

3 X 3 BASKETBALL: This activity is open to all children in grades third through eighth. This program will start the week of April 8th and run through the end of May. All sessions will be held at East Brook School on Monday & Wednesday evenings. The children will be grouped by grade as well as gender but if there are not enough participants in any one group those registrants will be offered the opportunity to join another group (safety permitting). The fee for this program will be \$33.00.

The tentative breakdown of groups and the time/gym schedule is as follows:

Third & Fourth Grade Boys	Old Gym	6 p.m. to 7 p.m.
Third & Fourth Grade Girls	New Gym	6 p.m. to 7 p.m.
Fifth & Sixth Grade Boys	Old Gym	7 p.m. to 8 p.m.
Fifth & Sixth Grade Girls	New Gym	7 p.m. to 8 p.m.
Seventh & Eighth Grade Boys	Old Gym	8 p.m. to 9 p.m.
Seventh & Eighth Grade Girls	New Gym	8 p.m. to 9 p.m.

INLINE SKATING: This activity is for children in grades kindergarten through sixth. The purpose is to teach the proper techniques of skating. The program will be held at Petruska Park. The program will consist of six fifty-minute sessions that will be held on Tuesday evenings starting on Tuesday, April 30th. Rainouts will be made up on Thursdays. The class for all those in Kindergarten and First Grade will start at 5 p.m.; the class for all those in Second & Third Grades will start at 6 p.m.; the class for all those in Fourth through Sixth Grades will start at 7 p.m. Participants must provide their own skates as well as protective gear including helmets. The fee for this program is \$25.00.

GIRLS' INTOWN SOFTBALL: The **Clinic League** is for girls in first & second grades. The season will begin in April and run through the beginning of June. The purpose of this league is instructional. All practices and games will be held on Saturday mornings at Sports Complex. Since this is a noncompetitive league, **one request** for carpooling convenience or to be with **one friend** will be honored if the request is indicated on the registration form. The fee for this program is \$43.00.

The **Minor League** is for girls in third through fifth grades. The season will begin in April and run until the middle of June. Practices and games will be held on Monday & Wednesday evenings starting at 6 p.m. and on Saturdays between 9 a.m. and 1 p.m. at the following fields: Parkway School, Reid Park, Memorial School, Ridge Ranch School and the Sports Complex. All registrants will be rated at a tryout session and drafted according to their abilities. Therefore **no requests for carpooling conveniences or to be with friends** will be honored. The fee for this program is \$43.00.

The **Senior League** is for girls in sixth through eighth grades. The season will begin in April and run until the third week of June. Practices and games will be held on Tuesday & Thursday evenings starting at 6 p.m. and Saturdays between 1 p.m. and 5 p.m. at the following fields: Parkway School, Reid Park, Memorial School, Ridge Ranch School and the Sports Complex. All registrants will be rated at a tryout session and drafted according to their abilities. Therefore **no requests for carpooling conveniences or to be with friends** will be honored. The fee for this program is \$43.00.

TRAVELING SPRING SOFTBALL: Paramus Recreation hopes to be sponsoring three or more teams: 10 & Under; 12 & Under; 14 & Under. The season will begin in April and continue into June. The coaches will try for an eight game schedule, with **games being played on Friday evenings as well as weekends**. The fee for this program is \$63.00. Participants who do not have their jersey from last year and need to purchase one can do so for an additional \$10.00. Players will be responsible for purchasing their own softball pants. **All registrants will be placed on a team since the travel coaches use the spring season as training for the summer season. However "playing" time will still not be guaranteed.**
THE DEADLINE FOR REGISTERING FOR THIS PROGRAM WILL BE MARCH 28TH.

TRAVEL PITCHERS WILL NOT BE PERMITTED TO PITCH IN INTOWN GAMES.

