



**Forest Hill Recreation Council
Newsletter**

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FOREST HILL RECREATION COUNCIL

newsletter

ISSUE# 08-2

May 2008

From the President...

- Jeanne Rosas -

As we approach the opening of yet another season of outdoor sports, I am sure we, as parents, are checking to make sure that we have the complete uniform, cleats, balls, gloves, lacrosse sticks, and so on. Are the coolers cleaned and ready to go? Do we have the practice and game schedules on the fridge? Have we checked for conflicts in schedules? A million things go through our heads as parents. The children have it easy, get out of class and get home to go to the game. They count on us to have everything ready.

As the spring season progresses, the weather becomes nicer and then hot and humid weather hits us in the face. As we plan all the other details for a successful season, please also think about preparing for playing in the hot and humid weather. Keeping our families and players hydrated and ready for this weather is a fulltime job. Just drinking a Gatorade the afternoon before the game is not enough. Drinking lots of fluids (especially water) all day long is a better way to go. For managers, coaches and parents there are several things that can be done to prepare. If the weather reports indicate that your game the next day will be muggy, start hydrating the night before and continue during the game day. Bring some cool wet towels in a cooler to help cool off players, especially anyone wearing lots of equipment like catchers or lacrosse players. Baseball managers should limit catching innings and rotate as often as possible in extreme weather. Always have plenty of fluids on hand during the games.

As we approach this season of outdoor sports, we will also see the close of indoor sports such as basketball, dance, indoor soccer and the like. These programs will move straight into getting ready for the next season. Please take a moment to thank those tireless volunteers who helped make this indoor season a success for your child. Without them, Forest Hill Recreation Council could not be successful. If you would like to step up and become part of a wonderful organization designed to help your children be successful, please let your coach, age group director or dance teacher know. We would love to have you. If there are any new ideas floating out there, we also would love to hear them. We are only as good as our volunteers.

Over this past year the Forest Hill Community lost a great supporter. Senator Bob Hooper lost his long battle with cancer. Senator Hooper was a great supporter of recreation sports, spending many days at ball fields, helping out on Opening Day and behind the scenes. He will truly be missed.

OPENING DAY

- Deb Norcross -

What a gorgeous day we had for Opening Day! I love everything about Opening Day and the smiles it brings to the precious faces of all the children! On behalf of the Opening Day Committee, I would like to thank all the volunteers who made this day happen. The crew that showed up on Friday did their share by clearing and mapping out the parade route, cleaning up the complex, painting the bathrooms, planting and mulching the flower beds, blowing up the inflatable game prizes, setting up tables, cooking lunch and dinner, placing the banners around the fields, cleaning the pavilion and parking lot, raking and lining the fields, setting up the new scoreboards, marking off parking, and supplying the equipment boxes. The very early Saturday morning crew helped with setting up the remaining tables, games, and canopies, directing traffic and parking, organizing the players for the parade, taking care of the Oriole and Raven Birds, leading the parade route and getting the food started. Thank you to all the individuals and teams that donated items for the Silent Auction and to those that generously contributed a flower for the plant wheel. The one or two hour shifts that people served on the carnival games was appreciated, and I hope most of you had the pleasure of giving away a few prizes. Special thanks to Chuck Hamrick, our DJ, for playing great music!

We were honored to have Kayla Giro, Miss Teen Harford County and softball player in our program, play a beautiful rendition of the Star Spangled Banner on her flute. Thank you to Boy Scout Troop 999 for leading our parade and the Pledge of Allegiance. I also want to thank you for cleaning up around the complex the week before Opening Day.

All of the team banners were very colorful and creative this year and the judges had a hard time selecting a winner from each age group! Congratulations to all the banner contest winners. We will let you know when your team ice cream party is scheduled.

