

Towson Recreation Council



Fall 2011

Welcome to Towson Recreation Council first E-Newsletter!

TRC is an independent non profit organization devoted to creating and maintaining public recreation opportunities for the youth and adults of our community. Please visit our website at www.towsonrec.com for a full listing of our programs.

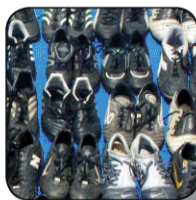
COUNCIL NEWS



TOWSON UNIVERSITY OFFERS FIELD SPACE AND STUDENT VOLUNTEERS TO TOWSON REC COUNCIL

Towson University has very generously offered TRC limited use of their field space to help alleviate chronic shortages in the Towson area. With the additional field space, we look forward to being able to expand our most popular youth programs in the future, including soccer, lacrosse, and baseball. Many thanks to TRC volunteer, Dave Bender, for spearheading the effort to secure more field space for our programs.

In the past year, TU varsity athletes have held fundraisers for TRC, and served as mentors and assistant coaches for our teams. It is our turn to support Towson University by going to their games and cheering for the "home team". TU games are not only fun to watch, but a great inspiration for our youth athletes. Check out www.towsontigers.com for a full schedule of fall games.



FIRST EVER CLEAT EXCHANGE NIGHT Tuesday, August 16th

Need cleats for your youth soccer player? Have a pile of outgrown cleats in the closet? Wouldn't it make sense to just exchange your child's used (but-clean-and-in-good condition) cleats for a bigger sized pair???

Come to the first annual TRC Cleat exchange--Tuesday, August 16th from 5:30-8 pm at the Rodgers Forge ES activity room (east side of the building). Bring a pair of clean used cleats and pick out a pair of bigger cleats to take home with you. It's that simple!

Cleats can be brought to the event or dropped off/exchanged prior to Tuesday at the bin at the TRC office door on the side of Dumbarton Middle School between 9 and 3 pm. Exchange tickets will be available at the drop off.

Cleats can also be donated without exchange. All left over cleats will be donated to charity. Any questions, contact Jennifer Bolster at (410)321-4467.



MODELL'S SPORTING GOODS TEAM WEEKS--A Great Deal for You and for TRC!

Modell's Sporting Goods is currently offering a 15% discount through September 17th to all customers, simply by mentioning that you support Towson Recreation Council at the time of purchase. In addition to your customer discount, Modell's donates an additional 5% of every purchases you make to TRC's scholarship fund.

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TOWSON HIGH SCHOOL TEAMS FILLED WITH TRC "GRADS"

Want to have a fun afternoon with your kids? Take them to a Towson High School game! Check out Towson High School's fall games schedule at www.highschoolsports.net/Month/Towson-HS-Towson-MD/All/All/All/. Many Towson High School athletes got their start in TRC programs and we are very proud of them all. Your children will get a kick out of seeing their older neighbors, babysitters, and friends in action on the THS courts and fields this fall.

FALL PROGRAM NEWS



NEW THIS FALL!! TRAX YOUTH FITNESS

The TRAX Youth Fitness & Leadership Program- Coming to Dumbarton Middle & Rodgers Forge Elementary Schools's fields after school in the Fall! (Youth do NOT have to be students at RFES or DMs

in order to attend this TRC program.)

Youth-based program introducing and implementing basic fitness & conditioning principles, as well as coaching/mentoring participants on how to become effective leaders. The program is designed for individuals of all fitness levels!

Sessions start the week of September 26th and end the week of November 14th.

Beginning in September, TRAX will also introduce their soccer specific skills and conditioning clinics. Go to www.towsonrec.com and click on "TRAX" for more information.



FENCING

TRC Fencing is enrolling now for youth & adult beginner fencing lessons. Classes for ages 8 - 13 and ages 13 - adult meet year round at the Chesapeake Fencing Club in Homeland. No equipment purchase necessary. Contact Ray Gordon at rgfencing@aol.com or call 410-532-7445.



MARTIAL ARTS

Ninjutsu, Jujutsu and modern self defense certified instructors offer classes for ages 7 to adults year-round at Stoneleigh ES on Monday and Thursday evenings. Check out the Martial Arts link at www.towsonrec.com/index.php/Towson-Martial-Arts.html or contact Kevin Lockett (410)294-4208

KanjizaiDojo@gmail.com



GIRLS SOCCER

Girls Recreational Soccer Registration is closed for U8 and U10, but there are still openings in the U12 (10 and 11 year olds) and U15 (12, 13, 14 year olds). Register ASAP to make sure your U12 or U15 daughter is on a team this fall. The season begins August 27th and ends the first week of November. Check out [LeagueLineup.com/trcgirlssoccer](http://www.leaguelineup.com/trcgirlssoccer) for more information."



BOYS SOCCER

Boys soccer registration, except U15, has closed for Fall 2011. If your son is still interested in playing, please visit www.leaguelineup.com/trcsoccer and fill out the wait list form. U15 registration will remain open until August 15.

Practices will start the week of August 29, and games the weekend after Labor Day through mid November. Check us out on Facebook! Towson United Soccer.



WRESTLING

Towson Cadets Wrestling will begin registration for both middle school and high school wrestlers in November. Sessions include basic and advanced techniques, conditioning, strength training, and live wrestling. Check out the Wrestling link at www.towsonrec.com/index.php/Wrestling.html

or contact Chairperson Robin Simmonds at 410-321-1731 for more information.



ADULT FITNESS

Fitness Program - Low Impact(Tues and Thurs) and Body Toning(Mon/Wed). Classes start 09/12/2011. Class times are 6:00p to 7:00pm. Price for the fall session is \$65.00 over the age of 55, and \$70.00 under the age of 55. For \$10.00 more you can do unlimited sessions each week.

Please go to www.towsonrec.com/index.php/Fitness.html for more details!



KELLY POST BOYS LACROSSE

Spring 2012 Kelly Post Lacrosse Registration is now open for all of our age groups.

We will hold Try-outs for our Juniors, Midgets and Lightning Teams this Fall at Friends School in September and October. PLEASE visit the Kelly Post Boys Lacrosse website at www.leaguelineup.com/welcome.asp?url=kellypostboyslax for more information on age groups, equipment requirements, and schedules.

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BALLET-TAP-HIP HOP--JAZZ--POINTE

The TRC Dance Program offers Ballet, Tap, Jazz, Hip Hop, and Modern for ages 3 to adult at the Stoneleigh ES. Registration for 2011-2012 school year will be held in the Stoneleigh ES lobby on Wednesday, September 15th from 6:30pm to 8:30 pm. Go to our TRC link at www.towsonrec.com/index.php/Dance.html for more information.



LADIES TENNIS

Fall ladies Tennis registration is closed, however, anyone interested in future sessions can email ANNA VELLA at anna.vella@gmail.com. Spring session registration will open in November.

We will be play indoor tennis at the Northeast Regional Recreation Center during the winter months. For more info about the winter indoor tennis please email me at anna.vella@gmail.com or Judy Renie @ jerluttennis@aol.com.