TRAVELING SUMMER SOFTBALL: Paramus Recreation hopes to sponsor three teams in traveling softball leagues this summer. One team will be for girls **10 & Under**, a second for girls **12 & Under** and a third for girls **14 & Under**. The season for all three teams will be June through August. Depending upon a coach's availability weekday practices could start as early as 4 p.m. During the season most games will start at 6 p.m. however some games may start as late as 8 p.m. Home fields include Reid Park, Ridge Ranch School and the Sports Complex on Paramus Road. Away games take place generally in Bergen County with the chance of some taking place in Hudson, Passaic or Essex Counties. The fee for this program is \$63.00 and will be paid only if a girl is selected for the team. **Tryouts for the three teams will be conducted sometime in May and will be run by outside evaluators.** The non-refundable tryout fee will be \$10.00. This fee will not be applied to the registration fee. Those selected will be required to purchase their uniform, which will cost \$40.00. Those who have travel summer uniforms from last year will not need to purchase a new one. **Those making a travel team are not guaranteed any specific amounts of "playing" time. THE DEADLINE FOR REGISTERING FOR THIS PROGRAM WILL BE APRIL 26TH.**

TRACK & FIELD: This program is open to both boys and girls in first through eighth grades. Track events include dashes, intermediate distance runs, relays, hurdles & race-walking. Field events consist of the long jump, high jump, triple jump, shot put, discus & turbo javelin. Practices will be held twice per week at the Paramus High School Track - days & times to be determined. A parents' meeting will be conducted in order to answer any questions or concerns regarding the program. Notification of the first practice, as well as when the parents' meeting will take place, will be emailed on or about March 15th to all those who register for this activity. Meets will be contested on the following Sundays: April 14th @ Saddle Brook; April 21st @ Mahwah; April 28th @ Paramus; May 5th @ Fair Lawn; May 19th, USATF Prelim/NJS Prelim @ Rutherford; June 2nd, NJS Invitational @ Westwood. Each registrant will be given a t-shirt, which can be picked up from the Recreation Office starting on Monday, March 25th. The fee for this program is \$33.00. **VOLUNTEER COACHES & PARENTS TO HELP SUPERVISE ARE NEEDED & CRITICAL TO THE SURVIVAL OF THIS PROGRAM.**

TRAVEL LACROSSE: Registration for this activity started in October. The Paramus Recreation Commission is offering travel programs for both boys and girls in grades 2nd through 8th. The boys will be entered into the New Jersey Youth Lacrosse League and the girls will be playing in the New Jersey Junior Girls Lacrosse League (NJJGLL). At each level there will be between 12 & 15 games as well as some scrimmages. Practices will begin in March and the season will run from April to June. Boys' practices will be held Tuesdays thru Fridays with most games being played on the weekends. Girls' practices will be held Tuesdays thru Fridays. Some girls' games will be held on weeknights and some on Saturdays. For players to participate proper equipment is required. Boys must have a helmet, shoulder pads, rib protector, mouth guard and a stick. Girls must have goggles, mouth guard and stick. The cost

for this program is now \$81.00 and **does not** include a uniform. Boys' shorts can be purchased for \$18.50 while girls' skirts can be purchased for \$23.00. A set of boys' home and away jerseys can be purchased for \$53.50. A set of girls' home and away jerseys can be purchased for \$51.00.

THE DEADLINE FOR REGISTERING FOR ALL OF THESE LACROSSE TEAMS IS APRIL 1ST.

Once that deadline is passed a waitlist will be kept.

All participants need to be registered with the U.S. Lacrosse Association. It is up to each participant's parents to take care of this obligation. The U.S. Lacrosse Association registration forms can be picked up at the Recreation Office. The website for the U.S. Lacrosse Association is www.uslacrosse.org The Recreation Department is not responsible for the fee charged by the U.S. Lacrosse Association.

