

Information about programs available at North Carroll Recreation Council.



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## North Carroll Recreation Council Newsletter

North Carroll Recreation Council, in cooperation with Carroll County Department of Recreation and Parks, is offering the following programs.

**February 2015**

### Membership

Join now to become a member of the North Carroll Recreation Council (NCRC). Prices are \$15.00 for a one year membership, \$25.00 for a two year membership and \$45.00 for a five year membership. As a member you will enjoy discounts on all NCRC programs and activities. You will also receive newsletters to keep you informed of recent and upcoming events. **Membership allows you the opportunity to provide input to any of the NCRC activities and attend council meetings in the Senior Center (across from North Carroll Middle School on the 2nd Wednesday of every month at 8:00 p.m.** To register, please download the registration form on our website [www.northcarrollrec.org](http://www.northcarrollrec.org) , complete and mail it to the address identified on the form.

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### NCRC Tennis Program

#### Online Registration Opening in mid-February

The NCRC Tennis program is busy preparing for our upcoming spring season! The 2015 spring session will begin the week of April 6th and will end in late May (exact end date is flexible to allow for weather make-ups). Our program offers tennis instruction and the Junior Team Tennis experience for our 8 and under (8U), 10 and under (10U), 12 and under (12U), 14 and under (14U) and 18 and under (18U) age groups. Each age group will meet two days a week, once for practice with an instructor and once for matches against a team in their age group. Matches will follow the USTA Junior Team Tennis format for the mid-Atlantic district. Actual dates and times of practices for each age group will be published as soon as possible on the web site at <http://www.northcarrolltennis.com>. A summer session will also be offered between early June and late July this year. To join our mailing list, ask questions or to learn more about our service learning volunteer opportunities, e-mail us at [nrcrtennis@northcarrolltennis.com](mailto:nrcrtennis@northcarrolltennis.com). Please visit <http://www.northcarrolltennis.com> frequently to check for updates.

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### Horseback Riding (English)

Country Hill Farm is a great place to learn how to ride - Beginner to Advanced English riding lessons. We are open to the public. For more information go onto our website [www.countryhillhorsefarm.com](http://www.countryhillhorsefarm.com) . You can also call 410-876-2950 or email me at [marshabherbert@hotmail.com](mailto:marshabherbert@hotmail.com)

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NCRC Summer Field Hockey Camp  
Place: North Carroll High School Field Hockey Field  
Date: Either June 15-June 19 or June 22-26, decision will be made once the last day of school year is determined due to snow days.

Time: 8:00 am - 10:30 am  
Cost: \$55.00 Rec. Council Members (includes T-shirt)  
\$60.00 Non-Members (includes T-Shirt)

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## Spring Soccer

Spring Soccer Registration is Open Now! You can register for our Spring Soccer leagues until March 15th, so get to [www.northcarrollsoccer.com](http://www.northcarrollsoccer.com) and register now. This spring we are offering leagues for players from age 4 to 17. Check out [www.northcarrollsoccer.com](http://www.northcarrollsoccer.com) for more details. It isn't too early to start thinking about the fall. Fall Soccer registration will open in the beginning of May, once again with details posted on [www.northcarrollsoccer.com](http://www.northcarrollsoccer.com). If you have any questions about our soccer programs, drop us a line at [northcarrollsoccer@gmail.com](mailto:northcarrollsoccer@gmail.com).

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## NCSC Corollary Soccer Program

Make soccer your goal this season! The North Carroll Soccer Corollary Program is open to students ages 4-18 with physical or developmental challenges. The program stresses fundamental soccer skills and fitness while tailoring them to meet each child's ability level. The program is a non-competitive environment where the children can practice individual skills, work on teamwork and social skills with a partner, and above all – have fun! The sessions are an hour in length with water breaks worked in.

The program is staffed with two coaches (who have experience working with special needs children) and many student volunteers, so parents have the option of participating on the field with their child or watching the action from the sidelines.

