



## **From the President**

**Jeanne Rosas**

What a beautiful day we had for our 50th Anniversary Celebration and Opening Day for Baseball/Softball. The day went well and I hope all had a wonderful time. I would like to thank everyone who spent time helping put that day together, Our Opening Day committee, the baseball and softball chair people, everyone who was there for Prep day and cleanup. I would also like to thank Celebree Learning Center for spending the day shuttling people back and forth from the Complex to their cars. The Fireworks display by Fireworks Extravaganza was a wonderful end to our day.

As I am sure some of you have heard, I will be stepping down as President of our Rec Council effective this fall. Reflecting back on the time that I have spent volunteering as a parent, age group director, program director, board member and the last eight years as president, I can only say what a strange and wonderful journey it has been. It is time for a new perspective and new ideas and a new president will have the opportunity to bring this new perspective and implement new ideas. I will help in the transition process for the new president and I hope and trust that he or she will continue the proud tradition of making Forest Hill one of the best rec councils anywhere. I plan to continue to remain active in the rec council – I'm not sure exactly how, what or with whom but it's hard to walk away from something that has been such a huge part of your life for 18 years. I would like to thank everyone I have worked with over the years, you have made me a better person and this Rec Council has benefitted from everything you have done.

Since I am stepping down, we are looking for a new president. If anyone would like to nominate someone for President, please contact me at either 410-838-2110 or [dmrosas@verizon.net](mailto:dmrosas@verizon.net).

## **Adult Over-30 Softball**

**Chris Benjes / Cyndi Clark**

The Forest Hill Adult Over-30 Softball League is now taking individual registrations for the 2015 summer season. We offer both a Men's division and a Women's division. Games are played on Friday evenings at 6:00 PM beginning July 10, 2015. The season wraps up with a championship tournament in mid-late September. All games are played at the Forest Hill Recreation Complex. General registration for new players began April 19th. This has become a popular league and there are a limited number of openings for new players. All talent levels are welcome. The league's primary emphasis is fun and friendship through softball. Registration is \$25.00 per player and continues

through May 30th on a first-come/first served basis until the league is filled. For information, please call Chris Benjes, 443-640-4400, [cbenjes@comcast.net](mailto:cbenjes@comcast.net) or Cyndi Clark, 443-942-1341, [fhrcwomenssoftball@gmail.com](mailto:fhrcwomenssoftball@gmail.com).

## Fall Baseball

### Chris Benjes

This fall, Forest Hill Baseball is participating in both the Baltimore County Major League (BCML) Travel program AND the Northern Harford Fall Baseball League (NHFBL). All kids currently ages 8 to 15 who will be at least 9 and not more than 16 years old by April 30, 2016 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 13-15 age groups. Players for this league will be placed on a team based on the age group the child will play in 2016 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.

This year we want to make sure we remain loyal to the kids from Forest Hill Rec, so players who register before June 30th and who played baseball for Forest Hill during the spring of 2015 will be given top priority and will be placed on teams before late-registrants and players from surrounding recreation council baseball programs.

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 2015. Because of its competitive nature, playing up in this league is not permitted except for extremely special cases.

All players wishing to attend our BCML Travel try-outs must register and pay for the Rec program before they will be allowed to try out. We will have registration forms available at the tryouts and you must be registered and paid before the player can try out. Such registration requirements show that you are serious about playing for Forest Hill. In order to qualify for selection to a BCML-league team, 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 on July 13-14.

Fees are to be determined, but there will be a substantial late fee for those registering in July or later. 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 is wise (and now a requirement) to sign up for the in-house program and then try-out for the 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.

Refunds will only be given if requested via e-mail before team selection. After teams are selected, there are no refunds.

Fall Baseball runs from August through late October. Games are played on Sunday afternoons. For more information, contact Chris Benjes 443-640-4400, cbenjes@comcast.net.

## **Girls Softball**

### **Eric Lippert**

Listen closely and you can hear the sound of softball cheers rising up from the fields ... the softball season is underway as 200+ young ladies take to the Forest Hill complex each week! Our 5-6 program practices every Saturday morning at 10:00 and based on the talent being shown on the field, the future of the program looks very strong. The 7-8, 11-13 and 14-18 age groups participate in a co-op league with other programs in Harford County, and are all off to successful starts to their seasons. The 9-10 age group has 5 teams and plays "in-house" against each other and the competition is stiff this year. The playoffs for all age groups will start in early June, check the softball site for more information.

