

Sports & More

****Initial Registration for One Week Only. ****

Week #1 Date: June 30, July 1, 2, 3 **Cost:** \$68.00

Week #2 Date: August 4 – 8 **Cost:** \$85.00

Time: 8:30 a.m. – 12:30 p.m.

Location: Merrymount Park & Recreation Complex

Age: Boys and Girls entering Grades 3 – 9

Director: Megan Therrien, Quincy Recreation Staff

This clinic provides a week of traditional activities under supervision that will include group games and organized play like capture the flag, dodge ball, scavenger hunts, board games, arts & crafts, sports and more. This recreational experience will be planned and informal; spontaneous & organized with plenty of fun.

Swimming – Competitive

Date: August 18 – 22 **Cost:** \$85.00

Time: 8:30 a.m. – 12:30 p.m.

Location: Lincoln Hancock School Pool

Age: Boys and Girls entering Grades 5* – 12

Director: Yvonne Boness, Former Varsity Swim Coach, Westwood H.S., Eastern Mass. Swim Official

This clinic will emphasize the refinement of competitive skills and exposure to a number of different types of training. Strokes (free style, backstroke, butterfly, and breaststroke). Starts and turns will also be covered. This is not a learn-to-swim program. All applicants must be able to swim** and acclimate themselves to the rigors of training.

* Children under grade 5 admitted with advance approval of the Clinic Director ** Must have Red Cross Level IV or Y.M.C.A. Fish.

T.V. Production Workshop

Date: July 14 – 18 **Cost:** \$85.00

Time: 9:30 a.m. – 1:30 p.m.

Location: Q.A.T.V. Studio, 88 Washington St.

Age: Boys and Girls entering Grades 7 – 9

Director: Mark Crosby, Q.A.T.V. Staff



The participants will be taught the basic techniques of television production including camera operation, editing, scripting, and studio instruction. Participants will produce an S-VHS Program that will be cablecast on Quincy Access Television, Channel 8.

Tennis – Middle & Elementary

Date: Elementary #1 – July 14 – 18 **Cost:** \$85.00

Middle School – July 21 – 25 **Cost:** \$85.00

Elementary #2 – August 11 – 15 **Cost:** \$85.00

****Initial Registration for One Week Only. ****

Time: 8:00 a.m. – 12:00 Noon

Location: Quincy High School Tennis Courts

Rain Site: Quincy High School Gym

Age: Middle – Boys and Girls entering Grades 6 – 9

Elementary – Boys and Girls entering Grades 3 – 5

Director: Meghan Matthews, Varsity Tennis Coach, Q.H.S.

Fundamental drills on groundstrokes, volleying and serves, as well as, strategies on singles and doubles will be taught. Conditioning and strength training will also be discussed. Participants must have their own rackets.

Track, Field and Distance

Date: July 28 – August 1 **Cost:** \$85.00

Time: 8:00 a.m. – 12:00 Noon

Location: Faxon Field Track, Coddington Street

Age: Boys and Girls entering Grades 2 – 9

Director: Geoff Hennessey, Head Track Coach, Q.H.S. /N.Q.H.S., and Quincy Track Club



This clinic provides a hands-on learning environment focusing on the basic fundamentals of sprinting, relay racing, hurdling, distance running, and all field events. Athletes will have daily lectures on training, diet and nutrition, sports psychology, rules and regulations, and sports medicine.

Volleyball – Coed

Date: August 18 – 22 **Cost:** \$85.00

Time: 8:30 a.m. – 12:30 p.m.