I want to express my appreciation to the committee members and thank you for the many hours planning this event and all the time you put into this day. It is an honor to serve on this committee with such a special group of people! I know some of you no longer have children in the program, and I thank you for your dedication to FHRC. The committee members include: Dave Brzowsky, Tom Callis, Chris Cole, Joan Doody, Kathleen Ebner, Shelby Emich, Melissa Gibson, Julie Hucke, Amy Johnson,

**VISIT THE FOREST HILL RECREATION COUNCIL ONLINE AT
www.foresthillrec.com**

Tammy Rhodes, Fred and Kim Rynes, and Dennis and Jeanne Schultz. If you see one of them around the complex, please thank them for the many hours they volunteer!

If you would like to be on the 2009 Opening Day Committee, please check out the FHRC Opening Day web page in December for the upcoming meetings!

Once again, THANK YOU VOLUNTEERS!

FHRC BOARD POSITION YOUTH TENNIS CHAIR OPENINGS

If you are interested in volunteering to serve on the Board of Directors of the FHRC (3-year term), or serve as chair of the Youth Tennis Program, please contact Jeanne Rosas at dmrosas@verizon.net



FHRC ANNUAL COLLEGE SCHOLARSHIP

- Jerry Kalista -

The Forest Hill Recreation Council announced recipients of its 2008-2009 college scholarships at their Baseball/Softball Opening Day ceremonies held Saturday, April 19th at the Forest Hill Complex. Lindsay Howard, Sarah Krause, Alana Shinsky, John Smith and Nick Tomechko were each awarded a \$1,000 scholarship.

In September of each year, the Scholarship Selection Committee advertises the scholarship availability for the upcoming academic year to all current and past FHRC participants. To qualify, applicants must have participated in the FHRC for a minimum of four years, be a high school graduate, attend college as a full time student, and complete and submit the application form along with letters of recommendation and an essay. The Scholarship Selection Committee then reviews all the applications and chooses the recipient/s.

"Since the 1994-1995 academic year, when the scholarship program began, Forest Hill Recreation has awarded more than \$46,000 in scholarship monies to 31 individuals. This year we had a large number of very qualified applicants for the scholarship making the committee's decision extremely difficult," according to Jerry Kalista, Scholarship Chair.

The Forest Hill Recreation Council would like to thank all Scholarship Selection Committee members: Chair Jerry Kalista, Dave Brond, Andrea Lentz, Bill Plantholt and Jeanne Rosas.

MEN'S SOFTBALL

- Chris Benjes -

The Forest Hill Men's Over-30 Softball League is now taking individual registrations for the 2008 summer season. Games are played on Friday evenings at 6:00 PM beginning July 11, 2008. The season wraps up with a championship tournament in mid-late September. All games are played at the Forest Hill Recreation Complex. Because of the number of available fields, the league must be limited to 8 teams and approximately 120 players. General registration for new players begins April 20th. This has become a popular league and there are a limited number of openings for new players. All are welcome. The league's primary emphasis is fun and friendship through slow-pitch softball. Registration is \$35.00 per player and continues through May 24th on a first-come/first served basis until the league is filled. For information, please call Chris Benjes, (410) 893-6456 or e-mail cbenjes@comcast.net.

DANCE PROGRAM

- Pam Long -

The Forest Hill Dance program has classes, which include various levels of Ballet, Tap, Jazz, Modern and Hip Hop, for dancers ages 3 and up. Our program begins in September and ends with our recital in May of the following year. Classes meet each week for 30 minutes except for Ballet levels 4 and up which meet for one hour each week and all classes perform in our recital.

In person registration is held in September; however, mail in registration begins in July and continues until classes are full. If you are interested in registering your daughter for dance, please contact Pam Long at 410-836-5257 or Mypal06@comcast.net for more information.

FUNDamentals

- Jennifer Goble -

New program now offering Parent & Me classes at the Forest Hill Recreation Center.

Ages: 12mos-5yrs (see web site for age group breakdowns)

Price: \$59 for a 6 week session (once a week for 45 min.)

Each class will consist of great social interaction, music & movement, songs, instruments, obstacle courses, physical challenges to help build motor skills, circle time focusing on letters, numbers, colors and shapes, bubbles, balls, puppets and so much more.

New session starts April 28-June 9.

A summer session will also be offered-dates to be announced.