E-mail any questions to tsharps@aol.com For additional information on the leagues see the following websites: (boys)www.njlacrosse.com; (girls)www.njjgll.com

CLINIC LACROSSE: An instructional clinic for those children in kindergarten and first grade will be held on Saturday and/or Sunday afternoons - whenever there are home matches for the older divisions. This clinic will begin on or about April 13th. This activity will not be held on Mothers' Day (May 12th) or Memorial Day (May 26th). The enrollment will determine if the clinic will be coed or if separate sessions for boys and for girls will be held. The location of this activity will be the Parkway Plex. Registrants must provide their own sticks. Cleats are recommended. The fee for this program will be \$33.00. **Volunteer coaches are needed.**

MEN'S LOB PITCH SOFTBALL: This program is open to men 30 years of age and older. This competitive league plays on Sunday afternoons at 4 p.m. as well as weeknights starting at 8:15 p.m. during the months of April, May & June. July & August games are played on Monday & Wednesday evenings starting at 6:15 p.m. Playoff games generally begin the second week of August and conclude by September 1st. Some playoff games are held on Sundays. Those men wishing to join the league, who have no team affiliation should contact the Recreation Office for phone numbers of the league's managers. The fee for this program is \$61.00. **When registering by mail be sure to include a copy of one of the accepted forms of residency proof. Registration forms arriving without proper residency proof will be sent back. NO EXCEPTIONS.**

Concussion Awareness Seminar

The Valley Hospital Sports Institute will be holding a seminar on concussion awareness for coaches and parents on Wednesday, February 27th between 7 p.m. & 9 p.m. in the Valley Hospital Auditorium, located at 223 N. Van Dien Avenue in Ridgewood. Registration is free. To reserve a spot you must call 1-800-825-5391.

**PARAMUS RECREATION 475 FARVIEW AVENUE PARAMUS, N.J. 07652
(201)265-9321**

Please fill out this form and please print clearly.

Registrant's Name: _____ Male or Female (please circle)
Registrant's Address: _____ Present Grade _____
Date of Birth : _____ E-Mail _____
Father's Name _____ Home Phone Number _____
Mother's Name _____ Cell Phone Number _____
School _____ Teacher _____
Family's Insurance Coverage (if none that must be stated) _____
Service Organization _____ **Supervisor** _____

To enroll in programs, circle the appropriate items. Use one form per registrant.

SPRING 2013 PROGRAMS

3 X 3 Basketball – Boys 3rd & 4th Grades - \$33 3 X 3 Basket – Girls 3rd & 4th - \$33
3 X 3 Basketball – Boys 5th & 6th Grades - \$33 3 X 3 Basket – Girls 5th & 6th - \$33
3 X 3 Basketball – Boys 7th & 8th Grades - \$33 3 X 3 Basket – Girls 7th & 8th - \$33

Track & Field – First through Eighth Grades - \$33

Clinic Intown Softball (Girls) – 1st & 2nd - \$43 Inline Skating – K & 1st - \$25.00
Minor Intown Softball (Girls) – 3rd - 5th - \$43 Inline Skating – 2nd & 3rd - \$25.00
Senior Intown Softball (Girls) – 6th - 8th - \$43 Inline Skating – 4th thru 6th - \$25.00

10 & Under Spring Travel Softball - \$63 10 & Under Summer Travel Softball - \$10*
12 & Under Spring Travel Softball - \$63 12 & Under Summer Travel Softball - \$10*
14 & Under Spring Travel Softball - \$63 14 & Under Summer Travel Softball - \$10*
Spring Softball Uniform (Navy Jersey) - \$10 Summer Softball Uniform - \$40

Lacrosse Shorts - \$18.50 Lacrosse Skirts - \$23
Set of Boys' Lacrosse Jerseys – \$53.50 Set of Girls' Lacrosse Jerseys - \$51
Lacrosse – Boys/2nd grade - \$81 Lacrosse – Girls/2nd Grade - \$81
Lacrosse – Boys/3rd grade - \$81 Lacrosse – Girls/3rd Grade - \$81
Lacrosse – Boys/4th grade - \$81 Lacrosse – Girls/4th Grade - \$81
Lacrosse – Boys/5th grade - \$81 Lacrosse – Girls/5th Grade - \$81

Lacrosse – Boys/6th grade - \$81 Lacrosse – Girls/6th Grade - \$81

Lacrosse – Boys/7th grade - \$81 Lacrosse – Girls/7th Grade - \$81
Lacrosse – Boys/8th grade - \$81 Lacrosse – Girls/8th Grade - \$81
Lacrosse – Boys K & 1st - \$33 Lacrosse – Girls K & 1st - \$33

