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From the President

Concussion awareness is being brought to the forefront in an attempt to make sure that we as a rec council are keeping our participants safe. Many of you have already been given the information or at least seen it on line on our website: www.foresthillrec.com.

A concussion is defined as a brain injury which can occur from a blow to the head or a blow to the body which results in a rapid movement of the brain inside the skull. A concussion can occur in any sport but is most common to sports where collisions are common. Concussions range from mild to severe and can be life threatening. Signs of a concussion can be but are not limited to: being dazed and confused, not sure of game score, opponent, plays, moves clumsily, unable to recall events pre and/or post hit or fall, answering questions very slowly, personality changes and loss of consciousness not matter how brief.

Your child/player may report feeling "not right", headache, nausea/vomiting, balance/mobility issues, blurred vision, impaired memory, loss of concentration, sensitivity to noise or light. Please note that symptoms can occur hours or even days after the injury.

If you notice any of these symptoms in your child, please seek immediate medical attention. Once a player is noticed to have any symptoms of a concussion, he will be removed from the game and may not return to play unless he has a letter from a doctor. "It is better to miss one game than to miss the whole season."

As of July 1, 2011 we are required to give to all participants, parents and managers/coaches information about what a concussion is, signs and symptoms of a concussion and what our responsibility is to a player who is suffering from a concussion. This information is found on the front page of our website: www.foresthillrec.com or you may go to www.cdc.gov/concussioninyouthsports.

After receiving this information you will be asked to sign a form stating you have received this information. We are required to obtain signatures from players under the age of 19, coaches, managers and parents.

If you have any questions or concerns, please feel free to contact me at 410-838-2110 or via email at dmrosas@verizon.net. You may also call 1-800-232-4636 or contact www.cdc.gov/concussioninyouthsports for more information.

Jeanne Rosas, President
Forest Hill Recreation Council

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Basketball

Eric Reitz

I realize that Fall sports are just getting underway but it is that time of year to start thinking about Winter sports and Basketball as well. With our program being so large we need to get registrations and evaluations underway so we can properly plan our season. Last year was a wonderful season and mother nature cooperated pretty well. We are looking forward to making this a successful year and hope mother nature cooperates with us.

For those of you new to Basketball, we run from ages 5 (as of 12/31/11) through 18 (must be in high school) for both boys and girls. For girls we only go to 13-16, but if you are 17 and still want to play, please contact us as we are looking to expand the program. We play in the various local schools and generally it is one practice night during the week and a game on Saturdays for ages 7-14. 15-18 plays only on Sundays with no practices and 5-6 has their time only on Saturdays. The most common questions are answered in our FAQ located on the Basketball website found at www.foresthillrec.com.

Travel Basketball – As with most sports, Basketball offers a travel program for those of you who want a more competitive environment. The travel teams stay mostly in Harford County with few exceptions traveling for tournaments. If interested in travel,

just note the travel tryout dates posted on our website, and put it down on your registration. If you don't know just yet, that's fine, just make sure you make the travel tryouts at that time.

Please get your registrations in early...sit down, fill it out now and send it in. We do fill up and late registrations require an additional \$10. I know that is not much, but we need to get enrolled as quickly as possible.

We have 4 walk in registrations scheduled and we need some volunteers to help with them. Please contact Deb Norcross at debnorcross@verizon.net to help.

Walk in registration dates and locations for 2011:

Thursday, 9/8

Fountain Green Elem Front Lobby, 6:30-8:00 p.m.

Saturday, 9/10

Churchville Rec. Center- Mtg Room, 4:00-5:30pm

Wednesday 9/14

Forest Lakes Elem Cafeteria, 6:30-8:00 p.m.

Saturday, 9/17

Forest Lakes Elem Recreation Room, 4:00-5:30 p.m

You can also download the form from the website and mail it in.

Evaluations

Always check the website for the latest updates due to possible changes.

I would like to remind you how important it is to make the evaluations for your children. If you can not make your scheduled evaluation, please try and make another time for that age group first, and if you still can not make it, please try and attend another age groups evaluation. As with anything, if you could notify the Age Group Director or one of the other directors via an email or phone call that you will be missing your scheduled evaluation but attending another we would greatly appreciate it. All players playing in 9-10 and above, including those going out for Travel need to attend the rec evaluations. The evaluations help us in the team draft process. There are no evaluations for the clinic and 7/8 programs.

