

NORWICH RECREATION'S *SUMMER PROGRAMS 2010*

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***PROGRAM REGISTRATION - DOWNSTAIRS IN TRACY HALL**

**Thursday, June 10th 3 - 6 pm
& Saturday, June 12th 9 - 11am**

**Ongoing registration (a week in advance of individual program start dates) continues through the summer if room allows. See bottom of page 6 under "Guidelines" for more registration information.*

BROCHURE & REGISTRATION FORM available on-line at www.norwich.vt.us

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Parents of 6th Graders, please note: Together the Norwich and Hanover Recreation Departments formulated a flier titled, "Crossing the River" to help make you aware of the differences between our 2 systems. Your child should bring one home before school ends. If you don't receive one, please pick one up in the entrance of the Marion Cross School, or the basement of Tracy Hall so you will be prepared for the fall.

6th grade Barbeque – For all current 6th grade students from Norwich & Hanover – to become acquainted with one another. \$5 pre-registration Call 603-643-5315 by Thursday, June 10th before 6pm. Event will be held @ the Hanover Black / Rec. Center on Sat., June 12th from 6 – 7:30pm Food and fun games Chaperones Needed. Also check out other Hanover Recreation offerings at www.hanovernh.org

YOUTH PROGRAMS

RECREATION DAY CAMP for 4 – 7 year olds

This program will include different weekly themes with a wide array of activities, adventures and surprises. An itinerary will be given out at the beginning of each week, with activities to include relay races, outdoor games, nature walks, arts and crafts, fun with food, face painting, bubble fun, and water games. Participants may occasionally need to bring a bathing suit and towel. All sessions are based in **Betsy Draper's First Grade Classroom** at the south end of the **Marion Cross School**, first classroom along the bus driveway. Outdoor activities will take place on school grounds & the nature trail. A snack and drink will be provided, however each child should bring a lunch. PLEASE pack a complete change of clothes for your child, and apply sunscreen (bug spray also if desired) prior to arrival. ***Monday – Thursday 9am - 1pm Min# 4; Max# 16**

If your child is not being picked up by a parent, please send in a note. **FEE: \$77/session; Non-Res: \$85**

Coordinator: We welcome Natalie Clark (649-1344), a Hanover High grad with years of experience teaching children. There will also be an aide(s) if needed.

Max # 45 for Sessions 1B – 7B; *Max # 32* for 8B, 9B & 10B

Group' B' Location: Drop-off/Pick-up listed in brackets beside each session above. Huntley Meadow may be used on occasion - instructor will notify participants on previous day.

FEE: \$38/week; Non-res: \$42

Youth Biking, Tennis & Circus update...

SUMMER YOUTH BIKING CAMPS

Monday July 19th & Wednesday, Thursday & Friday July 21st, 22nd & 23rd. Both classes listed below will begin and end at **Huntley Meadow**. Meet in the west corner of the upper parking lot *Min# 6/group; Max# 12* Classes are geared for both **Boys & Girls** and will be held regardless of weather.

1) KIDS on WHEELS for ages 7 – 10 1 – 2pm FEE: \$65; Non-res: \$72

Learn to do obstacle courses, minor maintenance and enjoy playing a variety of fun games: the slow race, water bottle relay, limbo, and the bike part identification game. Basic safety rules for biking on roads & trails will be covered. Learn how to balance better with challenging trail riding techniques/skills appropriate for each individual. **Equipment needed:** a tuned bike, a properly fitting helmet and appropriate clothing for biking

2) YOUTH MOUNTAIN BIKING for ages 11 – 15 9am - Noon FEE: \$175; Non-res: \$195

Join this class for fun, while you expand your knowledge on how to be a safe and responsible mountain bike rider. Rides will be on both dirt and paved roads. Focus will be on riding tips for challenging summer trail riding. All levels welcome. Rides of 10–15 miles/day **Equipment needed:** a tuned mountain bike, helmet, water bottle and BIG snack, with means to carry them; gloves and protective eye wear are highly recommended. **Instructor:** Jennie Hubbard, with assistant(s) if needed. **Ms. Jennie** (649-3882 or 802-296-1122) is a veteran instructor whose forte is individualizing instruction through outstanding skill progressions. Her credentials include: Wilderness Emergency Technician, Norwich firefighter and fast squad member, Instructor for the International Mt. Bike Patrol, and Certified Bike Safety Instructor for the VT Bicycle & Pedestrian Coalition. If Jennie is called out of town by FEMA, an alternate qualified instructor will teach.