Location: North Quincy High School

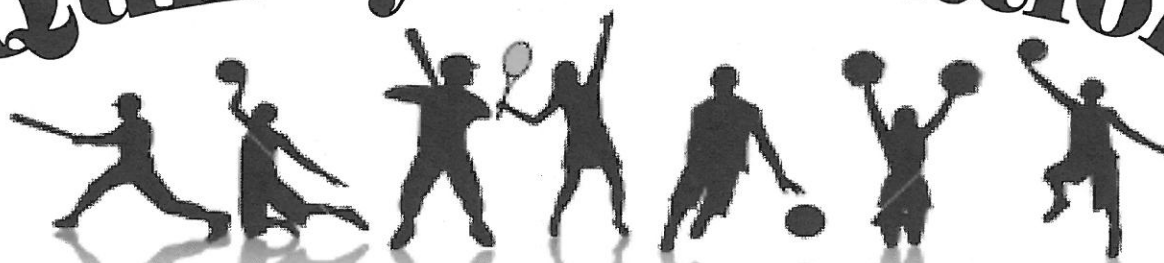
Age: Boys and Girls entering grades 6 – 12

Director: Colleen Nichol, Former Volleyball Coach, Q.H.S.



This clinic will include a wide variety of individual skills from defense to offense. Beginning players will focus on passing and serving. Advanced players will concentrate on attack. Competition experiences of doubles, triples, and 6 on 6 will highlight the clinic.

Quincy Recreation



2014



Sports & More

Mayor Thomas P. Koch, the Quincy City Council, and the Park and Recreation Board invite your family to participate in the enclosed 2014 sports clinics and instructional workshops. By taking advantage of our outstanding municipal facilities and the great wealth of local leadership, the Quincy Recreation Department is pleased to organize and conduct the following self-supporting clinics and workshops for the benefit of children while they are enjoying the summer school vacation. The clinics will be under the direction of highly qualified sports coaches and instructors from the area and will feature individual instruction with an approximate counselor to child ratio of one to ten.

Sports & More Clinics and Workshops are of great value and have been designed to give city residents a low cost alternative for youngsters who desire specialized instruction in these activities while avoiding the high cost of for-profit camps. Enrollment is limited, so register early! Please call the Recreation office at 617-376-1394 or visit the Quincy Recreation web site, www.QuincyRec.com, for further information.

Thomas P. Koch
Mayor

Barry J. Welch
Director of Recreation

“DON'T HESITATE, RECREATE”

REGISTRATION INFORMATION

QuincyRec.com

Visit the Quincy Recreation web site, QuincyRec.com, for additional registration forms and other information regarding the programs offered.

There are three ways to register please read carefully:

*** MAIL-IN REGISTRATION BEGINS NOW.** Registrations will be processed daily beginning Tuesday, May 13, 2014, lottery style. Please use one form for each child, photocopies accepted (both sides).

Send completed registration form (both sides) and FULL payment to:
(Make checks payable to Quincy Recreation Department.)
Quincy Recreation Department
One Merrymount Parkway
Quincy, MA 02170

*** ONLINE REGISTRATION BEGINS WEDNESDAY, MAY 14, 2014**

Visit our web site, QuincyRec.com, for details and instructions. Online registration will continue throughout the summer.

*** WALK-IN REGISTRATION FOR ANY REMAINING SPACES BEGINS MONDAY, JUNE 2, 2014 at 9 a.m.** Walk-in registration will continue Monday through Friday between 9 a.m. and 4 p.m. at the Quincy Recreation Department, One Merrymount Parkway, Quincy, MA 02170.

Confirmations will be mailed upon receipt of full payment and completed registration form. Confirmations will include all pertinent information regarding your clinic/workshop, including cancellation and refund policies.

When unable to accommodate your registration request, your check will be immediately returned. If a clinic/workshop is full we will place your child on the wait list for that clinic/workshop. Please ensure a correct telephone number so that we may contact you regarding registration issues. All of our programs do have limited spacing. In fairness to those on wait lists, registrations are non-transferable.

Refund Policy: The Department will issue **Full Payment Refunds Less a \$5.00 Administration Fee** to participants if the request to withdraw is made in person or in writing and is received by the Recreation Department **One Full Week** prior to the clinic/workshop starting date. The Department will issue **One Half Payment Refunds** to participants if the request to withdraw is made in person or in writing and received by the Recreation Department **After the Full Week Deadline and Prior** to the time the clinic or workshops begins. Payment is **NOT** refundable after the clinic or workshop begins unless a documented medical excuse is provided to the Department.