**ALL THREE POLICIES PRINTED ON THE BACK OF THIS REGISTRATION FORM MUST BE SIGNED
BY A PARENT OR REGISTRATION WILL NOT BE PROCESSED.**

Zero Tolerance Policy

The game will be stopped by the official when a parent, spectator, or participant displays inappropriate and/or disruptive behavior which interferes with the progress of the game. The official will identify violators to the coaches for the purpose of removing them from the spectators viewing area and/or game area. Once removed, play will resume. Lost time will not be made up and violators will be subject to further disciplinary action by the Paramus Recreation Commission. Inappropriate and disruptive behavior shall include but is not limited to: **taunting, cursing, fighting, threatening physical violence, destruction of equipment and/or property.** In the case of the summer playground and summer trip programs, children who do not adhere to these rules & policies will be removed from their program.

I hereby certify that by affixing my signature below, as the registrant, or as the legal guardian or parent of any child participating in the Paramus Recreation Programs, that I have read the above notice as well as the Code of Conduct that appears in this brochure.

Signature of Registrant or Parent or Legal Guardian

Date

Notice

I hereby understand that there is an element of risk in all physical activities. I hereby agree to hold harmless and otherwise indemnify the Borough of Paramus, its agents, servants and/or representatives from any injuries, including, but not limited to, medical and hospital expenses, that either I or my child may sustain as a result of my or my child's participation in any activity sponsored by the Borough of Paramus, unless the injuries are the result of negligence on the part of the Borough of Paramus, its agents, servants and or representatives.

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Signature of Registrant or Parent or Legal Guardian

Date

Withdrawal/Refund Policy

I acknowledge that I have reviewed the withdrawal dates associated with this registration period and are aware that I will be given partial credit if withdrawal from a program is made prior to the posted deadline. I also acknowledge that if I prefer a refund, that refund will include not only the eight to thirteen dollar deduction applied to all withdrawals but also a thirty five dollar processing fee

Signature of Registrant or Parent or Legal Guardian

Date

Registration for Men's Lob Pitch Softball 2013

Incomplete forms will be sent back and not processed.

Section A

Name _____

Current Address _____

(IF A PARAMUS RESIDENT YOU MUST ATTACH A COPY OF PROOF OF RESIDENCY OTHERWISE EXPECT YOUR APPLICATION TO BE RETURNED UNPROCESSED)

Home Phone Number _____ Cell Phone Number _____

Date of Birth _____

Insurance Coverage (if none this must be stated) _____

Former Residents Need to Complete Section B

Former Paramus Address _____

List Years Lived at that Residence _____

(MINIMUM OF FOUR CONSECUTIVE YEARS)

Lived with Parents – Owned the Residence – Rented the Residence
(CIRCLE THE ONE THAT APPLYS TO YOU)

If you lived with your parents, what high school did you attend and what year did you graduate?

If your family moved before you were in high school, what was the last Paramus school you attended and the last year you were in attendance in that Paramus school.

If you rented, who was your landlord?

(A notarized letter from the landlord stating your past residency or rent receipts/cancelled checks must be attached to this application)

Section C

Name of Team _____ Manager's Name _____

Fees – Make Check out to Paramus Recreation

Lob Pitch Resident - \$61 Lob Pitch Former Resident - \$76

PLEASE MAKE CERTAIN YOU READ ALL THREE STATEMENTS ON THE BACK OF THIS REGISTRATION FORM AND SIGN ALL THREE WHERE INDICATED.

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Signature of Registrant or Parent or Legal Guardian

Date

1. Have you signed the waiver, zero tolerance policy and refund policy for every single child you are registering?
2. Have you included payment for all activities?
3. Is your family new to the Borough and has not had anyone previously registered for a Recreation Program? If so have you included proof of residency?
4. Have you included copies of Birth Certificates for all first time registrants?
5. Have you returned all past due travel uniforms and football equipment?
6. Has the mail-in registration deadline passed?
7. If your registration is late, you can come in person on weekdays from 1:00-4:00pm to register starting on March 13th. Did you include the \$4 late fee?