Tennis Lessons for 7 – 12 year olds

Lessons will be split into *two age groups*; **Ages 7-9** will practice from **9 to 10am**, and **Ages 10-12** will practice from **10:15 to 11:45 am**. This camp will be a balance of fun games and drills designed for improving consistency and technique on ground strokes, serves, volleys and footwork. Tennis fitness will also be incorporated. The younger group will be given a general introduction to the sport, with challenges for those with some experience. For the older group, the goal will be to establish a consistent base for starting game play.

Seven different sessions/weeks are offered. The beauty of having our 2 instructors is that participants can be grouped according to experience. Signing up for multiple weeks is encouraged as there will be skill progressions built into the program for returning campers.

Session 1: June 28th - July 1st Session 2: *Tues., July 6th – Friday, July 9th with Sat., 7/10 as rain date

Session 3: July 12 – 15th Session 4: August 2nd – 5th Session 5: August 9 – 12th

Session 6: August 16 – 19th Session 7: August 23rd – 26th

All classes will take place at the **Norwich Huntley Meadow Tennis Courts Monday through Thursday*** (with the exception of Session 2). Friday will be a makeup day if it rains (same times). Coaches will explain rain notification policy. *Min # 4; Max # 10* The two age groups may be combined if necessary. If this were to happen the costs and times would be adjusted appropriately. Players should **bring a tennis racquet, water, sunscreen, and good shoes** to play in and a snack if desired.

Coaches: Erik and Alex Jurado (H # 649-2329 or C # 802-281-9022) have been playing tennis for fifteen years. As graduating seniors from Hanover High School they played varsity tennis at top six singles and number one doubles. They have had extensive private training as well as some USTA experience. They both have experience working in our Sports Program for the past few years and are wonderful with children.

Their e-mails: erik.jurado@hanovernorwichschools.org & ajurado91@gmail.com

FEE: Ages 7-9: \$40 per week; Non-residents: \$45 Ages 10-12: \$50 per week; Non-residents: \$55

VAN LODOSTOV FAMILY CIRCUS CAMP is full. Those already signed up please remember that the balance of your payment is due July 5th. Camp runs from **8:30am - 3pm, July 19th – 30th** in the **Marion Cross School**. *Faculty Show – 7/20; Adult Circus Night Class – 7/27; Final Camp Show 7/30*

Video, X-Country Running & Baseball...

VIDEO CAMP

Come join us for the fun and excitement of our seventh annual video camp! Community Access TV (CATV) is offering Video Camps for middle school students *entering 5th - 9th grades*. All sessions run **Monday – Friday; 10am – 3pm**. Different levels will be accommodated & challenged.

Session 1) July 19th – 23rd. Session 2) July 26th – 30th Session 3) August 9th – 13th

Throughout the week participants will learn how to write screenplays, act, direct, videotape and edit using the digital cameras provided. They will produce their own programs to appear on CATV Ch. 10. Students will receive their own copy of all the productions created during their session. Classes are held in the air conditioned **CATV studio** located on the main floor of the Tip Top Building, Suite 142 in downtown White River Junction, VT. Call 295-6688 for directions. Bring your imagination and focus to create a fantastic production. Participants should *bring lunch & a drink daily*. *Min# 5; Max# 10* **FEE: \$150/week** No Non-Resident fee due to location. Please mark chosen session on registration form. NOTE: the provided equipment is expensive and must be handled with care. Students are asked to respect this. **Instructors:** Ella Farnsworth & Bob Franzoni; both experienced video teachers (603-678-4570) or ella@catv8.org

Late Summer & Fall Junior High CROSS COUNTRY RUNNING

The Cross Country Team is open to incoming **6th, 7th and 8th** grade students interested in developing their endurance, core strength, and running ability. Instruction will include cross-training, racing techniques, and running form. Appropriate running attire and shoes are required. Team members have the option of competing in local youth cross-country races. Most race distances are between 1.2 and 2.2 miles.