Phone registrations are not accepted. Falsification of residence, age or other pertinent information requested on the registration form will result in dismissal from the clinic/workshop without eligibility of refund.

Initial registration for the clinics/workshops is for Quincy residents only. Grades are as of September 2014 and ages are as of the first day of the clinic or workshop.

Golf

Date: July 21 – 25 **Cost:** \$85.00
Time: 7:00 a.m. – 11:00 a.m.
Location: Furnace Brook Golf Club
Age: Boys and Girls entering Grades 7 – 9
Director: John Franceschini, former Director of Physical Education and Health



This activity is **not** for first-time or beginner golfers. The clinic will be geared toward teaching the rules of golf, proper etiquette and fundamentals. This is an opportunity for participants with prior experience to learn to play the game properly. Participants **must** have a set of golf clubs, as well as, golf balls and proper footwear (soft spikes only). Golf attire also required.

Rock Climbing - Six Sessions!

Date: Week #1 – July 14, 15, 16 **Cost:** \$90.00
Week #2 – July 28, 29, 30 **Cost:** \$90.00

Time: Morning: 8:30 a.m. – 11:00 a.m.
Mid-day: 11:15 a.m. – 1:45 p.m.
****Afternoon: 2:00 p.m. – 4:30 p.m.**

****Afternoon Session is for returning climbers! ****

Location: Quarry Hills Rec. Area, Granite Rail Quarry, Ricciuti Drive, West Quincy
Age: Boys and Girls entering Grades 5 – 9
Director: David McCarthy, Executive Director SSC and Staff

Initial Registration for One Session Only.

Top roping is a unique and challenging experience. It is the easiest form of rock climbing and completely safe! Students will climb and rappel with confidence as certified guides, from the South Shore Center for Outdoor Education, safely belay them. Participants have fun while learning during this 3-day session. All equipment is provided. This is not a climbing wall! Students will climb and rappel to heights of 70', learn a variety of knots and set up anchors under the S-E-R-E-N-E principle.

Soccer – Boys

Date: August 4 - 8 **Cost:** \$85.00
Time: 8:30 a.m. – 12:30 p.m.
Location: Veteran's Memorial Stadium
Age: Boys entering Grades 3 – 9
Director: Mark Scanlan, High School Coach



The focus of the clinic will be on the fundamentals of soccer with a particular emphasis on the skills of passing, trapping, heading, dribbling and shooting. Children will receive instructions from high school coaches as well as local high school players through lectures and demonstrations.

Soccer – Girls

Date: July 7 – 11 **Cost:** \$85.00
Time: 8:00 a.m. – 12:00 Noon
Location: Veteran's Memorial Stadium
Age: Girls entering Grades 3 – 9
Director: Paul Bregoli, Head Girls Soccer Coach, N.Q.H.S.



The focus of the clinic will be on the fundamentals of soccer with a particular emphasis on the skills of passing, trapping, heading, dribbling and shooting. Children will receive instructions from high school coaches as well as local high school players through lectures and demonstrations.

Softball

Date: July 14 – 18 **Cost:** \$85.00
Time: 8:30 a.m. - 12:30 p.m.
Location: Mitchell/McCoy Field, Merrymount Park
Age: Girls entering Grades 3 – 9
Director: Rachael Powers, Head Women's Softball Coach, Wheaton College



This clinic will focus on fundamentals and essential mechanics. Drills will cover fielding, throwing, pitching, catching and hitting. There will also be lectures and demonstrations by NCAA players and coaches!

