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From the President

Jeanne Rosas

Finally Spring has arrived!! I know this because we had Opening Day for Baseball/Softball and the sun was shining warmth on all of us. It was a beautiful day, the weather cooperated and our fields were full of children playing ball. What more could you ask for?

I want to thank our Opening Day committee chaired by Deb Norcross for all of their hard work in putting together that day. I also want to thank Chris Benjes, Eric Lippert, Kristine Hale and Perry Martinelli our Baseball/Softball chairpeople for all their hard work in getting both programs up and running. We had many people show up the day before and do field/complex preparations so that our complex looked it best for the day. As I walked around, I got so many comments on how wonderful the day was and how happy people are with our Rec Council. All of this would not be possible without the many volunteers that put in many hours to make it all possible. So I thank each and everyone of you for all your hard work and dedication to our Rec Council. It truly takes a village to put something like this together and I am eternally grateful for everyone who helped out.

Next year will be the 50th Anniversary of the Recreation Council and we would like to plan a celebration. If anyone has any ideas or memories that they would like to share or would like to be on the committee to help plan the event, please feel free to contact me. You can call me at 410-838-2110 or email me at dmrosas@verizon.net. We want this to be about the entire Rec Council and to do that we need help, so please join us.

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Forest Hill 5K

Join us for the Inaugural Forest Hill 5k! All proceeds go towards

the Jane M. Johnston Foundation to provide recreational and entertainment opportunities to children with cancer!

May 24th, 2014

5k Race: **9:00 am**

1-Mile Fun Run: **10:00 am**

Forest Hill Field Complex
21 Rock Spring Church Road
Forest Hill, MD 21050

Sign Up Today!

- 5k Registration is open on active.com, just search "Forest Hill 5k"
- \$25 registration fee which covers your bib, timing chip, official event t-shirt, and your packet!
- Only 350 spots are available, don't wait to register!
- The fun run is only open to children age 12 and under
- Registration for the fun run will only occur at the field complex on the day of the event
- The fun run is \$10. Cash or check only please!

Volunteers are needed! If interested, please contact Nick Baxter for more information: 410-227-8797 or mbaxter08@gmail.com.

[View the flyer](#) (PDF)

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Adult Baseball

Jerry Kalista

"Baltimore Bohsox" & "Baltimore White Sox"
2010 Roy Hobbs 28+ OPEN AAA "World Champions"
HCMBL Regular Season Champs – 14 of past 17 years
HCMBL Tournament Champs – 11 of past 17 years
HMBL 2013 Regular Season Champs (first year in league)

THANK YOU TO ALL OUR 2014 SPONSORS (to date)!

Tony Barber
Kalista Enterprises LLC (Scott Kalista)
Jerry & Pat Kalista

2014 TEAM ROSTER

*Head Coach – Dave Pitz
Assistant Coach – Jerry Kalista

#1 Drew White / INF
#2 Chris Pike / P
#3 Dave Jones Jr / C
#5 Mike Schaefer / C
#6 *Dave Pitz INF
#7 Damian Michalak / INF
#9 Sean Crane / OF
#11 TBD
#10 Scott Murray / P
#12 Tony Barber / C
#13 Steve Bollinger / P
#14 Chip Bokel / DH
#15 Eric Frank / P
#16 Dave Disney / OF
#17 Tom Mariano / DH
#18 TBD
#19 Pat Moran / INF
#20 Sean Pollack / INF
#21 Doug Blair / OF
#22 Don Keeney / OF
#23 Darrick Muchla / OF
#25 Brian Bowen / P
#30 Al Gibbons / P
#32 Steve Kessler / P
#35 Tom Trela / INF
#43 Duane Reiswig / OF
#55 Andy Hampton / P

Forest Hill Rec Council's adult baseball team (Baltimore Bohsox/White Sox) will compete in the HCMBL (Harford County Men's Baseball League) and the HMBL (Harford Men's Baseball League) in 2014.