Keep an eye out for summer and winter skills development programs sponsored by the Forest Hill softball program. The February clinic featured over 15 young ladies looking to improve their pitching skills and get a head start to the 2015 season. The clinics are an excellent opportunity to get ready for the season and improve upon their talents.

Looking for more softball after the spring season ends? Look no further! Forest Hill will be offering fall softball again this year. Our fall softball program is open to girls ages 9-16. Registration will be starting in the summer – look for more information on our web site soon.

Congratulations to our U14 Heat team managed by Kristine Hale who captured the championship in their first tournament of the year! Looking forward to seeing several more successful tournaments from Kristine's team, as well as our U-10 and U18 teams. On July 11<sup>th</sup> and 12<sup>th</sup>, we will host our annual Forest Hill Frenzy tournament at the complex. The tournament last year featured over 30 teams in U10, U12 and U14 age groups from Virginia, Delaware, Pennsylvania, New Jersey and Maryland. Come out to support the Heat teams as they host one of the best local travel softball tournaments.

Thank you to all of the coaches and managers who work so hard to make sure all of the girls in the program achieve two objectives: improve their softball skills and have fun. And of course, thank you to each of the parents for their endless support.

## **Dance**

### **Pam Long**

At Forest Hill Dance we offer class to ages 3 and up through high school. Our schedule includes Ballet, Tap, Jazz, Modern, Lyrical, Pointe and Musical Theatre. We believe our program is one of the best in Harford County as we provide a program with the emphasis on fun and learning the discipline of dance. Our staff of instructors are skilled and dedicated teachers. Our two studios, located in the Forest Hill/Hickory Activities Center, in Forest Hill, MD, are equipped with dance floors, mirrors and wall mounted barres.

Our program begins in September and culminates with a large end of year production in the spring in which all dancers ages 4 and up participate. This is different from some dance programs that run for a session of several weeks and just end with the final class. This requires a significant time commitment towards the end of our season and requires some additional costs to parents (i.e. costumes, recital tickets, photos). Our 3 year old classes end with an in-studio performance for their families.

Registration began in mid-July but we do still have some openings. If you are interesting in registering your child, email or call me with the age of your child as of 9-1-15 and I will let you know what options we have for you. A registration form along with our newsletter can be emailed or mailed to parents who can then return the completed forms with their payment.

Detailed information about our program is available on our website at <http://www.foresthillrec.com/program.php?programID=65> (you can also go to [www.foresthillrec.com](http://www.foresthillrec.com) and then click on Dance on the list of programs on the left side). Be sure to read our Introduction and then if you have any questions, please feel free to call or email me.

Pam Long  
410-836-5257  
[Mypal06@verizon.net](mailto:Mypal06@verizon.net)

## **Film Camp**

### **David Warfield**

Harford Film Camp 2015 – Otter Point

Harford Film Camp will take place this summer, June 16 to 27 (Tuesday to Saturday), at Otter Point/ Anita C. Leight Estuary Center in Abington. Film Camp is for Teens with an interest in filmmaking, writing, acting, directing, camera, sound, and digital media.

Complete details at [harfordfilmcamp.com](http://harfordfilmcamp.com)

See us on you tube - <https://www.youtube.com/watch?v=H0ccQzNqNUE>

Like us on Facebook - <https://www.facebook.com/HarfordFilmCamp?ref=hl>

NOTE HCPS Students: We have added make-up days at the end (June 29, 30) for HCPS students who may have class as late as June 19.

## **Soccer**

### **Mike Geier**

#### **Program Overview**

Believe it or not, the registration process for the fall soccer season is about to begin. We had a very successful season in 2014 and are looking forward to a great year ahead.

This year, we continue to partner with Harford Football Club (HFC), a travel program affiliated with Harford County Parks and Recreation. As part of the partnership, HFC will provide assistance to our coaching volunteers and give guidance on the structure of our practices, which will make for a more positive soccer experience for our participants. Last year the older players from HFC's teams participated in training the younger participants. This provided teenage players with teaching opportunities and allows the younger participants to connect with high school-aged soccer players.