2014 Clinics & Workshop - Please Check ✓ Each Clinic/Workshop that you are entering.

- Basketball – Girls**
June 30, July 1, 2, 3
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$68.00
- Sports & More #1**
June 30, July 1, 2, 3
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$68.00
- Baseball**
July 7 – 11
8 – 12 years old
Time: 9:00 a.m. – 1:00 p.m.
Cost: \$85.00
- Dance**
July 7 – 11
Entering Grades 2 – 9
Time: 9:00 a.m. – 12:30 p.m.
Cost: \$55.00
- Soccer – Girls**
July 7 – 11
Entering Grades 3 – 9
Time: 8:00 a.m. – 12:00 Noon
Cost: \$85.00
- Musical Theater**
July 7 – 18
Entering Grades 3 – 9
Time: 1:00 p.m. - 3:00 p.m.
Cost: \$55.00
- Lacrosse – Boys**
July 14 – 18
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Rock Climbing #1 Morning**
July 14, 15, 16
Entering Grades 5 – 9
Time: 8:30 a.m. – 11:00 a.m.
Cost: \$90.00
- Rock Climbing #1 Mid-day**
July 14, 15, 16
Entering Grades 5 – 9
Time: 11:15 a.m. – 1:45 p.m.
Cost: \$90.00
- Rock Climbing #1 Afternoon***
July 14, 15, 16
*Returning Climbers Entering Grades 5 – 9
Time: 2:00 p.m. – 4:30 p.m.
Cost: \$90.00
- Softball**
July 14 – 18
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- T.V. Production**
July 14 – 18
Entering Grades 7 – 9
Time: 9:30 a.m. – 1:30 p.m.
Cost: \$85.00
- Tennis – Elementary #1**
July 14 – 18
Entering Grades 3 – 5
Time: 8:00 a.m. – 12:00 Noon
Cost: \$85.00
- Arts & Crafts**
July 21 – 25
Entering Grades 2 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$55.00
- Football Skills**
July 21 – 25
Entering Grades 5 – 9
Time: 5:30 p.m. – 8:00 p.m.
Cost: \$55.00
- Golf**
July 21 – 25
Entering Grades 7 – 9
Time: 7:00 a.m. – 11:00 a.m.
Cost: \$85.00

- Tennis – Middle School**
July 21 – 25
Entering Grades 6 – 9
Time: 8:00 a.m. – 12:00 Noon
Cost: \$85.00
- Baking & Decorating #1**
July 28 – August 1
Entering Grades 5 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Rock Climbing #2 Morning**
July 28, 29, 30
Entering Grades 5 – 9
Time: 8:30 a.m. – 11:00 a.m.
Cost: \$90.00
- Rock Climbing #2 Mid-day**
July 28, 29, 30
Entering Grades 5 – 9
Time: 11:15 a.m. – 1:45 p.m.
Cost: \$90.00
- Rock Climbing #2 Afternoon***
July 28, 29, 30
* Returning Climbers Entering Grades 5 – 9
Time: 2:00 p.m. – 4:30 p.m.
Cost: \$90.00
- Track, Field & Distance**
July 28 – August 1
Entering Grades 2 – 9
Time: 8:00 a.m. – 12:00 Noon
Cost: \$85.00
- Cheerleading**
August 4 – 8
Entering Grades 2 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Soccer – Boys**
August 4 – 8
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Sports & More #2**
August 4 – 8
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Baking & Decorating #2**
August 11 – 15
Entering Grades 5 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Basketball – Boys**
August 11 – 15
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Lacrosse – Girls**
August 11 – 15
Entering Grades 3 – 9
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Tennis – Elementary #2**
August 11 – 15
Entering Grades 3 – 5
Time: 8:00 a.m. – 12:00 Noon
Cost: \$85.00
- Swimming – Competitive**
August 18 – 22
Entering Grades 5 – 12
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00
- Volleyball, Coed**
August 18 – 22
Entering Grades 6 – 12
Time: 8:30 a.m. – 12:30 p.m.
Cost: \$85.00



Janet Burke Mann Foundation for the Arts



The Quincy Recreation Department gratefully acknowledges the generous support of the **Janet Burke Mann Foundation for the Arts**. A grant from the foundation has been applied to the Arts & Crafts, Dance, and Musical Theater Workshops which will benefit all the participants in those activities. **Janet Burke Mann** was a lifelong Quincy resident who was always willing to share her love of Music and the Arts. After her passing, she wished through her foundation to ensure access to the Arts for the future generations of Quincy children. We are extremely grateful for the wonderful opportunity this grant provides for each child in our program.