The HCMBL (Baltimore Bohsox) plays on Wednesday, Saturday and Sunday evenings at the Harford Sports Complex (Harford Community College) and/or the Yankee Stadium at the Ripken Complex. The HMBL (Baltimore White Sox) plays on Sunday mornings (8:45 am). The White Sox home field is field #4 at the Forest Hill Rec complex. Away games in the HBML are played on various fields in Harford County.

The Adult Baseball Program within the Forest Hill Recreation Council is always looking for financial support. Donations are tax deductible. If interested, please contact Jerry Kalista via e-mail at kalbaseball@comcast.net or call 443-752-0225 (cell).

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Adult Over-30 Softball

Chris Benjes / Cyndi Clark

The Forest Hill Adult Over-30 Softball League is now taking individual registrations for the 2014 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 11, 2014. 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 9 teams for each of the Men's and Women's divisions. General registration for new players begins April 26th. 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 28th on a first-come/first served basis until the league is filled. For information, please call Chris Benjes, 443-640-4400, cbenjes@comcast.net or Cyndi Clark, 443-942-1341, fhrcwomensoftball@gmail.com.

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Basketball

Nelson White

Hello my name is Nelson White and I am the "volunteer Chairperson" of the basketball program. I would like to take a moment to thank you for your participation in our program this past season and share some needs that we have as we move toward next year (need help beginning in August). The basketball program has become a year round "job" as we are involved in securing facilities, spring/summer basketball, equipment, registration processes, etc. As we evaluate our program and its needs it has become apparent that we have some holes to fill and we need your HELP!

First a few facts for you:

Participation ages 5-18 this year: 1,100 rec and 110 travel players

Teams: 100+ rec and 12 travel teams

Coaches (head + assistant): 220+

Expenses: \$120,000+

Facilities used 5-7 days a week: 8

Here is our current leadership structure:

Basketball Chair: Nelson White

Boys Program Director: Trent Thames

Girls Program Director: Don Yudiski
Registration Director: Eric Reitz
Officials / Clock keepers: Jeff Nengel

Age Group Directors for each age group this includes 11 individuals taking the lead on these programs.

We are trying to balance out some of the work load and are interested in some specific type individuals who may want to help us grow our leadership structure. I will provide below what the leadership position is and then a brief outline of the type of individual I believe could make a difference in these positions. So as you read this if something jumps out at you I am asking that you email me at Nelsonwhite9@gmail.com and I will get back to you to discuss.

Registration Director: We are seeking to go "on-line" with registration. To do this we need to find someone who can manage the program we select and be our GO TO person. I see this as an IT specialist who loves to work on and develop programs!

Facilities Coordinator: Each year we get bumped during the year and at times we do not get the word out. This would be someone who would be able to coordinate with Parks & Rec during the season regarding cancelations and changes. Then they would get the word out to the appropriate people. This would be an in-season job and it could be weeks with no activity or busy? I would ask during the last week of each month the Age Group Directors would be provided with any upcoming conflicts for the following month.

Website Guru: We would like to provide a link on the Forest Hill Rec Council website to be able to hit our own landing page that is 100% dedicated to the basketball program. This site would host the registration, tryout info, all game schedules, results, cancelations, and include our travel program as well.

Equipment / Uniform Coordinator: Beginning and year-end inventory of gear at all facilities. Ensure proper ordering for upcoming season. Coordinate uniform purchases with local vendor.

Travel Director: Assume leadership of entire travel program including coach and team selection, assigning practices, coordinating host travel leagues.

As you can see we have some positions we would like to create! If you have an interest in any of the above or have questions please email me at Nelsonwhite9@gmail.com and

provide a number to reach you and the best time as well as call if needed to 443-910-4103.

Thank you.

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Dance

Pam Long



Our Forest Hill Dance Program serves the needs of dancers ages 3 and up through high school. 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 five instructors are skilled and dedicated teachers.

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.