For class descriptions and schedules please check it out at www.fundamentals123.com

To register for a class, contact Jennifer Goble at 443-512-8989 or fundamentals123@aol.com

2008 FOREST HILL BASEBALL

- Chris Benjes -

This fall, Forest Hill baseball is participating in both the Baltimore County Major League (BCML) Travel program AND the North Harford Fall Baseball League (NHFBL). All kids currently ages 8 to 14 who will be at least 9 and not more than 15 years old by April 30, 2009 are invited to sign up for Forest Hill Fall Baseball.

The NHFBL in-house program will have teams in the 9-10, 11-12 and 13-14 age groups. Players for this league will be placed on a team based on the age group the child will play in 2009 to give them a chance to prepare for next year. Try-outs are not necessary for participation in the In-house program! This is a register-and-play league, based on availability and number of teams.

The BCML Travel program will also have teams in the 9-10, 11-12 and 13-14 age groups, but this is a competitive league and teams will be selected by competitive try-out. Players for this league are invited to try-out for the age group based on what the child played in 2008. Because of its competitive nature, playing up in this league is not permitted except for extremely special cases.

No registration is necessary for BCML Travel try-outs, just show up with your glove and bat. In order to qualify for selection, players must make at least one try-out, and it is recommended that players attend as many try-out sessions as they can. Try-outs will only be held the week of July 7th.

Fees are to be determined. Please watch the Forest Hill baseball website for forms, dates and times. Players will also be notified for Fall Baseball registration during their in-house baseball games at Forest Hill. Hint: It would be wise to sign up for the in-house program and then try-out for the BCML Travel team. That way, the child will be on a team this fall even if he doesn't make the travel team. Any fees paid toward In-house will be transferred to Travel if he makes the team.

Fall Baseball runs from August through October. Games are played on Sunday afternoons. For more information, contact Chris Benjes 410-893-6456, cbenjes@comcast.net.



Forest Hill Recreation Council Board of Directors

Jeanne Rosas, *President*

Bill Plantholt, *Vice President*

Colleen Smulovitz, *Treasurer*

Amy Johnson, *Secretary*

Dennis Schultz

Jerry Kalista

Pam Long

Deb Norcross

SUMMER RECREATION CENTER

- Sandy Krause -

Forest Hill's Summer Recreation Center will be held Tuesdays and Thursdays from June 24, 2008 – July 31, 2008. We will have 2 sessions to choose from, 9:00 am – 12:00 pm or 1:00 pm – 4:00 pm.

Come join in the fun. We will play games, make crafts, and have a great time! We will meet in Forest Lakes Elementary School's Recreation Room and will also use the school grounds and the Forest Hill Recreation Complex.

The cost is \$65.00 per child. Please make checks payable to FHRC. The Summer Recreation Center is open to all children who are currently in K – 5th grade.

A registration form is included on the back of this flier. You can mail it to me. Don't forget to include your check. Please call me if you have any questions.

Sandy Krause, Chairperson
2004 Churchill Downs Court
Forest Hill, MD 21050
410-638-8079
skrause@foresthillrec.com

YOUTH TENNIS

- Susan Gradishar -

Registration: Saturday May 17th at the Pavilion in FHRC complex from 10:00AM - noon or mail in registration to address below:

Where: Forest Hill Recreation Complex Courts

Ages: 6 - 14 years of age

Dates: Begins Monday, June 30th
Ends Thursday, August 7th

Cost: \$50.00 per child
checks payable to Forest Hill Recreation Council

SCHEDULE OF CLASSES

Beginners Monday/Wednesday		Intermediate/Advanced Tuesday/Thursday	
8:30-9:30 a.m.	6-8 years	8:30 – 9:30 a.m.	6-8 years
9:30-10:30 a.m.	9-10 years	9:30-10:30 a.m.	9-10 years
10:30-11:30 a.m.	11-12 years	10:30-11:30 a.m.	11-12 years
11:30-12:30 p.m.	13-14 years	11:30-12:30 p.m.	13-14 years

Bring a racquet and drinking water for each class.