The 4 & 5 year-old program will meet once per week on Saturday mornings. Consistent with past years, the age cut off is August 31<sup>st</sup>. Children in the U8 program play once per week on Saturdays. Also, this year, the 4 through 7 year olds will be playing on smaller fields and on smaller teams, ie 3v3 & 5v5 so that each player gets more touches on the ball to increase their skills and comfort level with the ball on their feet.

Boys and girls in the U9 through U11 age groups will continue to play on the smaller-sized regulation fields with eight players per team on the field. The U13 and above age groups will continue to play on the full-sized fields with 11 players per team on the field.

This year, we have added an Under 20 age group. This will be a co-ed pick-up league that will likely play on Sundays. There will be no practices or teams. Players simply need to register and show up at the designated game times and teams will be formed. There will be referees for all games.

## **Registration**

Registration this year can be accomplished online or by mailing in a registration form. You may mail your registration form or register online through June 25th at [www.foresthillsoccer.net](http://www.foresthillsoccer.net). Forms submitted through the mail should be received no later than June 25, 2015. Forms are included within this newsletter.

Mail to:        Bob Nowaskey  
                     1994 Pimlico Court  
                     Forest Hill, MD 21050

**Registration will end on June 25, 2015.**

## **Fees**

The fees for the 2015 recreation soccer season are as follows:

4 and 5 Year-Olds: \$55  
Under 8:                \$65  
Under 9 to U16:       \$75  
Under 20 (co-ed)     \$40

There is a family maximum registration fee of \$175.

All checks should be made payable to FHRC.

## **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;
- Helping with field maintenance matters; and
- Working in the concession stand

We need assistance in setting up our fields at the beginning of the season. If someone who is experienced in setting up the fields (initial lining and confirmation of field dimensions) would like to help, please let us know.

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.

## **Program Contact**

For any additional information on the soccer programs, please visit [www.foresthillrec.com](http://www.foresthillrec.com) or contact Bob Nowaskey at [foresthillrecsoccer@comcast.net](mailto:foresthillrecsoccer@comcast.net).

## **Soccer Camp**

Soccer Source 360 is coming to Forest Hill. June 22-26 from 9:00-12:00 or 5:00-8:00 at Friends Park.

This is their 25<sup>th</sup> year running camps. This camp is for boys and girls age 5-12. Participants in this camp will range from beginners to junior travel players. Groups are divided by age and ability. Coaches insure player development by using rapid training techniques that allow for quality repetition to form good habits for each skill. An overall emphasis of fun is developed with enthusiasm, dynamic activities, and goal setting.

Each Soccer Source 360 coach holds a coaching license, coaches youth players throughout the year, and has played soccer at a high level. Our coaches know soccer and they know children.

Players begin each day with a thorough warm up. The camp then progresses to the group stage where players stay with their assigned coach and group. Each day the group stage starts with dribbling mechanics so that each player develops a great relationship with the ball. Throughout the week players will learn push, chop, and roll touches. They will learn to incorporate these touches into patterns so they will develop their own dribbling moves just the best players in world have done. This is different than coaching dribbling moves as we believe creativity does not come from copying the coach it comes from self-discovery. The topic of the day is then introduced; topics include dribbling, passing, receiving, scoring, volleying and tackling/defending. Heading is a topic for players ten and older. The topic is developed in a simple to complex format ending with a small sided game or tournament. Players are challenged throughout each day. For more information go to [www.soccersource360.com](http://www.soccersource360.com). To register go to <https://korrio.com/groups/soccer-source-360/>.

**Travel Soccer - HFC United**  
**Robert Jacobs**

## **2015 TRYOUT REGISTRATION NOW OPEN**

With the weather breaking that can only mean one thing, tryouts are only a few short weeks away! HFC United tryouts will occur in early June again this year for the 2015 fall season. Final tryout dates for each age group are still being finalized and will be posted to the HFC United website soon. The registration fee this year is \$30 and you can sign your child up NOW by clicking <http://hickory.visionproregistration.com/>

For continued updates on tryout dates and further information, please click <http://www.hfcunited.com/tryouts/>

## **HFC UNITED SUMMER CAMPS**

Registration for our 3 hosted summer camps is now open!