All classes are held at the Forest Hill/Hickory Activities Center located at 2213 Commerce Road in Forest Hill where we have the use of two studios. Each are equipped with dance floors and mirrors with wall mounted barres in one of the studios.

Our schedule for next year's season will be ready in July. I encourage parents to begin contacting me in July to see what days/times are available for their child. Registration is not currently available online. However, a registration form along with our program details and newsletter can be emailed or mailed to parents who can then return the completed forms with their payment.

I am pleased to report that once again this past holiday season, in lieu of holiday gifts for our instructors, our parents helped raise \$410 for Operation Smile. We helped several children with cleft conditions. What a great way to help others!

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 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 contact me directly.

Thank you -
Pam Long
Mypal06@verizon.net
410-836-5257

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Evening Aerobics

Maryanne Hafner

What: fun exercise class mixing weights, yoga, dance, athletic intervals, and pilates

When: Mondays 6:15pm

Where: Forest Hill Elementary School Gym

Why: Make your muscles smile

Who: Chris Miles welcomes everyone

How: Prepay to register and guarantee class spot (minimum number of participants required)

So tell your friends, family, neighbors, co-workers, husband, wife, kids, etc...

You'll need a mat, sweat towel, water bottle, and hand held weights for each class.



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Exploration Art School

Nicki Jergensen

Mrs. Nicki Jergensen owner/instructor of Exploration Art School would like to thank the Forest Hill Recreation Council for their support over the past two and a half years. Being a partner with Forest Hill was a tremendous opportunity for me to share my love of art with the community. During my time here my art program has tripled in size and the needs continue to grow as the positive words about my program spread throughout Harford County.

Our program has been highlighted on local television and radio. Our students have won numerous awards at the state, county and local level. Our students have participated in many art shows throughout our community. To help continue to expand to meet the needs of the community, Exploration Art School will be relocating May 1st a short distance away to 102 North Main Street in Bel Air. This move will provide Exploration Art School the opportunity to hold birthday parties, Girls Night Out Events, preschool art classes, full weeks of camp and many more frequent class offerings on a full time basis. I look forward to continuing to work with our community "Building Self-Esteem Through Art One Person at a Time."

Nicki Jergensen can be reached via phone at 410-652-6411
nicki@explorationartschool.com or
www.explorationartschool.com.

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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, 2015 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 2015 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 2014 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 2014. 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 7-8

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 at 443-640-4400 or cbenjes@comcast.net.

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Harford Film Camp 2014

EDEN MILL

David Warfield

Harford Film Camp is a two-week program for teens with an interest in filmmaking, acting, writing, directing, camera and sound. We create a fictional story and shoot it over the two-week camp session. The goal is to complete a finished short film with a high degree of professional polish, suitable for entry into film festivals. This year's location is historical and beautiful Eden Mill. Camp runs June 16 – 27. For complete details see www.harfordfilmcamp.com, and check out our face book page <https://www.facebook.com/HarfordFilmCamp>.

David W. Warfield
Harford Film Camp Director
info@harfordfilmcamp.com
310-600-2607

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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 2013 and are looking forward to a great year ahead.

This year, we have several changes to our program. First, we have created a partnership 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. We are also considering getting the older players from HFC's teams to participate in training the younger participants. This will provide teenage players with teaching opportunities and allows our younger participants to connect with high school-aged soccer players.

Another exciting change we are making is the introduction of a four year-old program. Participants will meet once per week on Saturday mornings. Consistent with past years, the 5 year-old program is for boys and girls who are five years old by August 31st. 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 & 4v4 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 regulation fields with 11 players per team on the field.

Finally, the summer soccer camp this year will be conducted by Soccersource 360. Soccersource 360 specializes in the development of youth soccer camps providing each player with numerous touches on the ball to increase skill level. The camp will be offered July 14-18 and there will be a half and full day option. More information on this camp structure, instructors, and registration can be found at www.soccersource360.com.

Registration

Registration this year can be accomplished online or by mailing in a registration form. [Click here to view the registration form](#) (PDF). You may mail your registration form or register online through June 25th at www.foresthillsoccer.net. Forms submitted through the mail should be received no later than June 25, 2014.

