

SPRING 2019

**GAITHERSBURG
SPORTS**

**YOUTH
& TEEN**



**T-BALL - SOFTBALL - BASEBALL
SOCCER - VOLLEYBALL - TENNIS
TRACK & FIELD - SPEED & AGILITY**

**REGISTRATION
FEBRUARY 1 - MARCH 1**

301.258.6350 • GAITHERSBURGM.D.GOV

START SMART™

Ages 4–6

Limited to the first 20 registrants

This six-week program is designed to introduce youngsters to the sport of tennis, baseball or golf without a pressured, competitive environment. The Start Smart™ program, which requires the involvement of the adult as well as the child, will enhance the knowledge and skills of both as they play the games and drills together.

Fee: \$50 Residents
\$65 Nonresidents

Location: **Activity Center at Bohrer Park**
506 S. Frederick Ave.

Time: 4:30–5:30 p.m.

Tennis

Activity: #6405
Start Date: Wednesday, February 20

Baseball

Activity: #6408
Start Date: Wednesday, April 3

Golf

Activity: #6409
Start Date: Wednesday, May 22

Questions?

Contact **Dave Ludington** at 301-258-6350 or Dave.Ludington@gaitthersburgmd.gov



Boys T-Baseball

Grades K–2

An introduction to baseball and team sports.

Activity: #7892

Fee: \$52 Residents
\$67 Nonresidents

First Practice: Saturday, March 16

First Game: Saturday, March 30

Location: Games will be played on Saturdays at **Lakelands Park**. Practices are once a week at local schools, sometime after 5 p.m. Practice date, time and location to be determined by coach after Coaches Meeting.

Coaches Meeting:

Wednesday, March 13, 6:30 p.m.

Activity Center at Bohrer Park
506 S. Frederick Ave.

Questions?

Contact **Cynthia Alfaro** at 301-258-6350 or Cynthia.Alfaro@gaitthersburgmd.gov

Girls Softball

Grades K–7

T-Softball

An introduction to softball and team sports.

Activity: **Grade K-2**
#7893

Fee: \$52 Residents
\$67 Nonresidents

First Practice: Saturday, March 16

First Game: Saturday, March 30

Softball

Designed to teach fundamentals. We will use parent pitch or machine pitch.

Activity: **Grade 3-5** **Grade 6-8**
#7895 #7894

Fee: \$52 \$57 Residents
\$67 \$72 Nonresidents

First Practice: Saturday, March 16

First Game: Saturday, March 30

Location: Games are on Saturdays at **Lakelands Park**. Practices are once a week at local parks and schools, sometime after 5 p.m. Practice date, time and location to be determined by coach after Coaches Meeting.

Coaches Meeting:

Wednesday, March 13, 7:30 p.m.

Activity Center at Bohrer Park
506 S. Frederick Ave

Questions?

Contact **Cynthia Alfaro** at 301-258-6350 or Cynthia.Alfaro@gaitthersburgmd.gov

Coed Jugs Baseball

Grades 2–5

Grades 2-3 An introduction to baseball using a “reduced impact” hardball. Pitching machine used to improve batting skills.

Grades 4-5 Teaching fundamentals and basic game strategies. Uses pitching machine to increase batting skills. Involves use of a catcher.

Activity: **Grade 2-3** **Grade 4-5**
 #7701 #7702

Fee: \$52 Residents
 \$67 Nonresidents

First Practice: Saturday, March 16

First Game: Saturday, March 30

Location: Games will be played at **Morris Park** on Saturdays. Practices are once a week on school fields. Practice date, time and location to be determined by coach after Coaches Meeting.

Coaches Meeting:

Tuesday, March 12, 6:30 p.m.

Activity Center at Bohrer Park

506 S. Frederick Ave.

Questions?

Contact **Dave Ludington** at 301-258-6350 or Dave.Ludington@gaitthersburgmd.gov

Youth Soccer

Grade K-6

All participants must have shinguards!