Arts and Crafts

Date: July 21 – 25 **Time:** 8:30 a.m. - 12:30 p.m. **Age:** Boys and Girls Entering Grades 2 – 9 **Cost:** \$55.00
Location: Community Room, Richard J. Koch Complex **Director:** Taylor Dennehey, Quincy Recreation Staff

This workshop offers simple projects that may include decorations, arrangements, painting, ribbons and lace work that will result in completed projects.

Dance

Date: July 7 – 11 **Time:** 9:00 a.m. - 12:30 p.m. **Age:** Boys and Girls Entering Grades 2 – 9 **Cost:** \$55.00
Location: Atlantic Middle School **Director:** Emily Tucker, B.A. in Dance and Theatre, Trinity College

This workshop is geared to beginner through intermediate dancers. The emphasis will be on routines and techniques. Participants will be taught musical comedy, jazz, fundamental ballet, tap and choreography.

Musical Theater

Date: July 7 – 18 **Time:** 1:00 p.m. – 3:00 p.m. **Age:** Boys and Girls entering Grades 3 – 9 **Cost:** \$55.00
Location: Ruth Gordon Amphitheater, Merrymount Park **Director:** Danielle Woods, Director of local productions

“Lights, Camera, Action!”- Come join us for a musical theater adventure! Participants will be introduced to the art of set, props, and costume design. Focus will be placed on actor/actress character development and singing. Come and join the fun! **The performance will be at 2:00 p.m. on Friday, July 18, 2014.**

Baking Basics & Dynamic Decorating



****Initial Registration for One Week Only. ****

Week #1 Date: July 28 – August 1 **Cost:** \$85.00
Week #2 Date: August 11 – 15 **Cost:** \$85.00

Time: 8:30 a.m. – 12:30 p.m.
Location: Community Room, Richard J. Koch Complex
Age: Boys and Girls Entering Grades 5 – 9
Director: Taylor Dennehey, Quincy Recreation Staff

Are you curious about the kitchen? This workshop is for you! Participants will prepare basic recipes for various cookies, cupcakes, and frosting. Don't be afraid to get your hands dirty! Come ready to be creative and have fun!

Baseball



Date: July 7 – 11 **Cost:** \$85.00
Time: 9:00 a.m. – 1:00 p.m.
Location: Pageant Field, Merrymount Park
Age: 8 – 12 years old
Director: Pat Bryan, Head Baseball Coach, Q.H.S.

This clinic will emphasize all phases of the game. Instruction, position play, game experience and individual attention will be offered. Instruction will range from the basic fundamentals to advanced skills in order to build a solid baseball foundation.

Basketball – Boys

Date: August 11 – 15 **Cost:** \$85.00
Time: 8:30 a.m. – 12:30 p.m.
Location: North Quincy High School
Age: Boys Entering Grades 3 – 9
Director: Chuck O'Brien, Assistant Boys Basketball Coach, N.Q.H.S.



This is an instructional program with an emphasis on the fundamentals: passing, shooting, rebounding, dribbling and defensive skills through a complete series of drills and scrimmages.

Basketball – Girls

Date: June 30, July 1, 2, and 3 **Cost:** \$68.00
Time: 8:30 a.m. – 12:30 p.m.
Location: North Quincy High School
Age: Girls Entering Grades 3 – 9
Director: Jessica Worden, Head Basketball Coach, N.Q.H.S.



This is an instructional program with an emphasis on the fundamentals: passing, shooting, rebounding, dribbling and defensive skills through a complete series of drills and scrimmages.

Cheerleading

Date: August 4 - 8 **Cost:** \$85.00
Time: 8:30 a.m. – 12:30 p.m.
Location: Atlantic Middle School
Age: Boys and Girls entering Grades 2 – 9
Director: Taylor Dennehey, Cheerleading Coach



This clinic is geared to beginner through intermediate cheerleaders. Particular emphasis will be placed on fundamental techniques, voice, partner stunts, mounts and dance routines for all cheerleading teams. In addition, new sideline and floor cheers will be taught.

