level coaching in the track and field event of their choice! This year we are offering the clinic to all event groups. Athletes will learn drills and techniques either in the Sprints, Hurdles, Distance, 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 The United States Coast Guard Academy and Chris Wilber, Assistant Track & Field coach at SUNY Oneonta, as well as many other college coaches. Cost includes lunch and t-shirt. For more information visit [facebook.com/shorelinetrackclinic](https://www.facebook.com/shorelinetrackclinic) or email shorelinetrackandfield@gmail.com.

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

Day/Date: Session 1: Wed/Thur/Fri, July 11-13

Session 2: Wed/Thur/Fri, Aug 8-10

Time: 9:30 am - 3:00 pm

Location: Stonington High School Track

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



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. 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.

Cheer Dance Camp GYMNASTICS

First-hand experience learning and perfecting the different aspects of the competitive sport of 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: Boys and Girls entering Grades K-12

Day/Date: Mon-Fri, July 23-27

Time: 9:00 am - 3:00 pm

Location: Stonington High School Gymnasium

Fee: \$125 / 3-day option (Mon, Tue, Wed)
\$165 / 5-day option (Mon-Fri)





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 23-July 27
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 23-July 27
Time: Evening Session - 5:00 pm - 6:30 pm
Location: Spellman Recreation Complex – REC and/or Piver Field
Fee: \$95

Middle School Boys Summer Soccer Camp

Instructed by Paul deCastro, Mario Costa & Brendan Hinchey.
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 30-August 3
Time: Evening session 5:00-7:30 PM
Location: Spellman Recreation Complex Rec Field and/or Piver Field
Fee: \$75 Resident / \$85 Non-Resident

MORE SPORTS CAMPS LISTED INSIDE!



Summer Camp Morning Playground & Afternoon Enrichment

Join us for half-day or full-day options for our ever popular Summer Camp! Activities include: 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 to eligible families (contact Human Services for details).

Dates: Monday-Friday June 25-August 10
Ages: Boys and Girls entering Grades 1-6 in the fall of 2017
Full Day: 8AM to 4PM Fees: \$650 Resident / \$800 Non-Resident
AM Only: 8AM to Noon Fees: \$325 Resident / \$400 Non-Resident
PM Only: Noon to 4PM Fees: \$350 Resident / \$425 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 population (boys and girls entering 7th & 8th 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.

Dates: Monday - Friday starting June 25 - August 10
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



Summer fun on a
WACKY WEDNESDAY
during our Camp!

Stonington Cross-Country 5K & Fun Run

The weekly Tom McCoy Family Fun Runs will again close out the season back in Stonington with a FREE cross country and Fun Run at Spellman Park. 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 to Coach McCoy's count!

Date: Wednesday, August 25
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 to follow

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



WTAC
Westerly Track & Athletic Club



August 25