Activity: **Boys** **Girls**
Grade K #6396 #6400
Grade 1-2 #6397 #6401
Grade 3-4 #6398 #6402
Grade 5-6 #6399 #6403

Fee: \$52 Residents
 \$67 Nonresidents

First Practice: Saturday, March 16

First Game: Saturday, March 30

Location: Games are on Saturdays at **Lakelands Park or Robertson Park**. Practices are once a week at local elementary schools or City parks, sometime after 5 p.m. Practice date, time and location to be determined by coach after Coaches Meeting.

Coaches Meeting:

Monday, March 11, 6:30 p.m.

Activity Center at Bohrer Park

506 S. Frederick Ave.

Questions?

Contact **Siobhan Halmos** at 301-258-6350 or Siobhan.Halmos@gaitthersburgmd.gov



Youth Volleyball

Grades 4–5

Instructional league to teach fundamental skills.

Activity: **Boys** **Girls**
 #7689 #7690

Fee: \$52 Residents
 \$67 Nonresidents

First Practice: Sunday, March 10 and 17
 between noon and 8 p.m.

First Game: Sunday, March 24

Location: Games are at the **Activity Center at Bohrer Park and Summit Hall ES**, between noon and 8 p.m. Practices are once a week. Practice date, time and location to be determined by coach after Coaches Meeting.

Coaches Meeting:

Thursday, March 7, 6:30 p.m.

Activity Center at Bohrer Park

506 S. Frederick Ave

Questions?

Contact **Monique Comstock** at 301-258-6350 or Monique.Comstock@gaitthersburgmd.gov

Teen Volleyball

Grade 6-8

Activity: **Boys** **Girls**
 #7691 #7692

Fee: \$57 Residents
 \$72 Nonresidents

First Practice: Sunday, March 10 and 17
 between noon and 8 p.m.

First Game: Sunday, March 24

Location: Games are at the **Activity Center at Bohrer Park and Summit Hall ES**, between noon and 8 p.m. Practices are once a week. Practice date, time and location to be determined by coach after Coaches Meeting.

Coaches Meeting:

Thursday, March 7, 6:30 p.m.

Activity Center at Bohrer Park

506 S. Frederick Ave

Questions?

Contact **Monique Comstock** at 301-258-6350 or Monique.Comstock@gaitthersburgmd.gov

Track & Field

Ages 7–14 (As of June 30, 2019)

Instructional league to teach fundamental skills.

Events include:

- 100, 200, 400 and 800 meter runs
- 4 x 100 Relay
- Softball Throw
- Long Jump
- Javelin Throw

Teams formed from neighborhood schools.

Divisions	Birth Date	Boys	Girls
Age 7–8	7/01/10–6/30/12	#7693	#7697
Age 9–10	7/01/08–6/30/10	#7694	#7698
Age 11–12	7/01/06–6/30/08	#7695	#7699
Age 13–14	7/01/04–6/30/06	#7696	#7700

Fee: \$52 Residents
\$67 Nonresidents

First Practice and Parents Meeting:

Friday, April 12, 6 p.m.

Activity Center at Bohrer Park

506 S. Frederick Ave.

Weeknight practices will start the week of April 15.

Meet Dates:

Friday evenings on April 26 and May 3, 10, 17, 31.

Location:

Gaithersburg and other high schools

Coaches Meeting:

Thursday, April 4, 6:30 p.m.

Activity Center at Bohrer Park

506 S. Frederick Ave.

Questions?

Contact **Adam Zuckerman** at 301-258-6350 or Adam.Zuckerman@gaitthersburgmd.gov

Tennis Classes

Pee Wee Tennis

Ages 5–7

Through the use of eye/hand coordination drills and specially designed games, children learn the basic strokes and rules.

Fee: \$65 Residents
\$72 Nonresidents

Sessions: 6

Length: 45 min

#7902	4/06	Sa	10 a.m.	Morris Park
#7908	4/09	T	4:45 p.m.	Morris Park
#7903	4/11	Th	4:45 p.m.	Diamond Farms



Youth Tennis

Ages 8–12

The program teaches basic skills to those who have never had instruction or consistent practice.