Volunteers

As with any program volunteers are greatly needed to help the program continue to progress. We need help in the registration process, evaluation process and coaches.

COACHES MEETING:

There will be a one time mandatory coaches meeting on Monday, September 26th at 7pm, at Churchville Rec Center. Please plan on attending if you have any interest in coaching.

Remember always check the [Forest Hill Rec website](#) for more info as we get closer.

I look forward to seeing you out on the courts.

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Tennis

Lori Phillips

Tennis this Fall through Forest Hill Recreation starting Labor Day week.

Different Classes for Children ages 4 through 11 using the U.S.T.A. Quickstart format now scheduling for Tuesdays, Wednesdays or Thursdays.

Also offering Adult Clinics for Beginners and Advanced Beginners with day or evening times. To download an application and for more information including dates, times, and prices, please go to www.foreshillrec.com and select Tennis listed under Programs.

Later this Winter, Children's Tennis clinics for 4 and 5 year olds will also be held during the day inside the Forest Hill/Hickory Recreation Building.

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 blplap@comcast.net.

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FUNdamentals

Parent & Me Classes

FALL SESSION SCHEDULE

Only \$59 for 6 Week Session

[August 29th-October 10th](#)

No Classes Monday, September 5th

Theme: ABC's

If you have to start the session late, NO WORRIES, we pro-rate!!

Monday

9:30-10:15 *Wiggle Worms/Dancing Dragonflies (19 mo.-3½ yrs)*

10:30-11:15 *Dancing Dragonflies (2 ½-3 ½ yrs)*

11:30-12:15 *Leaping Lizards (3 ½-5 yrs without parent)*

Tuesday

9:30-10:15 *Wiggle Worms/Dancing Dragonflies (19 mo.-3½ yrs)*

10:30-11:15 *Busy Bees (12-18 months)*

11:30-12:15 *Dancing Dragonflies (2 ½-3 ½ yrs)*

Wednesday

9:30-10:15 *Busy Bees (12-18 months)*

10:30-11:15 *Wiggle Worms (19 mos.-2½ yrs)*

11:30-12:15 *Dancing Dragonflies (2 ½-3 ½ yrs)*

Thursday

9:30-10:15 *Wiggle Worms (19 mos.-2½ yrs)*

10:30-11:15 *Dancing Dragonflies (2 ½-3 ½ yrs)*

11:30-12:15 *Leaping Lizards (3 ½-5 yrs without parent)*

If you have children of different ages, but would like to do a class together, you may register them in the older child's age group.

Location:

Forest Hill/Hickory Activities Center

2213 Commerce Rd. Forest Hill, MD
443-484-2512

Call or email to register
www.fundamentals123@aol.com
www.fundamentals123.com

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Baseball

Chris Benjes

THE SPRING BASEBALL SEASON ended 2011 with the end-of-year tournaments and the annual all-star games. In 9-10, the Red Sox edged out the Nationals and in 11-12, the Angels beat the Rays for their respective championships. For the All-Star Home-Run Derby on June 18th, official Cooperstown Bats were awarded as prizes to the players with the most home runs in the 7-8, 9-10, 11-12 and 13-15 age groups: Anthony Barnhart, Mikey Krause, Anthony Knorr, and Kyle Salmons. Congratulations to all on their fine performances.

THE 10U EXPRESS TRAVEL TEAM had a great season and was the runner up in the Father's Day Essex Tournament.

THE 11U EXPRESS TRAVEL TEAM won the Stars and Strikes Tournament in Elkridge, finished first in the Harford County Travel League and took second place in the league championship tournament, finishing with a record of 21-5.

THE 12U EXPRESS TRAVEL TEAM came really close to representing Harford County in the Cal Ripken World Series (CRWS), but after coming through the tournament in the loser's bracket, a 9-6 loss in the league tournament championship game knocked them out of contention. Great effort overall! The 12U Express had a very successful trip to Cooperstown Dreams Park (CDP). They finished 47 out of 104 teams overall, but more impressively, the team won the "Around the Horn Plus" competition, relaying a baseball around the diamond and through the outfield in 24.81 seconds. This was the first time a Forest Hill team has won one of the CDP skills competitions. Congratulations to the 12U Express for a fine season.