All applications missing a requirement, without proper payment or after the deadline will not be processed. If you want confirmation and program information please enclose a self-addressed and stamped envelope with your application.

Thank you!

Spring 2013 Special Events

Easter Egg Hunt

This annual event will be held on Saturday, March 23rd at Petruska Park. Preschoolers will start their hunt at 10:00 a.m., followed by all those in Kindergarten at 10:30 a.m. and finishing up with those in First Grade & Up at 11:00 a.m. In the event of inclement weather the Easter Egg Hunt will be held indoors at East Brook School. If the weather is questionable on March 23rd call the Recreation Office answering machine (265-9321) **after 9:30 a.m.** to learn of any change in location.

Senior Citizens' Spring Fling

Friday, May 31st - 11 a.m. to 3 p.m.
Rain Date: Friday, June 7th
Second Rain Date: Friday, June 14th

Entertainment & Lunch

The fee for this event is \$5.00 per person and is nonrefundable. Tickets will be available starting on Monday, May 13th, 9 a.m. at Petuska Park. Proof of residency (driver's license; tax bill; any utility bill) will be required. It is recommended that those who attend, bring their own lawn chairs.

This event will take place at **Petruska Park.**

Parents & Participants Code of Conduct

Please keep in mind that, above all, the motivational factor for most children who enter an organized youth sports program is their desire to have fun. This is particularly true with young children, many of whom are newcomers to the youth sports scene. With a supportive attitude and a fundamental understanding of the “basics” of a particular sport, everyone will come away from their youth sports experience with a positive feeling. The guidelines that are set forth here also pertain to our summer playground program.

Applaud good plays, don't dwell on bad plays.

Don't yell if your child makes a mistake. Point out what they did well. Positive reinforcement goes a long way.

Never lose sight of the fact that you are a role model for your child.

Children imitate their parents. If you act inappropriately your child probably will copy your actions.

Stress fair and sensible play. Stress the importance of the team play.

Winning probably means more to you than it does to your child.

The stands are not a place to shout personal instructions to your child.

The Umpires and/or Referees are doing the best job they can possibly do. Take time to learn the rules of the game. It is easy to get “caught up” in the game. But please do not be abusive to our officials.

Respect the coach's decision and abilities. Remember that our coaches are volunteers. A “thank you” every once in a while is often reward enough.

VOLUNTEER COACHES NEEDED

Many of the youth activities offered in this brochure rely on volunteer coaches. Anyone wishing to coach any youth activity must complete both an ***Intent to Coach Form*** and an ***Ethics Form***. All volunteer coaches must take part in and pass the Rutgers S.A.F.E.T.Y. Clinic. All candidates will be subject to a background check. Call the Recreation Office (265-9321) for additional information.

EMPLOYMENT OPPORTUNITIES

Applications for Summer Playground Counselors as well as Summer Basketball Instructors will be available starting on Monday, February 25th. Summer Playground Counselors must be entering their senior year of high school in September. All high school students will need working papers and all those hired will need to take a drug test.

OFFICE HOURS

The Recreation Office is staffed weekdays between the hours of 8:30 a.m. & 4:30 p.m. as well as Thursday evenings between 7:00 p.m. & 8:45 p.m. **With exception to March 11th and March 12th registration is only accepted during the following times: weekday afternoons between 1:00 p.m. and 4:00 p.m. and Thursday evenings between 7:00 p.m. and 8:45 p.m.** Registration will not be taken during the morning hours or after 4:00 p.m.

Paramus Recreation Commission

Chairman, Bill Stallone

Vice Chair Parks, Steve Waxman

Vice Chair Programs, Tom McCrea

Donna Apidopoulos

Laura Criscione

Vince Feorenzo

Bill Holzmann

Tom Locicero

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Director, Sue Regan

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Council Liaison, Maria Elena Bellinger

PARAMUS RECREATION
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PARAMUS, NEW JERSEY 07652

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