For practices, meet on the **Marion Cross School front basketball courts**. Practices held **Rain or Shine**, so dress accordingly. Held on the Green, the nature trail and area within a mile of the school, always finishing back on the Green. **Mondays, Tuesdays & Thursdays; 3:45 – 5pm August 23rd through mid-October**

FEE: \$42; *Non-Res. Fee: \$47;* plus some race entry fees – approx. \$5 per race.

Races (optional): Beginning with the Norwich Labor Day Road Race (9/6) 2.2 mile run (\$1 entry fee) Meet at the registration table on the Green at 9am. The weeks after that will see several FREE school races, including our own HOME race. A highlight of the season will be the famous Thetford Trails run, which will likely be held on Saturday October 2nd. **Coach:** We are excited to have our dedicated and knowledgeable veteran coach Jenny Williams returning – jennifer.williams@valley.net <<mailto:jennifer.williams@valley.net>> (649-1719 or 603-290-0977) **Assistant Coaches Needed**, who can attend at least one day/week and run 2 – 3 miles with the group. Please call Jenny if interested.

SUMMER BASEBALL

Low key, pick-up Summer baseball for *children entering 3rd – 7th grades* @ **Huntley Meadow**. Spring baseball is not a prerequisite; all players welcomed. Depending on numbers, groups will be split based on age. A combination of batting practice, intra-squad pickup games, games against other Recreation teams, and optional tournaments. Season runs from **June 28th through August 4th**. Designed to accommodate vacation schedules; it is not necessary or expected that players attend all days. One or two tournaments (for players age

10 & under, and 12 & under) will be offered as an additional option, with individual entry fee of approximately \$15 - \$20 per player for those interested in a significantly higher level of competition

Mondays & Wednesdays from 5:30 – 7pm, game/tournament schedules will likely vary some.

FEE: \$ 27; Non-Residents: \$30 Coach: Rob Edson (649-3542) with John Olszewski assisting some

We will **NEED more coaches**; part time is fine. Please contact Rob or Jill if you can help.

Our blue Norwich T-shirts will serve as uniforms for any tournaments. **PLEASE RETURN your spring uniforms** to John Girard (649-1173) as soon as possible to avoid being charged for their replacement.

Field Hockey & Soccer Camps,

FIELD HOCKEY CAMP

For **girls entering grades 4-9**. A unique opportunity to discover a new sport or improve your skills. Drills, scrimmaging and lots of fun! **Directed** by Hanover High School Head Coach Jean Essex Linehan (802-649-1568 or 356-3344) Led/Coached by Tri-Captains, Hannah Baxter, Morgan Metcalf & Katie Callahan, as well as other players from the Hanover High School "STATE Champions" Field Hockey program. **Mon.-Thurs., August 2nd – 5th 4:30 - 7pm** on the **Norwich Green** with the Marion Cross School Gym as a rain back-up. Please **bring your own stick, mouth protector, shin guards, water bottle, thick sock and rubber band** - to put over stick if indoors, and a snack. Goggles recommended, but optional. **FEE: \$77** for Norwich residents; *Non-residents: \$87* Price includes a T-shirt (indicate youth shirt size on registration form) *Min# 12; No Max#* Questions?/& some loaner sticks available—Contact Coach Essex at essexlinhn@aol.com

FIELD HOCKEY: Summer Skills Practice

Open to those entering *6th grade or above*. Practice your field hockey skills before the start of the season. We're inviting a wide age range, so skills & level to be focused on will be determined by the weekly turn out. Older players - come share a skill, teach a drill, play some pick-up. Younger players- come to learn, practice and play. Sessions will end with an informal scrimmage. Priced with the assumption that most will miss some sessions. Participants can feel free to come whenever one's schedule allows throughout the 8 weeks.