Sessions will be Sundays from 1:00 - 2:00 pm starting April 12. Participation is limited to the first 30 participants to allow for an adequate player to volunteer ratio. The Spring Corollary Program will be supported through a grant from the Tree of Friends Foundation, so the final cost to participants will be determined after enrollment (not to exceed \$10). The cost includes a T-shirt.

Questions? Send an email to [corollary@northcarrollsoccer.com](mailto:corollary@northcarrollsoccer.com)!

Sundays, 1:00 - 2:00 pm, April 12 - May 10. Ages 4-18/5 Sessions/Field TBA/Cost TBA after enrollment but no more than \$10.

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## Track And Field

The N.C.R.C. Track and Field program "Accelerators" (formally known as Excel Track and Field) will announce open registration for the spring session in February. The session is scheduled to begin around March 23rd and end in mid-June. This program will be for ages 8-14. Actual dates and times will be published on the web site. To join our mailing list, ask questions, or become a volunteer or if you have any questions e-mail us at [acceleratorstrackandfield@gmail.com](mailto:acceleratorstrackandfield@gmail.com).

The North Carroll Recreation Council is proud to announce that the Excel Track & Field Club is back and active this spring. The new Program Coordinator is Angela Terrill. Angela was a high school track and field athlete and has three children, one of which is currently a student at Manchester Valley High School. Excel Track & Field has a long history of training very successful track & field athletes for Carroll County. Excel has produced many local youth athletes that have competed and placed in the US National Junior Olympics, they have won numerous Maryland State Championships in multiple track and field events, and some have gone on to great careers in track & field on the national collegiate and international scene.

If your kids love to run, jump, and throw we hope to see them participating with Excel Track & Field. Stay tuned, there is more information to come.

Wow! Two former Excel Track & Field athletes currently rank #1 for NCAA Division 1 - High Jump; Erika Hurd and Amber Melville.

### Current NCAA Division-1 Womens High Jump Rankings

| Rank | Athlete                         | Year | Team                       | English                  | Metric                | Meet                                  | Meet Date  |
|------|---------------------------------|------|----------------------------|--------------------------|-----------------------|---------------------------------------|------------|
| 1    | <a href="#">Hurd, Erika</a>     | JR-3 | <a href="#">Cincinnati</a> | <a href="#">6' 1.25"</a> | <a href="#">1.86m</a> | <a href="#">2014 Hoosier Open</a>     | 12/12/2014 |
| 1    | <a href="#">Melville, Amber</a> | SR-4 | <a href="#">Maryland</a>   | <a href="#">6' 1.25"</a> | <a href="#">1.86m</a> | <a href="#">Terrapin Invitational</a> | 1/17/2015  |

|    |                                     |      |                                  |                          |                       |   |           |
|----|-------------------------------------|------|----------------------------------|--------------------------|-----------------------|---|-----------|
| 1  | <a href="#">Cernjul, Marusa</a>     | SR-4 | <a href="#">Nebraska</a>         | <a href="#">6' 1.25"</a> | <a href="#">1.86m</a> | <a href="#">Mark Colligan Memorial</a>      | 1/24/2015 |
| 4  | <a href="#">Williams, Kendall</a>   | SO-2 | <a href="#">Georgia</a>          | <a href="#">6' 0.75"</a> | <a href="#">1.85m</a> | <a href="#">2015 Rod McCravy Memoria...</a> | 1/23/2015 |
| 4  | <a href="#">Crockett, Lauren</a>    | SR-4 | <a href="#">Oregon</a>           | <a href="#">6' 0.75"</a> | <a href="#">1.85m</a> | <a href="#">2015 Rod McCravy Memoria...</a> | 1/23/2015 |
| 6  | <a href="#">Wirth, Mary</a>         | SR-4 | <a href="#">South Dakota St.</a> | <a href="#">6' 0"</a>    | <a href="#">1.83m</a> | <a href="#">South Dakota State Unive...</a> | 12/5/2014 |
| 6  | <a href="#">Daniel, Deandra</a>     | JR-3 | <a href="#">Coppin State</a>     | <a href="#">6' 0"</a>    | <a href="#">1.83m</a> | <a href="#">Winston-Salem State Open</a>    | 1/18/2015 |
| 6  | <a href="#">Gusin, Tatiana</a>      | SO-2 | <a href="#">Georgia</a>          | <a href="#">6' 0"</a>    | <a href="#">1.83m</a> | <a href="#">2015 Rod McCravy Memoria...</a> | 1/23/2015 |
| 6  | <a href="#">Kallenou, Leontia</a>   | JR-3 | <a href="#">Georgia</a>          | <a href="#">6' 0"</a>    | <a href="#">1.83m</a> | <a href="#">2015 Rod McCravy Memoria...</a> | 1/23/2015 |
| 10 | <a href="#">Johonnot, Karli</a>     | JR-3 | <a href="#">Duke</a>             | <a href="#">5' 11.5"</a> | <a href="#">1.82m</a> | <a href="#">Tobacco Road Cup</a>            | 1/22/2015 |
| 10 | <a href="#">Garcia Jou, Claudia</a> | SR-4 | <a href="#">Akron</a>            | <a href="#">5' 11.5"</a> | <a href="#">1.82m</a> | <a href="#">Pole Vault Convention In...</a> | 1/9/2015  |
| 10 | <a href="#">Delophont, Dior</a>     | JR-3 | <a href="#">Kent State</a>       | <a href="#">5' 11.5"</a> | <a href="#">1.82m</a> | <a href="#">2015 Gladstein Invitatio...</a> | 1/23/2015 |

