



# SUMMER 2016

Programs • Activities • Events



## 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 area, 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 [rward@stonington-ct.gov](mailto:rward@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 the Stonington Human Services, 166 South Broad Street, Pawcatuck, Monday-Friday between 9AM-4:30PM, by mail, or outdoor drop box after normal business hours.

Starting Feb 1 online registrations will be 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.

## NEW! 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.



## Summer Camp Morning Playground & Afternoon Enrichment

Full and half day options! Theme Days - Crafts - Sports - Interactive Games - Field Trips - Fun with Science - Theater - Karate - Art - and much, much more! Held at Spellman Park and Stonington High School, our camp (a partnership between Recreation and Youth & Family Services Divisions) takes full advantage of the sports fields, playground and school facilities for safe, fun-filled days of summer adventure! Breakfast and lunch served daily through the federally funded Summer Food Service Program. Please contact the Stonington Human Services for details and specifics. This popular program fills quickly; register early to avoid disappointment!

**Dates:** Monday-Friday June 14-August 12

**Ages:** Boys and Girls entering Grades 1-6 in the fall of 2016

### Summer 2016 Fees

Full Day (8:00 am - 4:00 pm); \$575 Resident / \$725 Non-Resident

Playground Only (8:00 am - 12:00 pm); \$275 Resident / \$350 Non-Resident

Enrichment Only (12:00 pm - 4:00 pm); \$300 Resident / \$375 Non-Resident

\* Field trips are an added fee.

## Middle School REC Camp

**New this summer!** Full and half-day programs set up specifically for the middle school population (boys and girls entering 7<sup>th</sup> & 8<sup>th</sup> grade in Fall 2016) and 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 days of summer adventure! Register early to avoid disappointment. Breakfast and lunch served daily through the federally funded Summer Food Service Program.

**Dates:** Monday-Friday starting June 27-August 12

**Times:** Full-Day - 8:00 am to 4:00 pm

Half-Day - 8:00 am - 12:00 pm OR 12:00 pm to 4:00 pm

**Fees:** Full-Day - \$125/Week

Half-Day - \$85/Week

\* Field trips are an added fee.



A GLIMPSE OF OUR  
SUMMER  
CAMP FUN...

Participants must be registered for the regular playground camp - both half day and full day participants may join us (see details above). Registration for the field trips are separate. Details for each particular event will be available at camp during the week leading up to the dates.

Friday 6/17 - Camp Kick-off Bash

Friday 6/24 - Nomads Adventure / Quest

Friday 7/1 - Camp Olympics

Friday 7/8 - Roger Williams Park & Zoo

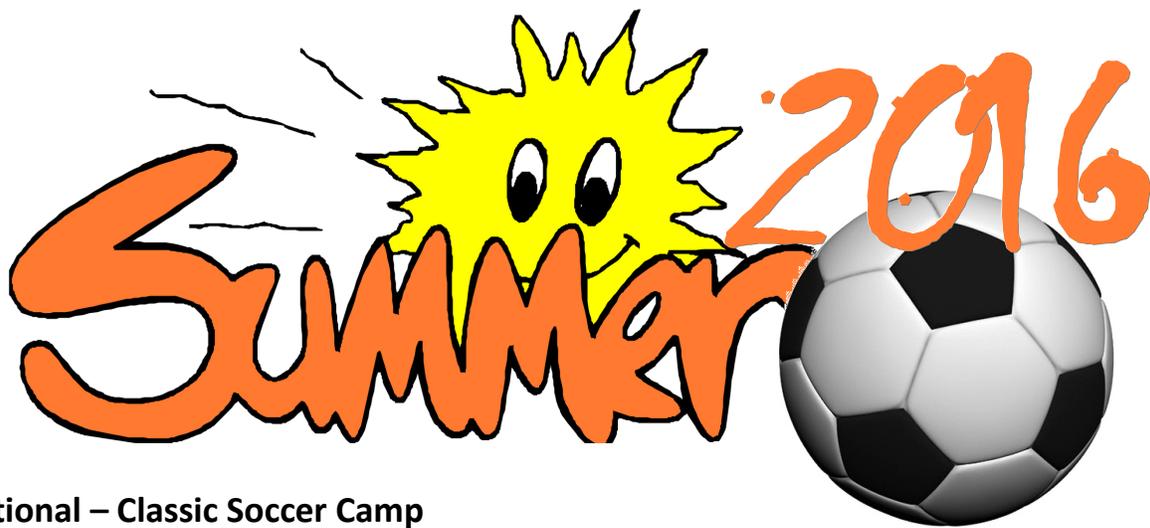
Friday 7/15 - Wet & Wild Day!

Friday 7/22 - Launch Trampoline Park

Friday 7/29 Harry Potter Day - Camp Hogwarts!

Friday 8/5 - Yawgoo Valley Waterslides

Friday 8/12 - The Grand Finale!



## UK International – Classic Soccer Camp

UK International's Classic Soccer Camp program enhances player's technical development & 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 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 -Defending.