For more information, call Susan at (410) 838-4120 or e-mail fjgradishar@aol.com

Mail registration forms and checks to
Susan Gradishar, 1311 Turnbridge Rd., Forest Hill MD, 21050.
DEADLINE FOR REGISTRATION: JUNE 15th

Registration for the youth (ages 6-14) summer tennis program will be held at the FHRC pavilion on Saturday, May 19th from 10:00AM until noon or mail in registration forms found online.

Soccer Travel League Play

Participation in Travel League play involves tryouts and an additional registration fee. Anyone interested in Travel Play should indicate "yes" in the space indicated on the registration form. Travel coaches will contact all interested parties and inform them when tryouts for their age groups are being held.

Boys Travel Coordinator – John Miller; 410-893-9387; john.a.miller@verizon.net
 Girls Travel Coordinator – Bob Jacobs; 410-420-0250; rjacobs@birchfieldjacobs.com

Volunteers Needed

As with any sports program, we depend heavily on parent volunteers to help with a variety of matters, which include the following:

- Coaching or acting as assistant coach for your child's team;
- Age group coordinators at the Rainbow and Under 8 levels to facilitate the organization of the program;
- Working in the concession stand

This work is extremely rewarding and quite a bit of fun. If anyone is interested in volunteering in any capacity in the soccer program, please contact Mike Geier at (410) 838-0193.

Improvements to the Program

Beginning last spring, we began a regular seeding and fertilizer program to improve our field conditions. Our fields are in use continuously from early August until Thanksgiving and the activity takes its toll on the field surface. This spring, we seeded the smaller-sized soccer fields in the spring of 2008 and have put the fields at the rec. complex on a regular seeding and fertilizing program to maintain high-quality field surfaces. Additionally this spring, we intend to improve the conditions of the fields at Blake's Venture, where many travel teams play and practice. Lastly, we will be resodding several of the goal boxes on the fields at the rec. complex. This continued focus on our fields will improve the quality of our program and maintain the appearance that we all expect.

We also plan to install portable goals at the small-sized fields this year at a cost of approximately \$3,000 per field. The addition of portable goals will provide increased flexibility to the sports programs by allowing several sports programs to more easily share field space and should help to improve the overall look of our fields.

All of these improvements are funded with your registration fees and generous support from our annual fundraiser. Thanks for all that you do to make our program one of the best in the county.

Program Contacts

For any additional information on the soccer programs, please visit www.foresthillrec.com or contact any of the following individuals:

Rec Program Coordinator - Mike Geier; 410-838-0193; foresthillsoccer@comcast.net

Boys Travel Coordinator – John Miller; 410-893-9387; john.a.miller@verizon.net

Girls Travel Coordinator - Bob Jacobs; 410-420-0250; rjacobs@birchfieldjacobs.com

FOREST HILL RECREATION COUNCIL SUMMER RECREATION CENTER

REGISTRATION FORM

_____ Morning Session	_____ Afternoon Session
Participant's Name _____	Date of Birth _____
Address _____	Grade in Sept. 2008 _____
_____	Home Phone _____
Mother's Name _____	Father's Name _____
Mother's Daytime Phone _____	Father's Daytime Phone _____

In case of emergency:

Notify: _____ Telephone: _____

Are there physical conditions or allergies the staff should be aware of? _____ Yes _____ No

If yes, please explain: _____

Does your child require any special accommodations? _____ Yes _____ No

If yes, please explain: _____

If adult volunteer assistance is needed for special events/activities, would parent(s) be willing to help?

_____ Yes _____ No

Refund Policy: ***NO refunds unless the program is cancelled.***

Insurance: I understand that my child will not be covered by any program insurance, and I agree that I will not hold the program, instructors, or the recreation council responsible for injuries received while participating in the Summer Recreation Center.

Cost is \$65 per child, please make check payable to FHRC.