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## Horseback Riding (Western) - Sweet Rock Stables

Located at 5112 Roller Road, Millers, MD 21102 (410- 374-3870)

### **WESTERN RECREATIONAL RIDING LESSONS WINTER SPECIAL**

**\$25.00 Riding Lessons**

**OFFER ENDS MARCH 31, 2015**

Hourly private western riding lessons are available in our indoor, lighted arena. You will learn proper grooming and saddling of your horse. The cost of your first lesson is \$25.00, which is a \$15.00 savings. For more information contact your coordinator Roxy Baldwin 410-374-3870 or [Roxy@sweetrockstables.com](mailto:Roxy@sweetrockstables.com)

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## Hooked On Hoops Basketball Camp

The 10th Annual Hooked on Hoops Basketball Camp will take place this summer at Manchester Valley High School for Boys and Girls ages 5-14. Directed by Mt. St. Mary's University Hall of Fame Women's Basketball Player and Manchester Valley Varsity Girls' Basketball Coach, Heather Wable DeWees. The camps are designed for players of all levels who want to improve their fundamental basketball skills. Several high school, travel and AAU coaches will serve on staff along with standout high school and college players from the area.

The 2015 Skills and Drills Academy will be held in the AM and the 2015 Advanced Camp will be held in the PM during the weeks of July 13-16 and July 20-23. The morning session will focus on individual skills and the afternoon will focus on team skills and scrimmage scenarios. All PM campers must attend the AM session.

Brochures will be available ONLINE at [NorthCarrollRec.org](http://NorthCarrollRec.org) and via email after February 1st. Please email Coach DeWees to be placed on the email list. Please register early as camp sessions sell out. Early Registration, NCRC and Sibling Discounts are all available. There is NO ONLINE REGISTRATION available for this camp. Please email [hookdhoops@aol.com](mailto:hookdhoops@aol.com) for a BROCHURE after Feb 1st or call 443-375-7757 for more information.

2015 HOH dates and sessions are listed below and will be held at MVHS Gym:

July 13-16 Mon-Thurs 8:30-11:30am Skills and Drills Academy boys and girls ages 5-14

July 13-15 Mon-Wed 12:30-3:00pm Skills and Drills Academy boys and girls ages 9-14

July 20-23 Mon-Thurs 8:30-11:30am Skills and Drills Academy boys and girls ages 5-14

July 20-22 Mon-Wed 12:30-3:00pm Skills and Drills Academy boys and girls ages 9-14

\*Players attending both AM & PM sessions pack a lunch are supervised during the lunch break.

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## Storm Field Hockey

The program divides players by grade and is open to K -8 (9th graders are welcome to participate if they are not playing in high school). We participate in the MYFHL which includes recreational teams from Carroll, Baltimore, Harford, and Howard Counties. Practices are usually twice per week with games on Sunday, starting after Labor Day.