Mail to:
Michael Geier
1730 Grafton Ridge Court
Forest Hill, MD 21050

Registration will end on June 25, 2014.

Fees

The fees for the 2014 recreation soccer season are as follows:

5 Year-Olds: \$55
Under 8: \$65
Under 9 and above: \$75

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 or contact Mike Geier at (410) 838-0193 or at foresthillsoccerchair@verizon.net.

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Tennis

Lori Phillips

Tennis Clinics this Spring for Adults and Kids:

A variety of clinics for ages 5-15 offered this spring starting mid-May. Classes also available for beginner and advanced beginner adults on Wednesday evenings starting May 21. Please email Lori Phillips at lp4tennis@gmail.com for space availability before you mail in your application because some classes are full and have a wait list.

Go to Forest Hill Rec site for more information and application:

[For Adults](#)

[For Kids](#)

Adult Women's 2014 Spring/Summer Match Play:

Women's Doubles Play on Wednesday Nights starting July 9 - August 20. Time: 6pm-8pm. Advanced Beginner/Intermediate Women's Singles Ladder schedule your own matches starting week of 5/26.

Contact Wendy Baur at 443-504-4326 or email wabaur@gmail.com with questions.

Go to Forest Hill Rec site for more information and application:

[Tennis - Adult Match Play](#)

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Yoga

Susan Jensen

8 week session begins Monday April 28th, 2014

- Improve your flexibility.
- Strengthen and tone muscles.
- Calm your mind.

Gentle but challenging hatha yoga classes lead by certified yoga instructor. Each 75-minute class includes a gentle warm up, several challenging poses and a cool down including guided meditation.

Monday mornings 9:30-10:45am (no class on 5/26)

Wednesday mornings 9:30-10:45am

Wednesday evenings 6:30pm-7:45pm

Friday mornings 9:30-10:45am

Locations:

Morning classes will be held at Dance Studio B at the Forest Hill/Hickory Activity Center, 2213 Commerce Road in Forest Hill, MD

Evening class will be held at Forest Lakes Elementary School, 100 Osborne Pkwy, Forest Hill, MD

Cost: 1 class per week \$56, 2 classes per week \$90, unlimited \$125, Drop in rate \$10 per class

For adults (over 18) Please bring your own yoga mat and water.

To register and more information, please contact:

Susan Jensen: susanjensen@comcast.net or 410-817-4895

or go to: www.foresthillrec.com and click on Yoga.

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Zumba Fitness

Marcela Miller, Certified Instructor

If your exercise routine feels like a bore, then join the exhilarating dance-fitness sensation! Zumba exercise classes are "fitness-parties" that blend world rhythms with easy-to-follow choreography, for a total workout that feels like a celebration. Zumba is for everyone and every fitness level, so ditch the workout and join the party!

Saturday 10:00 – 11:00 AM
April 26 – June 28, 2014

Forest Hill/Hickory Activities Center Studio B

Spring Session Fee: \$40.00

Registration 9:45 AM April 26, 2014
Late registration 9:45 AM May 10, 2014

For questions please call Linda at 410-838-1345.

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College Scholarship

Deb Norcross

CONGRATULATIONS

Savanna Barnes – Steven Gercken – Haley Jacobs
Justin Nengel – Kyle Warner

Recipients of Forest Hill Recreation Council's 2014 - 2015
\$1,000 College Scholarships

(Sponsored by: Forest Hill Family & Cosmetic Dentistry)

CONGRATULATIONS

Calvin Fleagle

Recipient of the "Connor Daniel McKeown Memorial
Scholarship" 2014 - 2015 College Scholarship

(Sponsored by: Parents, Friends, Coaches of Connor McKeown)

SCHOLARSHIP SELECTION COMMITTEE

Deb Norcross – Chairman, Sandy Krause, Bill Plantholt, Jeanne
Rosas, Dennis Schultz

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