FEE: \$27; Non-Res: \$30 or Drop-in fee of \$5/ evening Come try a night for FREE. **Wednesdays from 5:30 – 7pm**, starting **June 23rd**, through **August 11th** (will not meet on August 4th) Held on the **Norwich Green**. **Coordinated by** Hanover High Head Coach, Jean Essex Linehan (649-1568) Please **bring your own stick, shin guards, water bottle and mouth protector**. Goggles recommended, but optional. Some equipment may be available to borrow. This group will **not** meet if it is raining.

GIRLS' SUMMER SOCCER

For those entering 5th – 7th grades in the fall Have fun with soccer this summer and get ready for the fall season! The first hour of each session will be devoted to skill and strategy building, with the final 30-minutes dedicated to scrimmage. There will be no 'formal' games, however we hope to involve parents and possibly some other invited 'guest stars' in our scrimmages. The goal will be to generate excitement and foster confidence through the development of skills and knowledge about the game of soccer.

Our summer philosophy is 'come when you can'. It would be helpful however to indicate to the coaches at the beginning of the program which sessions you know you will miss. **Wednesdays, 6 - 7:30pm, June 30th - August 25th** (9 sessions) @ **Huntley Meadow** Rain or shine so dress appropriately. **FEE: \$22; Non-Res: \$25 Coaches:** Brian Nolan Brian.Nolan@Hitchcock.org; phone: 649-8101, with Dave Bibeau assisting

"CHALLENGER SOCCER" CAMP

Challenger Sports' British Soccer Camp is the #1 soccer camp in the US and Canada. Trained coaches from the U. K. will be in Norwich to develop campers' skills and knowledge of soccer. Expert instruction and loads of fun! Players grouped by age & ability @ **Huntley Meadow Mon. – Fri.; 6/21–25th & *August 9 -13th** *Free Jersey still available if you register by 6/25 for the August camp. Meet at the pavilion the first day Rain or shine, so please dress appropriately. Two programs offered –

the **Half Day** Program for ages 7 – 14 from 9am – Noon FEE: \$115; Non-res: \$125
or **Mini Soccer (Evenings)** for ages 4 – 6 5:30-7pm FEE: \$85; Non-res: \$95

Add \$10 if registering less than 10 days prior to camp. See web site or challenger application form for cancellation / refund policy. **On-line registration recommended @ www.challengersports.com** or **make checks payable to: "CHALLENGER SPORTS"**. Both the Norwich Registration form (p.9) and "Challenger Sports Application" form, on-line or at registration, or Tracy Hall, must be filled out. Note: If you're interested in "Hosting a Coach" it needs to be done on-line. Forms can be printed off their website @ www.challengersports.com An \$80 rebate will be returned during the camp week if hosting a coach.
Fencing, Art(?), Outside Programs & Thanks...

FENCING - for ages 11 & up

All levels welcome! Experienced fencers will be challenged. Beginners will be trained to proficiency; all through the Upper Valley Fencing Club (www.UpperValleyFencingClub.com). **Mondays & Wednesdays; 6–8:30pm** from **June 21st – Sept. 1st** in the **Tracy Hall Gym - No Class on 7/5, 7/7 or 8/23**. All members except rank beginners, must provide their own equipment. **Instructors:** Neal McBain, Ralph Hoehn (UpperValleyFencingClub@gmail.com), Bill Craig, and Coordinator Paul Horak (649-3735); collectively with decades of teaching experience through all levels, many of whom competed at the college level **Special Summer Guest Instructor:** Keegan Harris **Note:** Adult UVFC members must join the USFA. Membership forms are available at www.USFA.org. List club affiliation as "Upper Valley Fencing Club" in the Green Mountain Division **Norwich Residents' FEE: \$135, or 1 day/week: \$78; Non-Residents: \$150, or 1 day/week: \$85 payable to "Town of Norwich – Recreation"** Additional family members-half price. Also check website – www.vtfencing.org

Wondering where our usual **Summer ART program** is? At print time we don't have one but are still shooting for an offering in July. If we can make it happen it will be posted on the Recreation portion of the Norwich Town website, www.norwich.vt.us by the end of June.