Players need a colored mouth guard, field hockey goggles, a stick and shin guards.

If your child thinks they want to play but are not sure, they can try the Summer Field Hockey Camp held at North Carroll High School. Typically, this camp is ran the first full week of summer vacation in the am hours.

We will open on line registration in the beginning of May and close registration by the second week in July.

For more information on registration and/or the summer camp please visit our website at [www.leaguelineup.com/ncrcfieldhockey](http://www.leaguelineup.com/ncrcfieldhockey) or contact Jill Gouge at [jlgouge@qis.net](mailto:jlgouge@qis.net) or call 410-374-3556

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## Striking Cobra

Striking Cobra Martial Arts is ready for Spring and Summer with our 16th year in with the NCRC. SCMA is a Kenpo- based style infused with judo and jujitsu. We welcome both children (7 years old and up) and adults (any age), with classes being held on Tuesdays (Children 6:30-7:30 and Adults 7:30 -8:30) our Friday classes are combined and run from 6:30-7:30.

We are located on Route 27 in West Chester Square. We share space with the NCRC Dance program. Tuition for SCMA is \$40.00 monthly for NCRC members, with no contracts to sign. For additional information contact us at [strikingcobrama@gmail.com](mailto:strikingcobrama@gmail.com) or come in to talk to someone in person. **Your first class is always free**

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## Golf

We are proud to offer the Junior Golf Tournament series program for the third year straight. Our program offers junior golfers the opportunity to compete in real golf tournaments against their peers in in a fun friendly environment. The age groups are as follows 7-8, 9-10, 11-12, 13-14, and 15-17. We have expanded our schedule this year to include a clinic and skills challenge early in the year. In addition we may have up to 6 tournament opportunities this season. Please reach out to Lee Bopst [lbopstiii@verizon.net](mailto:lbopstiii@verizon.net) or Mike Austin at [maustin18@comcast.net](mailto:maustin18@comcast.net) for further details or visit our website at [www.ncjrgolf.com](http://www.ncjrgolf.com)

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## Football And Cheerleading

The N.C.R.C. Football & Cheer Titans are moving to the newly formed Carroll County Youth Football & Cheer League. In doing so, the majority of our opponents will be fellow Carroll County programs including Westminster, Sykesville, & Winfield. The North Carroll Titans are the only football & cheer program in the area that will compete against other Carroll County opponents as opposed to playing in a Baltimore County League. Coming off of a successful 2014 in the larger Mid-Maryland league in which the Titans won Championships for the 6th year in a row, the chance to play more games closer to the area is an exciting benefit for players and parents.

Online registration will open on April 1st for the fall season and games will begin at the end of August. For more information, please visit [www.ncrcfootball.com](http://www.ncrcfootball.com).

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## Volleyball

For information on upcoming volleyball sessions, please email Teri Leatherwood at [tleatherwo@aol.com](mailto:tleatherwo@aol.com)

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## Fastpitch Softball

North Carroll Hotshots Fastpitch Softball Program is currently holding registration at this time for the upcoming 2015 softball season. Hotshots Fastpitch will have teams competing in age groups 8u/10u/12u/14u and 16/18u. Hotshots will also have a 6u clinic format team that will be supervised by the North Carroll High School Softball Program. Hotshots Fastpitch Teams will be competing in the Mason Dixon and Central Maryland Leagues this upcoming year. Registration will close by March 15th or when teams are filled. The Hotshots will be hosting free softball skills clinics for registered players during February and March. To register please visit our website at [www.ncrchotshots.org](http://www.ncrchotshots.org) or you can register on the North Carroll Rec Council website or feel free to contact Mike Hernandez at 410-259-7426.