Fee: \$70 Residents
\$77 Nonresidents

Sessions: 6

Length: 1 hour

#7917	4/06	Sa	11 a.m.	Morris Park
#7920	4/09	T	5:30 p.m.	Morris Park
#7955	4/09	T	6:30 p.m.	Morris Park
#7921	4/10	W	5:30 p.m.	Morris Park
#7918	4/11	Th	5:30 p.m.	Diamond Farms
#7919	4/11	Th	6:30 p.m.	Diamond Farms

Teen/Adult Tennis

Ages 13+

Fee: \$77 Resident
\$84 Nonresident

Sessions: 6

Length: 1 hour

Beginner

Starting to play and have never had lessons. Learn fundamental strokes and scoring.

#7910	4/06	Sa	9 a.m.	Morris Park
#7913	4/07	Su	12 p.m.	Diamond Farms

Advanced Beginner

Have had some lessons, have more dependable strokes and are learning to judge where the ball is going.

#7911	4/07	Su	1 p.m.	Diamond Farms
#7915	4/10	W	6:30 p.m.	Morris Park
#7914	4/11	Th	7:30 p.m.	Diamond Farms

Intermediate

Can place shots with moderate success and sustain a slow paced rally. Focus on stroke dependability, depth, ball placement and strategy.

#7912	4/07	Su	2 p.m.	Diamond Farms
#7916	4/10	W	7:30 p.m.	Morris Park

Questions?

Contact **Cynthia Alfaro** at 301-258-6350 or Cynthia.Alfaro@gaitthersburgmd.gov



Speed & Agility Training

Coed Clinic for All Sports Ages 10–18

This training is for boys and girls wanting to improve athletically and have fun doing it. The key to almost all sports, including soccer, volleyball, football, basketball, lacrosse, and baseball, is the athlete's ability to functionally move and change direction. More times than not it comes down to who can beat who to the spot. Do you want to be the one who possesses the tools to get to it first? With this Speed & Agility Clinic you will be on the right path. No sport experience needed, just the willingness to work hard and have fun. Participants will be put through various drills using cones, hurdles, and resistance bands to help increase their athletic movement skills.

Activity: #7704

Fee: \$57 Resident
\$72 Nonresident

Time: Mondays 5 p.m.–6 p.m.

Dates: March 11–May 6, 2019
(No session on 4/15 & 4/22)

Location: **Activity Center at Bohrer Park**
506 S. Frederick Ave.

Questions?

Contact **Monique Comstock** at 301-258-6350 or Monique.Comstock@gaitthersburgmd.gov



Intermediate/Advanced Skills Volleyball Clinic

Girls High School Grades 9–12

Designed for intermediate and advanced skilled players with a minimum of 2 years of league play who want to improve their passing, setting and hitting as well as increase their understanding of offensive and defensive positioning and rotations. Participants will go through various drills and game-like situations to improve their overall play. This clinic is geared towards players who really want to take their game to the next level by working on defensive passing, reading hitters, setting to deceive the other team, and hitting specific spots on the court. Taught by former Division I player Jill Kober.

Participants MUST have prior playing experience with at least 2 years of league play.

Activity: #7703

Fee: \$57 Resident
\$72 Nonresident

Time: Mondays 6:15 p.m.–8:15 p.m.

Dates: March 11–May 6, 2019
(No session on 4/15 & 4/22)

Location: **Activity Center at Bohrer Park**
506 S. Frederick Ave.

Questions?

Contact **Monique Comstock** at 301-258-6350 or Monique.Comstock@gaitthersburgmd.gov



LA MILLA DE MAYO
In Olde Towne Gaithersburg
Saturday, May 4–6 p.m.

1 mile run/walk and 1/4 mile kid fun run
(12 and under)

Festivities after the race

For registration information visit
gaithersburgmd.gov



Gaithersburg Sports would like to thank this sponsor for its support.