Some other youth programs of interest offered outside of Norwich Recreation:

LACROSSE CLINIC & CAMPS - Upper Valley Lacrosse will run a weekly lacrosse clinic for boys and girls, **7-9 years old**, at Huntley Meadow in Norwich. The workouts will run on **Wednesdays**, from **June 23rd** through **July 28th** from **9 - 10am**. No equipment needed other than a lacrosse stick. Soft indoor balls used

\$40 for the 6 week session. Registration needs to be done directly through Chris Seibel @ Chris@uppervalleylax.com Coordinator /Coach Chris Seibel and Marianne Doyle HHS Varsity Coaches
Upper Valley Lacrosse Summer Camps – Rising 6th – 9th grade Boys' Week: 6/28 – 7/2 from 5 – 8pm Jeff Reed-Director / Girls' Camp will run from 8/2 – 8/6; 9am - Noon Marianne Bocoock Doyle-Director Both camps are @ Huntley Meadow and the Fee is \$225/week Call **603-359-5301** for more information or **to register**. Registration for summer lax is not through Norwich Recreation.

Youth Running / Hero Program - This summer Hanover Recreation is organizing a youth running program in conjunction with the CHaD Hero Half Marathon & Relay, held on August 29. The goal of the program is to get kids moving, while raising funds for the Children's Hospital at Dartmouth-Hitchcock. By joining, each participant will be registered in either Cam's Course 1 mile Fun Run or the Ripcord 5K. This race fee includes, fundraising info packet, a t-shirt and a free BBQ lunch on race day. Help break the previous Guinness World Record by dressing as a superhero! Open to youth ages 8-18 Fee: Han Res \$15/Non-Res \$20 Coaches: Dave & Pam Aman Times & Locations TBD. Register through Hanover Rec. @ 603-643-5315. For more info., go to www.chadkids.org

Lightning SC "Street Soccer" Summer Camps! Improve your technical skills and your mental and physical approach to the game in challenging, small-sided "street soccer" games coached by Lightning's Charles Mhlauri, former national coach of Zimbabwe. Charles and the rest of the Lightning professional coaching staff will help you work on your moves, your speed, how to use your body effectively and how to build your mental toughness. Camp cost includes training and camp t-shirt. 9am – Noon @ Huntley Meadow in Norwich \$110 **CAMP 1: 6/28 – 7/2** for 7 – 10 year olds **CAMP 2: 7/5 – 7/9** for 11 – 14 year olds

Check made payable to Lightning SC Mail in to PO Box 5059 Hanover, NH 03755 **Registration for this program is not through Norwich Rec.** Contact: lightningsoccerclub1983@gmail.com or visit their Web site: www.uvlightning.org

Tuesday Night X-Games – a summer continuation of Ford Sayre's Nordic, Jumping and Biathlon programs. Tuesday evenings at Oak Hill- Storrs Pond. Go to www.FordSayre.org>Nordic for more info.

The Recreation Council would like to **THANK ALL VOLUNTEERS** who kindly gave of their time and energy to coach, umpire, &/or help with all of our offerings this past year. The list is too extensive to print, but please rest assured that your community involvement and spirit is truly appreciated!