**All participants will receive their own soccer ball and a camp shirt!**

Age : Boys & Girls 6 to 14 years old  
 Day/Date: Monday-Friday; July 25-July 29  
 Time: Evening session 5:00-8:00 PM  
 Location: Spellman Recreation Complex – Multipurpose 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!**

Age : Boys & Girls 4 to 6 years old  
 Day/Date: Monday-Friday; July 25-July 29  
 Time: Evening session 5:00-6:30 PM  
 Location: Spellman Recreation Complex – Multipurpose and/or Piver Field  
 Fee: \$85

## Middle School Boys Summer Camp

**Instructed by Paul deCastro, Jeff Lewis & 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**

Age : BOYS entering grades 7, 8 & 9  
 Day/Date: Monday-Friday; Aug 1-Aug 8  
 Time: Evening session 5:00-7:30 PM  
 Location: Spellman Recreation Complex – Multipurpose and/or Piver Field  
 Fee: \$75 Resident / \$85 Non-Resident

## HS Girls Two week 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. Instructed by Mario Costa, Jeff Lewis & Paul deCastro, boys coaches staff at SHS.

Age : High School Girls entering Grades 9-12  
 Day/Date: Two weeks Monday-Thursday; Aug 8-18  
 Time: 8:00-10 AM (times subject to change with school calendar)  
 Location: Spellman Recreation Complex – Rec Field and/or Piver Field  
 Fee: \$50 Resident; \$60 Non-Resident

**Online Registration is now available at:**

<http://stonington.recdesk.com/>

## High School Boys Weekly 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 up-coming 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 12-Aug 18 (6 weeks)  
 Time: 8:00-10 AM  
 Location: Spellman Recreation Complex – Multipurpose and/or Piver Field  
 Fee: \$100 Resident / \$110 Non-Resident

## High School 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!

Age : High School Boys entering Grades 9-12  
 Day/Date: Sunday-Wednesday Aug 21-24 (HS season starts 8/25)  
 Time: 5:00-7:30 PM  
 Location: Spellman Recreation Complex – Multipurpose and/or Piver Field  
 Fee: \$85 Resident / \$95 Non-Resident

## JUST ADDED!

### MS & High School Girls Weekly Summer 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 3 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 Assistant Coach at Stonington High School for the boys and Coach Macera is a certified personal trainer by the National Academy of Sports Medicine, and is also a certified Performance Enhancement Specialist and a Weight Loss Specialist. Register early for this wonderful opportunity – "guaranteed results or your money back!" Age : Middle School & High School Girls entering Grades 7-12

Day/Time: Mon, Wed & Thru 6:00-7:30 PM  
 Dates: June 27-Aug 4 (6 weeks), no program July 4  
 Location: Spellman Recreation Complex – Multipurpose and/or Piver Field  
 Fee: \$75 Resident / \$85 Non-Resident

## HIKE STONINGTON!

Grab your friends & family members (or do it for yourself!) and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL 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!  
[hikestonington@stonington-ct.gov](mailto:hikestonington@stonington-ct.gov)
- 4<sup>th</sup> – GET YOUR T-SHIRT FOR IT!! Woohoo!

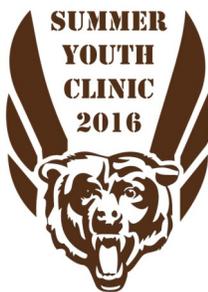
A packet with the complete list of trails and guidelines will be provided upon registration. Info on how to “report back” on each trip will also be given at that time. You will have the whole summer (even into the fall) to complete the hikes and to be eligible for the FREE t-shirt.

**Fees: FREE! Registration is required**

## 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 12-August 16  
**Where:** Stonington High School Track  
**Fee:** \$120 (5 Clinics and 1 Meet); includes T-shirt



## 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 25-July 29  
**Time:** 6:00 - 7:30 PM  
**Location:** Palmer Field (turf at SHS)  
**Fee:** \$75

## Summer Food Service Program

Stonington Human Services is pleased to announce its 13th year of participation in the federally funded Summer Food Service Program (SFSP). Under the program, nutritious meals will be provided to all children, 18 years and under, free of charge/ no paperwork required, Monday-Friday at the following site:

Stonington High School - June 14<sup>th</sup> – August 12<sup>th</sup> (M-F – Rain or Shine)

Breakfast: 8:30 am - 9:00 am

Served at Spellman Park; inclement weather, served in SHS Café

Lunch: 11:30am- Noon

Served in SHS Café

Since 2004, 75,901 meals have been served!