Get ready for your season at Dick's Sporting Goods, located in the Rio Washingtonian Shopping Center. A full line of equipment and apparel is available.

Inclement Weather Line
240-805-1137

REGISTRATION

ONLINE

gaithersburgmd.gov/recxpress

First time users need to create a new online account.

Already a member, but forgot your login information?

Simply click on Sign In, select Forgot My Password, enter your email address and the information will be forwarded to you.

FAX

Available 24 hrs. a day
301-948-8364

Payment by Visa, Discover, Mastercard or American Express

MAIL

Activity Center at Bohrer Park

Attn: Spring Youth/Teen Sports
506 S. Frederick Ave.
Gaithersburg, MD 20877

Payment by Visa, Discover, Mastercard, American Express or check payable to **City of Gaithersburg**

WALK-IN OR DROP-OFF

Activity Center at Bohrer Park

506 S. Frederick Ave.

Monday–Saturday, 8 a.m.–8 p.m.
Sundays, 8 a.m.–4 p.m.

Payment by Cash, Visa, Discover, Mastercard, American Express or check payable to **City of Gaithersburg**

REFUND POLICY

All refund requests must be made in writing and received by the Department of Parks, Recreation and Culture prior to the first game of the program. Refunds requested after the first game will be prorated based on the date of the request and a \$10 administrative fee will be charged. No refunds after program is completed.

17TH ANNUAL
SPRING SWING 2019

Friday, May 31 - Poolesville Golf Course
Golf Tournament Registration for ages 18+
301-258-6350



SPORTS REGISTRATION FORM

Registration deadline: Friday, March 1, 2019

For the fastest and most convenient way to register, visit us online at gaithersburgmd.gov/recXpress

Parent/Guardian Information

First Name _____ Middle Initial ____ Last _____
Address _____ Apt/Unit _____ Home Phone _____
City/State/Zip _____ Cell Phone _____
Birth Date ____/____/____ Email Address _____
Do you wish to receive E-newsletters? Yes No

Participant Information

First Name _____ Middle Initial ____ Last _____
Birth Date ____/____/____ Sex F M Activity # _____ Activity Fee \$ _____
School _____ Grade _____ Activity Name _____

The City is committed to making reasonable accommodations as required by the Americans with Disabilities Act and other applicable laws. Request must be made three weeks prior to program start date by calling 301-258-6350. Program entry may be delayed/denied if the request does not allow the City sufficient time to consider/arrange accommodations. Please describe any specific accommodations you are requesting based on physical, psychiatric, behavioral or other concerns. _____

Please specify any additional information/special request: _____

Do you wish to coach a team? Yes No

Waiver of Liability

I hereby voluntarily wish to attend, and/or grant permission for a family member under my custody or supervision to attend the activity sponsored by the City of Gaithersburg (City). I understand that we do so at our own risk and that I am responsible for the insurance in case of any harm or injury to me and/or the family member. I know, understand, and acknowledge that there are risks associated with the use of City buildings/equipment/personal property and hereby assume any and all risks and hazards associated therewith, and shall be solely responsible for safe and reasonable use. I also understand that I am responsible for making a request for reasonable accommodations under the Americans with Disabilities Act and other applicable law. Furthermore, I understand that although safety precautions will be observed, the City, its employees or agents will not be responsible for any personal property lost by me and/or family member or for any harm or personal injury sustained in the program. I also consent to the City's use of any photographs and/or videotapes made of the program. I understand that all program/activity withdrawals are subject to processing fees and that some programs/activities are non-refundable in accordance with the Department of Parks, Recreation and Culture Withdrawal and Refund Guidelines.

I/we agree to follow all facility rules and regulations, including all instructions from any City staff, and understand that I/we may be subject to removal if any rules, regulations or instructions are not followed. If City-provided equipment is used, I/we agree to use it only at the facility where provided and to use it according to any rules, regulations or instructions, and prior to my/our leaving the facility to return it in the same condition as it was when received.