SPECIAL THANKS for the OUTSTANDING LOCAL SUPPORT ! - *We would like to thank the following businesses and organizations for their donations and support over the past year for a variety of community events which the Recreation Department organized: Allechante, DeMars Guitars LLC, the Bagel Basement - Hanover, Dan & Whit's, Home Hearth Bakery, King Arthur Flour, Norwich Fire Dep't, Norwich Highway Dep't, Norwich Police Dep't, the Norwich Inn & Stateline Sports.*

Rec. Guidelines, Adult Programs & Fall Preview...

NORWICH RECREATION GUIDELINES

In-person registrations received on 6/10 & 6/12 will be accepted and processed before all mail-ins or drop-offs. Registration will be taken on a first come, first served basis. You can also hand-deliver registration forms with payment to the Recreation mail slot in the Town Clerk's office downstairs in Tracy Hall. Please try to attend one of the registration days, particularly if signing up for any programs with maximum numbers, in order to avoid disappointment if they fill. We ask that after June 12th, you call to check on space availability for any programs with limited numbers before registering. Mail-in registration forms preferably received at least a week before a class begins, will also be accepted and can be sent, with payment to:

Please make **checks payable to "TOWN OF NORWICH – RECREATION"**

Norwich Recreation P.O. Box 1137 Norwich, VT 05055-1137

Extra summer program brochures are available in the basement of Tracy Hall or on-line at www.norwich.vt.us

Refund Policy: The program fee, *less \$10* will be returned if participants attend only one, or no classes, and call or write to request it. You can also opt to have this amount put on our credit list for future use in any Norwich Rec. program for your family.

Senior citizens (65 +) are eligible for a 15% discount on our programs upon request and proof of age.

Non-residents please note: You are welcome in all our summer programs. We charge a slightly higher *non-resident fee* for individuals participating in most of our programs. The Recreation Department gives priority to Norwich residents in the case of classes with size limitations. In-person Non-resident registrations (6/10 or 6/12) will be added next. After 6/12, Non-residents will be incorporated and considered on an equal basis with residents. Mail-ins or drop offs will be added next, as received. Checks will be held through 6/12 at which time registrations will be processed. Non-residents will be CONTACTED by 6/19 ONLY if we CANNOT fit you in.

The Recreation Department will try to accommodate people with disabilities who would like to participate in our programs; according to **ADA regulations**. If you need an accommodation, please notify us at registration, or at least a week before the program.

ADULT PROGRAMS

See Fencing on the top of page 6 !

CHI KUNG & WING CHUN KUNG FU – New !

Both of these classes are ongoing every **Thursday evening** through September 2010. Held in the ***Tracy Hall Gym**. (**except class on 7/8 will be in the Marion Cross School GYM*). Suitable for ages 12 & up

Chi Kung, offered from **5:30 – 6:10pm**, is a beautiful melodic class that teaches a traditional and unified Chi Kung (Energy-Skill) system for all levels. The 40 minutes of flowing sets are designed to develop and enhance *glowing* health. The White Star School will be also be offering a new **Wing Chun Kung Fu** class from **6:30 – 7:30pm**. Wing Chun is the perfect Kung Fu Style to learn practical Self Defense for anyone. It is also an excellent supplement for any Martial Artist of any style to impart remarkable and unique skill sets.

Wing Chun, "Beautiful Spring time" is a Southern Soft Kung Fu style, invented by a woman for self defense against larger, stronger or skillful opponents. It is perfect for anyone wishing to develop health, and learn self defense with glowing confidence! **FEE: \$50 / month / class; Non-residents: \$55**

Both classes are **taught by Shirfu Glenn Gurman, Lic.** Acupuncturist and Herbalist and founder of the White Star School. He has been practicing and teaching Wing Chun for 34 years (most of them In Norwich!) and is also is an acknowledged instructor of four other Martial Arts. Classes are light hearted, traditional and pragmatic, with each student setting their own pace. Call (802) 649-1616 for more info.

ADULT SOCCER

FREE Open pick up coed soccer *for Norwich residents* Held @ **Huntley Meadow** Shin guards & mouth guards recommended. Please sign release form with coordinator on site. Drop-in basis

Sundays, 4:15 - 6pm; ongoing **Coordinator:** Watt Alexander Call 649-3144 for more info.