THE 19U EXPRESS HIGH SCHOOL TEAM won their league championship game this season in the North Harford High School Baseball League. This victory was the second championship in a row for the 19U Express, and the first championship for new manager Dave Frace. Congratulations to him and his team on a very successful season.

THE 12U STORM METRO TEAM had a good run at the Ripken Beach Blast Tournament, where Alex Schenning represented them in the Home Run Derby and placed 3rd overall. The 12U Storm made it to the Consolation Finals but lost to a great team from Georgia.

THE 13U STORM METRO TEAM won the Battle of the Boulevard Tournament and placed second at the Ripken Beach Blast Tournament at Myrtle Beach in late June, getting edged out 5-3 by a team from Florida. In addition, the 13U Storm also won the "Skills and Drills" and "Long Toss" competitions at the tournament. Stetson Cox represented the 13U Storm in the Home Run Derby and placed second.

THE 15U STORM METRO TEAM also had a great season, placing 4th overall in their division of the competitive Baltimore Metro Baseball league with a record of 14-10, winning 9 of their last 12 games to complete the season on a very positive note.

FALL BASEBALL is in full swing now as the summer sun fades into the colors of autumn. This year we have seven teams in the North Harford Fall Baseball League and one team in the Baltimore County Major League. Fall ball is a fun, non-competitive season where players prepare for next year by working on new skills and new positions. Registration for Fall Ball happens in May and June and games are played on Sundays from August through October. Best of luck to all teams!

THE FOREST HILL STORM is a full-time youth baseball program affiliated with the Baltimore-Metro Baseball League, the premier independent amateur baseball league in Maryland. Teams are selected in the fall and will practice through the winter in preparation for the spring season. Tryouts for the 2012 teams occur in late August/September. Watch the web site for more information –www.foresthillrec.com. We are currently looking to find managers who can form new Storm teams in the 11U, 12U, and 15U age groups. For more information about our Metro baseball program, please contact Chris Benjes, 410-893-6456.

THE MONTHLY BASEBALL/SOFTBALL MEETINGS for the 2012 season are held on the second Monday of each month at 7:30 P.M. in the Activity Room of Forest Lakes Elementary School. This year's first meeting is Monday November 14th. Anyone interested in volunteering for 2012 should plan to attend this and every meeting. Volunteers also need to complete an application so we can include you in the planning for 2012. Attendance at baseball meetings in January, February and March are the most important and all managers need to attend these meetings.

MANAGERS AND COACHES FOR 2012. We are currently taking applications for managers and coaches for the 2012 spring baseball season. Anyone with the desire to teach and coach baseball to our players ages 5 through 19 are welcomed to apply. **All managers and coaches – returning or new – must fill out a Coaches Application form available on www.foresthillbaseball.com by December 1 so we can plan for the season.**

NEEDED - 5-6 BASEBALL AGE GROUP DIRECTORS. We are also taking applications for a volunteer or two to run the 5-6 Baseball/Softball program this year. This position is a great spot to start on the ground floor of Forest Hill Baseball and Softball. Applicants must possess great organizational skills and have adequate available time on Saturday mornings from late March through June. For more information about our baseball program, please contact Chris Benjes, 410-893-6456. We are especially looking for someone who has a 5 year-old that will be starting Forest Hill Baseball this spring.

ON-LINE AND MAIL-IN REGISTRATION for spring baseball and softball starts January 1, 2012. We have two walk-in registration sessions at Forest Lakes Elementary School scheduled for January 14th and 21st. All potential managers, coaches, and age group directors for 2012 also need to submit new application/volunteer forms by December 1, 2011 so we can begin to plan the season. Forms are available on the baseball web page: www.foresthillbaseball.com.

FOREST HILL TRAVEL BASEBALL teams for ages 7 through 14 will have sign-ups at the January registrations and tryouts will be held during the first weekend of February 2012. Mark your calendars now.