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## Wrestling - Manchester Wrestling Night with the MD Terps

On January 11, 2015, the Manchester Wrestling team spent an exciting evening cheering on the Maryland Terrapins as they grappled with the Lehigh Mountain Hawks at the XFINITY Center in College Park, MD. Members of our team were honored on the mat and appeared on the video-board in a public address announcement. Our boys had the opportunity to serve as referee towel-tappers throughout the entirety of the match. The group also received Big Ten Maryland wristbands, University of Maryland wrestling posters, a post-match autograph session with several members of the team, and a picture with Terrapin coach Kerry McCoy, 2X Olympian and 2X NCAA champion. A memorable evening was had by all. For more information regarding this event and the Manchester Wrestling program, please contact John Gregg ([jgregg322@comcast.net](mailto:jgregg322@comcast.net)), Andy Kiler ([apkiler@yahoo.com](mailto:apkiler@yahoo.com)), or Jill Snell ([jsnell81@gmail.com](mailto:jsnell81@gmail.com)).



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## Scholarship Entries

The North Carroll Recreation Council will again offer scholarships in the amount of up to \$1,500.00 to any qualified high school senior. This scholarship was established to reward graduating seniors who actively participated in any N.C.R.C. program or contributed as a volunteer and wish to further their education. Application forms and additional information may be obtained from the North Carroll High School Guidance Office, Manchester Valley High School Guidance Office or the North Carroll Branch of the Carroll County Library. Completed applications must be postmarked on or before April 15, 2015. For more information email [NCRCScholarship@yahoo.com](mailto:NCRCScholarship@yahoo.com).

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## Manchester Baseball Association

We are taking registrations online or by mail for the 2015 season until the beginning of March. Our Annual Golf Tournament will be held on Friday, April 24<sup>th</sup> at 1:00 pm at Oakmont Green Golf Course. On Saturday April 25<sup>th</sup> at 9:00 am we will be having our Opening Day Ceremony/Parade for the 2015 season. We are still looking for team sponsors.

Manchester Baseball will be having our First Annual Bingo on Friday, May 1<sup>st</sup> at the Manchester Activities Building. The doors open at 5:30 pm and Bingo starts at 7:00. The tickets are \$15.00 in advance and \$18.00 at the door. We are currently looking for sponsors for the bingo prizes. For more information or to buy tickets please contact Misty Brathuhn at [brathuhnmt@yahoo.com](mailto:brathuhnmt@yahoo.com).

You can check the website [www.manchesterbaseball.org](http://www.manchesterbaseball.org) for more information about registrations or upcoming events.

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## Yoga

NCRC Yoga is currently offering a Winter/Spring 2015 session. The session began the first week of January, but due to weather, we are just getting into the swing of things. The current session will last into mid/late May. Classes are held on Monday and Wednesday evenings, 7:00 to 8:15 pm in the North Carroll Senior Center Activity Room. Feel free to join us and give yoga a try. No experience is necessary, just an open mind. For more information, please call, email or text: Jennifer Zeller, RYT @ [jennzeller@gmail.com](mailto:jennzeller@gmail.com) or 443-829-8969.

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## NCRC Dance

NCRC Dance is currently in the process of preparing choreography for the recital this June! Please come out to see our fabulous students in action. There are 3 opportunities to see our students this year!!!!

Friday, February 27th, 2015 at the D&J's Dynamite Dance Co. Solo/Duo/Trio Showcase (@NCHS, 6:00pm)  
 Saturday, May 23rd, 2015 at the D&J's Dynamite Dance Co. 14th Annual Company Showcase (@ NCHS, 7:00pm)  
 Friday, June 19th, 2015 & Saturday, June 20th, 2015 at the NCRC Dance Annual Recitals (@ NCHS, 7:00pm, 11:00am, 5:00pm)

Tickets will be on sale at the studio 1 month prior to show time.

We will soon post our information on our summer dance programs, including:

- Week-Long Dance Camps (ages 5yrs & up)
- Mini Dance Camps (ages 3-6yrs)
- Summer Dance Classes
- Summer Dance Intensives

For more information, please email the studio at [ncrcdance@live.com](mailto:ncrcdance@live.com) or call 410-374-0622.

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## ADA Statement

Accessibility Notice: The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. If you have questions, suggestions, or complaints, please contact Jolene Sullivan, the Carroll County Government Americans with Disabilities Act Coordinator, at 410-386-3600.

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