***Fall Preview: For YOUTH:** Labor Day 2.2 mile Road Race, Middle School Cross-Country Running continues, K – 6th grade Soccer, Table Tennis, Kids on Wheels, Youth Mountain Biking, Fencing, Babysitter's Training Course and don't forget our Halloween Celebration @ the Norwich Inn. **FALL registration will begin Thursday, Sept. 2nd** *subject to change

Fall ADULT offerings: Labor Day Road Races (2.2 miles or 10K+), Dancing Classes on Tuesday nights, Mountain Biking, Open Soccer, Badminton, Basketball & Volleyball, Chi Kung/Wing Chung Kung Fu, Fencing, Table Tennis, plus Hiking.
Rec. Council Members, Summer Calendar, Labor Day Race & misc. Rec. Notes...

A humongous "Thank-you" also goes out to Recreation Council members listed below, who volunteer their time to oversee and help with virtually everything the Recreation Department is in charge of. They contribute to our town in many ways that go unnoticed, and the Department could not function without them.

Norwich Recreation Council Members:

Lars Blackmore - President; Chris Healy – Vice President; Aimee Goodwin - Secretary; Lisa Adams, Dave Bibeau, Kristin Brown, Stuart Close, Scott Neuman, Bill Miles, Clayton Simmers, John Starosta, Kris Strohhenn & with great appreciation of them, Jill Kearney - Director

SUMMER CALENDAR 2010

June 10th - Summer In-person registration - Downstairs in Tracy Hall Thursday 3 - 6pm.

June 12th - Summer In-person registration - Downstairs in Tracy Hall Saturday 9 - 11am.

Sept. 2nd - Norwich Recreation Fall Registration - Downstairs in Tracy Hall Thursday 3 - 6pm

We also hope to have **on-line registration begin on 9/2** & thereafter.

Norwich Pool Note – The Norwich Pool is now open but with a "Swim at Your Own Risk" policy. We are working to find Lifeguard coverage from 12:30pm – 4:30pm daily from the end of June through mid-August but we cannot guarantee that a guard will be on duty every day. Please check signs and facility before dropping children off, or swimming. Call 649-3040 x. 5 to confirm. As per recommendation from the VT Dep't of Health, the Norwich Health officer will organize for the Norwich pool water to be tested this summer if needed.

Labor Day Road Race - Monday, Sept.6th, 2010

2 Race distances to choose from: 2.2 or 6.4 miles. Both begin & end at the Norwich Green

8:45 - 9:45am *Registration on Site on **the Green**, in front of the School

10am Start of 2.2 Mile Run **10:05am** Start of 6.4 Mile (10K plus) Run

*Participants can also register anytime at the Recreation office/mailbox slot in Tracy Hall

\$1 minimum donation requested (same fee for over 20 years) No hassles / No crowds / No un-needed T-shirts

EVERYONE WELCOME – Run as a family. Start training now & you'll be ready!

Tasty & Fun prizes for top males & females. For 2.2 mile, prizes for 10 & under, 11 - 15 years & first overall male & female only. For 6.4 mile, prizes for 29 & under, 30 - 45 and 46 & up age categories.

For more info &/or registration form, go to: www.norwich.vt.us after mid-June (Recreation Dep't - Labor Day Road Race) or contact the Recreation Director at 802-649-3040 x.5. **Help Needed:** To volunteer/help on Race Day, please call same #.

RECREATION NOTES:

Ongoing registration continues for all summer programs; both youth and adult. The summer brochure and registration forms are available on-line at www.norwich.vt.us Just go to Recreation Department for the brochure and then "forms" to print them. Hard copies are downstairs in Tracy Hall.

For **Fall 2010** we hope to start using **on-line registration** to simplify the process for families. Look for a note about it on Sept. 1st, the first day back at MC School. Contact Jill if your child is schooled elsewhere.