Print Parent/Guardian Name

Signature Parent/Guardian

PAYMENT

Amount Paid \$ _____ Cash Check # _____ Visa/MC/DISC/AMEX _____
Signature (name on card) _____ Exp.Date ____/____

PAYER INFORMATION IF DIFFERENT FROM ABOVE

First Name _____ Middle Initial ____ Last _____
Street Address/Apt/City/State/Zip _____
Primary Phone _____ Date of Birth _____ Email _____

OFFICE USE ONLY:

Rec'd: _____
Initials _____
W M F
Resident: Y N
Pr: _____
Date _____

GAITHERSBURG SPORTS

MISSION STATEMENT

The City of Gaithersburg Department of Parks, Recreation and Culture Sports Program is committed to the provision of a variety of activities that encourage and support lifetime skills, personal interest and competition. The foundation of the program is based on the spirit and principles of CHARACTER COUNTS!, family fun and, most importantly, participation. The scope of the program encourages people of all ages to partake in leisure time activities.

All of these programs are operated with the goal of providing a fun-filled and safe experience for every participant. We attempt to develop fundamental skills, teach and expose players to good sportsmanship, fair play and respect for all participants. A very low-key approach to competition is encouraged. **We ask all parents to be supportive of the child's active participation.**

GOALS FOR YOUTH SPORTS

- Give every child a chance to play.
- Do not allow competition to limit the opportunity to learn and have fun.
- Provide an opportunity for adults to exhibit positive role model behavior to our youth.
- Teach our youth cooperation and teamwork as a way to reach their goals.
- Encourage the development of respect for your teammates, opponents and officials and specialists.

Upcoming Summer Camps!

Look for information at gaithersburgmd.gov

"Summer in the City," a detailed brochure of program offerings, will be available in January at the Activity Center at Bohrer Park and online at gaithersburgmd.gov. For additional information please call 301-258-6350.



CODE OF ETHICS

To the Parents/Guardians of our Participants: The City of Gaithersburg welcomes you and your family to our Youth Sports Program. We appreciate your support, for without it, our programs would not exist. The philosophy of the City of Gaithersburg's Youth Sports Program is participation over competition. Competition is not an evil as long as it is emoted with respect. The fun and fulfillment of your child's expectations are our primary objectives. In order to facilitate and participate in our goal of a positive experience, we ask that you keep in mind the following thoughts:

Respect the Facility in Which We are Guests:

- Do not bring food or drink into the gym, except water bottles.
- Do not bounce balls in hallways, against walls, ceilings and bulletin boards.
- Do not touch bulletin boards or displays in the school.
- Do not play on school equipment (i.e., gymnastic equipment, on school stages, etc.).

Respect the Players from Both Teams:

- Cheer for both teams. A good play is a good play.
- Keep cheers positive, not negative.
- Use only nonviolent encouragement.

Respect All Officials, Coaches and Staff:

- It is OK to disagree with an official's call or decision.
- It is NOT OK to berate an official or coach.
- Please temper your emotions with the knowledge that they are doing the best they can.
- Do not show disagreement in such a way as to show disrespect to the officials.
- Be on time to all games and practices.
- Be sure to escort children from parking lots to game and practice locations.

Respect Other Fans as They Cheer for Their Team:

- Everyone wants their team to win. Keep an objective eye on the game.
- Cheer plays made by all players.
- Congratulate players from both teams at the end of the game.

Keep All Other Children Under Close Supervision at Game Sites:

- Do not allow siblings and friends into other parts of buildings.
- Bring things for sibling to do that will not cause a distraction (i.e., drawing, coloring or your smart phone)

Have FUN!
If you do, the kids will follow!



CITY OF GAITHERSBURG • PARKS, RECREATION AND CULTURE
301.258.6350 • gaithersburgmd.gov



Join us on Facebook
Gaithersburg Parks and Recreation