Football Skills

Date: July 21 – 25 **Cost:** \$55.00
Time: 5:30 p.m. – 8:00 p.m.
Location: Veteran's Memorial Stadium
Age: Boys and Girls entering Grades 5 – 9
Director: Paul Carson, Assistant Football Coach, Q.H.S.

The focus of this clinic will be on the fundamentals of football with a particular emphasis on the skills of passing, receiving, running, and blocking. Stretching and conditioning techniques will also be highlighted. Participants will receive instructions from high school coaches as well as local high school players through a complete series of drills, demonstrations and flag football scrimmages. Participants will benefit by being physically active through non-contact, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship.

Lacrosse – Boys

Date: July 14 – 18 **Cost:** \$85.00
Time: 8:30 a.m. – 12:30 p.m.
Location: Veteran's Memorial Stadium
Age: Boys entering Grades 3 – 9
Director: Mike Joyce, N.Q.H.S. Athletic Director



This clinic will emphasize the fundamentals of the game: catching, throwing, shooting and defense, as well as the rules. Full field scrimmages will take place. Boys must be fully uniformed with stick, helmet, gloves, arm pads, shoulder pads and mouth guard.

Lacrosse – Girls

Date: August 11 – 15 **Cost:** \$85.00
Time: 8:30 a.m. – 12:30 p.m.
Location: Veteran's Memorial Stadium
Age: Girls entering Grades 3 – 9
Director: Megan Therrien, Girls Lacrosse Coach, N.Q.H.S.



This clinic will include a variety of individual skills. Beginning players will focus on catching and throwing; while more advanced players will add to their skills and learn more about shooting and defense. Competitions and scrimmages will take place. Players must provide their own stick, goggles, and mouth guard.

Quincy Recreation Department
 One Merrymount Parkway, Quincy, MA 02170
 (617) 376-1394 QuincyRec.com

2014 SUMMER CLINIC REGISTRATION

CHILD'S NAME: _____

ADDRESS: _____ ZIP: _____

D. Of B.: _____ GRADE IN FALL: _____ BOY: _____ GIRL: _____

PARENT'S NAME: _____

HOME #: _____ CELL #: _____

E-MAIL ADDRESS: _____

EMERGENCY CONTACT NAME & PHONE: _____

DOES YOUR CHILD HAVE ANY MEDICAL CONDITIONS/ALLERGIES WE SHOULD BE AWARE OF? _____

I, _____, Parent or Guardian of the above named understand that participation in a Recreation Department sponsored program is voluntary and may involve some risk, but I regard that the benefits outweigh the risks. I hereby release the City of Quincy as well as the Recreation Department, its agents, contractors, employees, and volunteers from any and all actions, claims and damages for personal injuries and disability that my child or I may sustain or incur as a result of participation in or transportation to or from any recreation program. I give permission for medical treatment to be given if needed. I understand that in an emergency whenever possible an attempt will be made to communicate with me prior to the use of this permission. I also give permission for the use of my or my child's photo, video, artwork etc. by the Recreation Department for flyers, presentations etc.

(SIGNATURE)

(DATE)

Refund Policy: The Department will issue **Full Payment Refunds Less a \$5.00 Administration Fee** to participants if the request to withdraw is made in person or in writing and is received by the Recreation Department **One Full Week** prior to the clinic workshop starting date. The Department will issue **One Half Payment Refunds** to participants if the request to withdraw is made in person or in writing and received by the Recreation Department **After the Full Week Deadline** and **Prior** to the time the clinic or workshops begins. Payment is **NOT** refundable after the clinic or workshop begins unless a documented medical excuse is provided to the Department.

***** RECREATION DEPARTMENT USE ONLY *****

FEE \$ _____ PAID IN FULL _____ CHECK # _____ RECEIVED BY _____

REMARKS _____ DATE _____