Facility Improvements – We would like to thank the Norwich Women's Club for funding our grant last year for the beautiful waste receptacles at Huntley Meadow. We have our fingers crossed for a new grill and ash receptacle at the Huntley Meadow pavilion this year.

NORWICH TENNIS COURT NOTES: Although we'll always keep one court open for residents, we suggest you please try to *avoid* these lesson/match times when playing at Huntley: **Monday – Friday from June 28– Aug. 26th; 9am – Noon & 2 – 4pm. Also Wednesday evenings. On Saturdays from 9am – 1pm throughout the summer one court will be used for lessons as well.**

Fall SOCCER COACHES – Please call Jill at the Rec. office (649-3040 x. 5) now for the best time/field selection if you'd like to coach youth soccer (K - 6th grade) this fall.

DOG NEWS - Unique Fall Event on Sun., 9/19 @ 9am: **DOG RUN DOG** 5K/10K Dog & partner run Begins & ends at Upper Valley Events Center on Rte. 5 Lots of fun awards! For Info., contact Paul @ 802-356-4444 or gardner.pw@verizon.net Info. and registration online at www.dogrundog.com Human only 5K & 10K races too

Dog Walkers – Please help us by being considerate and picking up after your dog at all of our park areas. There are doggie pick-up bags @ Huntley and the pool for your convenience. Please only use them as needed, on site.

COMMUNITY RECREATION RESOURCES:

Prouty (Norris Cotton Cancer Center) Bike Ride/Walk Fund-raiser on 7/10 1-800-226-8744 or www.TheProuty.org

Bob Whalen Baseball School	603-646-2477	Norwich Racquet Club	649-8994
CCBA-"Carter-Witherell Center"	603-448-6477	Norwich Public Library	649-1184
Community Access Television	295-6688	Norwich Recreation	649-1419 x.109
Dancer's Corner	296-2526	Our Court Tennis	295-9876 or ourcourt@valley.net
Dartmouth Gym Info.	603-646-2731	Outback Barn & Aerobics	785-4248
Dartmouth Public Swimming	603-646-2474	River Valley Fitness	603-643-7720
Dartmouth Soccer Camps	603-646-0321	Single Volunteers of the U.V.	296-6911
Hanover Improvement Society	603-643-2408	Stateline Jammers Basketball	603-448-4014
Hanover Parks & Recreation	603-643-5315	Storrs Pond Rec. Area-Hanover	603-643-2134
Hartford Parks & Rec. Dept.	295-5036	Upper Valley Aquatic Center	802-296-2850
Hulbert Outdoor Center	802-333-3405	Upper Valley Events Center	649-2772
Keeping Track-Wildlife Awareness	649-2039	Upper Valley Lacrosse Club	603-359-5301
Lebanon Ballet School	603-448-5404	Upper Valley School of Gymnastics	649-1331
League of NH Craftsmen (classes)	603-643-5384 5994	Upper Valley Special Olympics	1-800-639-1603
Lebanon Parks & Rec. Dept.	603-448-5121	Upper Valley Swing Dance Network	603-643-5341
Montshire Museum of Science	649-2200	Vermont Inst.of Nat.Science- www.vinsweb.org	802-359-5000
Northern Lights Gymnastics	295-2070	Youth in Action	603-643-4313
Northern Stage	296-7000		

Huntley Meadow Final Project: We plan to level and re-seed Huntley Field # 1 this fall. We have decided to do much of it in house to save money so the Norwich Highway and Buildings and Grounds Departments will be orchestrating the project. A portion of it, however, will have to be subbed out due to the specialized equipment needs. This is the final stage of our long term project begun by Jeff Marshall many years ago and continued with the help of Bruce McLaughry. We are almost there, as it is the last section that needs to be done and we need your help to make it happen. **Please consider a donation** in any amount to aid in this project's last step. Tax deductible donations can be made to: Town of Norwich – Recreation; P.O. Box 1137, Norwich, VT 05055. Please include "Donation-Huntley Meadow" in memo.