## Yankee / Red Sox Game

### Family Day Trips

Yankees VS Red Sox at Yankee Stadium - ENOUGH SAID! Fees include round trip motor-coach transportation and Field Level tickets in Section 129. Participants may choose the VIP package which includes pre-game dining in The Audi Yankees Club, an all-inclusive 5-

star dining experience including sushi, steak, salad, pasta, nonalcoholic beverages (cash bar is available) and much, much more, is included with the VIP package through the start of the game. Seats for both packages are located in section 129. Come experience the best rivalry in sports like you have never experienced it before. **Act fast - we will sell out!**

**25 regular & 25 VIP packages are available**

**Age:** Families - all ages

**Day/Date:** Friday, July 15

**Time:** Depart Human Services at 1:00 PM

Return after the 7:00 PM game

**Location:** Yankee Stadium - Bronx, NY

**Fee:** \$150/ticket and bus package

\$205/VIP package

## Youth Lacrosse Camp

**For Both Boys and Girls** This Summer, come out and experience an all new approach to learning to play better, faster, more exciting lacrosse! RPM Coaches are committed to helping boys and girls master the fundamentals of the game through competition and small-sided games. We believe in applying better movement mechanics and developing the overall athlete and person behind the stick. Drills are challenging and inclusive, and we have enough coaches engaging the players so no one ever feels left out. Cool prizes every day and guest coaches from Major League Lacrosse and Men's and Women's NCAA players - past and present! Directed by RPM founder Malcolm Chase (Boston Cannons, LXMPRO, New England Lacrosse Journal Writer)

**Age:** Boys & Girls Ages 7-14 years old

**Dates:** Mon-Thurs June 27-30

**Time:** 5:00-8:00 PM

**Location:** Spellman Recreation Complex

**Fee:** \$90 per player



## Girls Lacrosse 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 4-8. Ground balls, shooting, fast breaks, defense, stick stills 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. Elizabeth has played lacrosse for 10 years at the middle school, high school, club and college level. She is currently playing at TCNJ, one of the top division III programs in the country, claiming 13 national championships. In her first year she was named All-Conference and All-Region Defensive Player of the Year, along with being the only freshman selected to the All-American Team. She is trained as a USLacrosse referee and is first aid/cpr certified.

Each participant will receive a clinic shirt.

**Age:** Girls entering Grades 4-8 in Fall 2016

**Dates:** Mondays, Wednesdays and Fridays

July 6-July 29 \* note new dates

**Time:** 6:00 pm - 8:00 pm

**Location:** Multi-Purpose Field, Spellman Park

**Fee:** \$40



## 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:** 3 age groups: Entering Grades 4-5; 6-7; 8-9  
**Dates:** Monday-Friday - June 27-July 1  
**Times:** 9:00 am to 12:00 pm  
**Location:** Stonington High School Gymnasium  
**Fees:** \$100

## Summer B-Ball Open Gym



Open Gym for pickup games. Instructors/coaches will be on hand, giving mini-skill clinics and providing feedback on how to improve your game. 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.

**Ages:** Girls entering Grades 5-8 and 9-12 in Fall 2016  
**Day/Date:** Tues & Thurs - July 5-Aug 11 (6 weeks)  
**Time:** 8:00 am - 10:00 am  
**Location:** Stonington High School Gymnasium  
**Fee:** \$25/Stonington Students only



Registration starts June 1

# Fall 2016 Youth League

For both boys and girls ages 8-14 years old. Program runs from Sept into Nov (schedule TBD) with practices and games held at Spellman Park behind the High School and Pawcatuck Middle School. Each team will practice once during the week with their games being played on Saturday mornings. Goals of the league are that all participants will develop their social & mental skills, physical strength & character while safely learning how to play flag football. Teamwork & 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: 8-14 yrs old  
In two divisions: 8-10 & 11-14  
**Dates:** September - November  
**Times:** Schedule TBD  
**Where:** Spellman Park Fields  
and/or Pawcatuck Middle School  
**Fees\*:** \$55 / Resident  
\$75 / Non-resident

\*Register between June 1 and June 13 (before school gets out for the summer) and you will receive \$10 off your fee: (\$45/Resident; \$65/Non-resident)

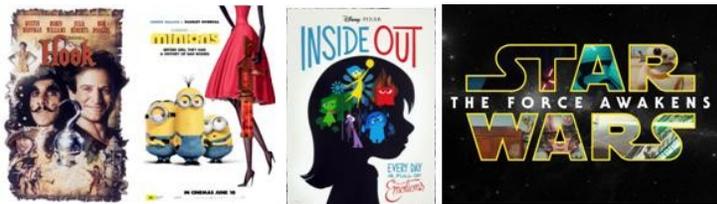
## Youth Tennis Lessons

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 14-June 30 (3 weeks)  
2. July 12-July 28 (3 weeks)  
**Location:** Spellman Park, George Crouse Tennis Courts  
**Fees:** \$45/person  
(discounts are given for those enrolled in our Summer Camp)

## Family Movie Nights



### 2016 Schedule

Friday, July 15 *Minions*  
Friday, July 29 *STAR WARS: The Force Awakens*  
Friday, August 12 *INSIDE OUT!*

Held at on the green at Mystic River Park, Cottrell Street - 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! Call (860) 535-5015 for more information. Stay tuned for details on a Fall Movie Night featuring *HOOK* - held in conjunction with Mystic's Pirate Invasion.



Are you ready for some Football!?!?