### Soccer Source 360's Caribbean Coaches Camp

Directed by Lincoln Phillips

June 22nd - 26th 2015

Boys: 4:30PM – 6:30PM

Girls: 6:30PM – 8:30PM

Location: Prospect Mill Park

To register click <https://hickory.visionproregistration.com/families/login>

### Soccer Source 360 College Soccer Prep/ID Camp

June 22nd - 26th 2015

Time: 9:00AM – 3:00PM

Location: Prospect Mill Park

To register click <https://korrio.com/groups/soccer-source-360/>

### Dutch Soccer School Summer Academy Camp

July 13th – 17th 2015

Boys: 4:30PM – 6:30PM

Girls: 6:30PM – 8:30PM

Location: Prospect Mill Park

To register click <https://hickory.visionproregistration.com/families/login>

For more in depth information on these exciting summer training opportunities please click <http://www.hfcunited.com/training/summer-academy-camps/>

## **Tennis**

**Lori Phillips / Wendy Bauer**

### **SPRING TENNIS CLINICS FOR ADULTS AND KIDS**

Starts in May – Openings Still Available in All Classes.

After school beginner classes for children ages 5 through 15 using the U.S.T.A.

Quick-start format. See website for application with days and times.

Also offering Adult Clinics for Beginners and Advanced Beginners on Thursday evenings. To download an application and for more information including dates, times, and prices, please go to [www.foreshillrec.com](http://www.foreshillrec.com) and select Tennis listed under Adult or Youth Programs.

Call or e-mail PTR Tennis Instructor, Lori Phillips with questions or if you need further information on any of the adult or children's clinics offered. Space is limited – so don't wait.

Call (443) 299-6606 or e-mail [lp4tennis@gmail.com](mailto:lp4tennis@gmail.com)

### **Women's Adult Doubles and Singles Match Play**

Women's Intermediate Doubles Tennis on Wednesday Nights from 6-8pm. Dates 7/8-8/19

Also, now being offered, an advanced beginner/intermediate singles ladder where you call to schedule your own matches. Dates 5/25-8/14

Cost \$15 for doubles or \$20 singles/\$25 total to participate in both.

Go to [www.foreshillrec.com](http://www.foreshillrec.com) select Tennis listed under Match Play for an application.

If you need more information, call or email Wendy Bauer 443-504-4326 or [wabaur@gmail.com](mailto:wabaur@gmail.com)

\*Advanced singles players contact Wendy for other opportunities\*

## **Yoga**

**Sherri Woosley**

### **YOGA SPRING SESSION (9 week session from April 13 - June 12)**

*Gentle hatha yoga classes led by certified yoga instructor. Bring your own mat & water, blocks and strap. For ages 18+.*

Cost: \$68/1 class per 9 week session

\$114/2 classes per week

\$135/unlimited classes in session

Drop-in rate \$10 per class.

Email questions to: [sherri.woosley@verizon.net](mailto:sherri.woosley@verizon.net)

**MORNING CLASSES 9:30-10:45AM** Mondays Wednesdays Fridays

Location: Forest Hill/Hickory Activity Center, 2213 Commerce Rd, Forest Hill, Dance Studio B

**EVENING CLASS 6:30-7:45pm** Wednesdays (No class on 4/8 due to Spring Break)

Location: Forest Lakes Elementary School Recreation Room.

E-mail questions to [Meichelle.Norwood@gmail.com](mailto:Meichelle.Norwood@gmail.com) or call her at 443.371.3402

## **Scholarship**

**Deb Norcross**

**CONGRATULATIONS**



**JASON DINSMORE**

**ERIC JAGDE**

**ANDREW KLAPKA**

**LOGAN REITZ**

**KATHRYN THOMPSON**

*RECIPIENTS OF A FOREST HILL RECREATION COUNCIL'S  
2015 – 2016 \$1,000 COLLEGE SCHOLARSHIPS  
(SPONSORED BY: FOREST HILL RECREATION COUNCIL)*

**CONGRATULATIONS**

**KYLE HAMRICK**

*RECIPIENT OF THE  
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