SCOREBOARD OPERATORS. We are looking to hire several youths age 14 and up who would like to operate the new electronic scoreboard on Field 1 on weeknights and weekend days. The fee is \$10 per game. Applicants must be responsible and attentive to the games being played in order to ensure proper accuracy. If interested, please contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com.

UMPIRES. The Forest Hill Baseball Umpire program is looking for youth umpires for evening games on Mondays, Thursdays, Fridays, and Saturday mornings in the spring. Potential umps should sign up at the baseball registration sessions in January. Umpires must be at least 14 years of age by May 1, 2012 and must complete the free training program in March. All umpires are paid per game. If interested, please contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com.

We also selected Austin Reitz and Ricky Hubble as the Umpire of the Year and Runner Up. Both umpires received cash awards as a result of their nomination and selection. Nice job, guys!

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Adult Baseball

Jerry Kalista

BALTIMORE BOHSOX

2010 Roy Hobbs 28+ AAA World Champions

As I write this article for FHRC's newsletter, the Baltimore Bohsox just completed their regular season and are getting ready for the end of the year (playoff) tournament. As you read this article, the playoffs will be over and the Bohsox will be getting ready for their fall season in the Gunpowder Fall Baseball League at Harford Community College's Harford Sports Complex (formerly Thomas Run Park). We are also preparing to return to Fort Myers, Florida in October (15th – 23rd) to defend our 2010 Roy Hobbs 28+ AAA Open Division "World Championship" title.

Check out [FHRC's website](#) for all the up-to-date information about our Baltimore Bohsox.

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Over-30 Softball (Men's)

Chris Benjes

The Forest Hill Adult Softball program concludes its 10th season this month with championship tournaments for both the Men's and Women's divisions. This year we have 240 adults on eight Men's teams and six Women's teams, all having fun playing softball on Friday nights throughout the summer. Registration for 2012 will start in February for returning players and registration for new players (if space allows) begins in April. Contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com for information.

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Over-30 Softball (Women's)

Cyndi Clark

The Forest Hill Women's Slow Pitch softball league at the end of September will be concluding its 3rd year and again we find ourselves with an outstanding turn out. Thank you to our many returning players & welcome to our new ones. Our 6 teams are providing over 100 ladies of all different ages, abilities and backgrounds an opportunity to get out to the fields and play. Our league will for the 2012 season have the room to add 2 more teams. For more information on the Women's league: Contact Cyndi Clark 443-942-1341, cyndi_13838@msn.com. Registration for 2012 will start in February for returning & new players, please check out our website www.foresthillrec.com/Slow-Pitch-Women.

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College Scholarship

Chairman: Jerry Kalista

Since the 1994-1995 academic year, the Forest Hill Recreation

Council has awarded 48 scholarships totaling \$63,000.

The Forest Hill Recreation Council will be offering up to five (5), one-thousand dollar (\$1,000) college scholarships for the 2012-2013 academic year.

The Forest Hill Recreation Council and the Scholarship Selection Committee would like to thank Forest Hill Family & Cosmetic Dentistry for supporting the education of our young adults by again sponsoring the five (5) 2012-2013 scholarships. THANK YOU!

In September, the Scholarship Selection Committee advertises the scholarship availability for the upcoming academic year. To apply, applicants must have participated in the Forest Hill Recreation Council (any program/s) for a minimum of four (4) years (in a non-paid capacity), be a high school graduate (as of September 2012), be attending college as a full-time student (as of September 2012) and include with the application, a detailed list of the Forest Hill Recreation Council activities/programs participated in, a detailed list of community volunteer activities/programs, as well as three (3) letters of recommendation related to the Forest Hill Recreation Council's college scholarship and an essay explaining "Why I should receive the Forest Hill Recreation Council scholarship".

The Scholarship Selection Committee for the 2012-2013 academic year is Jerry Kalista (chairman), Sandy Krause, Bill Plantholt, Jeanne Rosas and Dennis Schultz.

Anyone interested in applying for the 2012-2013 college scholarship should contact Jerry Kalista (chairman) via e-mail at kalbaseball@comcast.net with questions and/or to obtain an application form. The application form must be completed and returned to the Scholarship Selection Committee before February 15, 2012.

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