PARENT/GUARDIAN SIGNATURE : _____ DATE: _____

*****DO NOT WRITE BELOW THIS LINE*****

TOTAL FEE PAID _____ CHECK # _____ CASH _____ DATE _____

AMOUNT TO BE APPLIED TO THIS FORM _____ REGISTERED BY _____



**2008
FOREST HILL RECREATION COUNCIL
SOCCER REGISTRATION FORM**

****Please complete one (1) registration form for each family****

E-mail address: _____
 Last Name: _____ Mother's Name: _____
 Home Phone: _____ Father's Name: _____
 Address: _____ City: _____ State: _____ Zip: _____

Please fill out the information below for each child registered. Determine the Age Group by your child's age on July 31, 2008 (see next page). Make checks payable to F.H.R.C.

Age Group (see next page)	First Name	Last Name	Birth Date	Sex	Last Yrs. Coach	Medical Conditions	Travel Y/N	Fee

FEES: Rainbow...\$40 Under 8...\$50 Under 9 and up.....\$65 Family Maximum.....\$135

NOTE: All fees are non-refundable.

****Any registrations received after June 15, 2008 must be accompanied by a \$10 late fee (per person)****

All registrations received after June 15, 2008 are subject to availability

THE FOREST HILL RECREATION COUNCIL IS ENTIRELY A VOLUNTEER ORGANIZATION. THE SUCCESS OF F.H.R.C. PROGRAMS IS DEPENDENT ON THE INTEREST, DEDICATION, AND COMMITMENT OF COMMUNITY VOLUNTEERS. WE NEED EACH PARENT/GUARDIAN TO BE INVOLVED. PLEASE VOLUNTEER FOR ONE OR MORE OF THE FOLLOWING. THANK YOU!!!

_____ Coach* _____ Travel Team Coach or Asst.* _____ Fund Raiser
 _____ Asst. Coach* _____ Concession stand worker _____ Facilities
 _____ Other (comment) _____

* Must complete a "Volunteer Request Form"

PROGRAM PARTICIPATION AGREEMENT...I accept full responsibility for the safety of myself and my child(ren). I understand that I or my child(ren) will not be covered by any accident insurance provided for by the FHRC while participating in this program. I agree that I will not hold the FHRC, program, team, manager, coaches or instructors responsible for injuries incurred while participating or traveling to or from activities including practices, games, and/or team trips.

PARENT/GUARDIAN SIGNATURE : _____ DATE: _____

MAIL FORM TO: F.H.R.C. - SOCCER REGISTRATION; c/o Mike Geier; 1994 Keeneland Court; Forest Hill, MD 21050. A RETURNED CHECK FEE OF \$10.00 WILL BE CHARGED.

*****DO NOT WRITE BELOW THIS LINE*****

TOTAL FEE PAID _____ CHECK # _____ CASH _____ DATE _____

AMOUNT TO BE APPLIED TO THIS FORM _____ REGISTERED BY _____

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HARFORD COUNTY DEPARTMENT OF PARKS AND RECREATION
Northern District
REGISTRATION FORM
FOREST HILL RECREATION COUNCIL

NAME: _____	Program: <u> Youth Tennis </u>
ADDRESS: _____	Date of Registration: _____
_____ Zip _____	Age group registering for: _____
Home Phone Number: _____	Days: _____ Time: _____
Email: _____	Registration Fee: _____
Date of Birth: _____	Registered by: _____
Emergency Phone Number: _____ (in case parents can't be reached)	Paid by: cash _____ / check # _____

(name)	

NOTE: Registration Fees are not refundable!

Are there physical conditions or allergies the leader should be aware of?

I understand that I/my child will not be covered by any program insurance, and I agree that I will not hold the team, program, coach, instructor, or recreation council responsible for injuries received while participating in the above noted program. I also agree that I assume financial responsibility for the return or replacement of uniforms and equipment issued to me/my child.

_____	_____
Parent's Signature	Participant's Signature
Date	Date
<i>(Parent's signature is required for participants under 18 years of age.)</i>	<i>(Adult Programs)</i>

Did the child participate in this program last year? Yes _____ No _____

If adult volunteer assistance is needed, would parent(s) be willing to help with the program? _____