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From the President

Jeanne Rosas

I hope that everyone had a wonderful Christmas Season and had time with family and friends. As we start the new year, I hope that we all remember why we do what we do. We are here to give children a chance to experience playing sports while learning the game and also learning sportsmanship while they are having fun. Whether we win or lose, we do so with grace and humility. The lessons we teach our children now, they will carry with them as they grow older and become adults.

Starting in 2014, background checks for all managers, coaches, program chairs, Board of Directors and anyone who works with our youth will be done on a yearly basis. This decision is a change from what we used to do when we started background checks. The Presidents of all Harford County Rec Councils voted to have each rec council independently conduct background checks on a yearly basis so it is equitable across the county. If you are required to have a background check for our rec council, your program chairperson will let you know. If you have any questions, please feel free to contact your program chair or myself.

The Rec council Board of Directors consists of up to six members and currently there are two potential open positions for which we are accepting nominations. The Board meets every fourth Monday of the month except for July and December. If you have any questions about how our board functions or what the responsibilities of a board member are please let me know. If you have someone you would like to nominate to the Board of our Rec Council, please contact me. Please be prepared to give a little "get to know you" summary of the person you are nominating or of yourself. You may either email me at dmrosas@verizon.net or call me at 410-838-2110.

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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 Regular Season Champs – 2013 (first year in league)
www.foresthillrec.com

THANK YOU TO ALL OUR 2013 SPONSORS!

The entire 2013 Bohsox/White Sox roster, Castle Road Construction, Daniel T. Hackett – Financial Consultant, Kalista Enterprises LLC, Jerry & Pat Kalista

The 2013 season was full of changes for the Forest Hill Recreation Council's Baltimore Bohsox/White Sox adult baseball team. Dave Pitz took over the team manager duties for Scott Kalista. The team played in two leagues (HCMBL & HMBL). For the past 17 years, the Bohsox played in the Harford County Men's Baseball League (HCMBL). This year, our Bohsox finished second in the HCMBL regular season and finished third in the HCMBL end-of-the-year tournament. For the first time, the team competed in the Harford Men's Baseball League (HMBL), as the Baltimore White Sox. A HMBL league rule is all teams must have a MLB name. Choosing the White Sox was easy. When the team first started, 17 years ago, they played as the White Sox. The Bohsox name originated seven years ago. The White Sox finished their first year in the HMBL capturing the 2013 regular season championship.

BALTIMORE BOHSOX/WHITE SOX 2013 ROSTER

Tony Barber (RHP-C-3B), Doug Blair (OF), Chip Bokel (OF), Steve Bollinger (RHP-INF), Ricardo Cooper (OF), Sean Crane (RHP), Dave Disney (OF), Eric Frank (LHP), Al Gibbons (RHP), Dave Jones (RHP-1B-C), Steve Kessler (RHP-INF), Damian Michlak (2B), Pat Moran (3B), Darrick Muchla (OF), Scott Murray (RHP-3B), Dave Pitz (Manager, INF-OF), Sean Pollack (1B), Duane Reiswig (RHP-OF), Chris Russ (RHP), Mike Schaefer (INF-OF-C), Scott "Skippy" Smith (INF), Tom Trela (SS).

If you are interested in trying out for the 2014 Baltimore Bohsox/White Sox team, contact Jerry Kalista via e-mail at kalbaseball@comcast.net.

We are always looking for sponsors. If you would like to help support the Forest Hill Recreation Council's Adult Baseball Program in 2014, please contact Jerry Kalista via e-mail at kalbaseball@comcast.net.

You can follow us on FHRC's website (www.foresthillrec.com) under "Adult Baseball".

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Adult Slow-Pitch Softball

Chris Benjes / Cyndi Clark

This is a non-competitive slow-pitch league for players over 30 years old containing separate divisions for men and women. All levels of talents are welcome. Double-headers are played on Friday evenings from July through September. Registration for returning teams/players begins in February and runs until mid-April. If the league does not fill up by April 26, registration then opens to any new players who get placed (first-come, first served) on teams that do not have full rosters. Please watch the Slow-Pitch Softball pages on the Forest Hill Rec website (www.foresthillrec.com) for details and registration forms.

Contact Chris Benjes, 443-640-4400, cbenjes@foresthillbaseball.com or Cyndi Clark, 443-942-1341, cyndi_13838@msn.com for information.

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Baseball / Softball Spring Training Camp

Chris Benjes / Perry Martinelli

Forest Hill Baseball is proud to announce our NEW Spring Training Camp. We have revamped our traditional indoor spring camp with a new location, expanded age groups, and lots more fun and learning.

Beginning March 1, 2014, our Camp will be held indoors at the Harford Sports Performance Center, 121 Industry Lane in the Forest Hill Industrial Airpark, 410-420-8442. Harford Sports is a baseball-dedicated facility with batting and pitching tunnels, weight room, pro-shop, and an upstairs viewing lounge overlooking the large indoor arena for drills and games. Rather than holding the camp in a simple gymnasium as we have in the past, we have decided to provide an enhanced baseball atmosphere to the camp by moving to a real baseball facility that is nearby and right in our own back yard!

This instructional program is designed to teach good

sportsmanship, proper warm-up techniques and the fundamentals of baseball skills. Three 2-hour sessions will be held (rain or shine) in March at Harford Sports. Dates for the camp are March 1, 8 and 15 from 6-8pm. (We are holding the 22nd as a snow date just in case.)

A generous donation out of the proceeds will go directly into supporting the Forest Hill 12U Express Cooperstown trip, courtesy of Harford Sports.

We are expanding the camp to 80 participants this year and we welcome players age 5 through 15. Sign up now, as we hope for another sellout! The fee is only \$60 for the 6 hour camp.

PARTICIPANTS WILL RECEIVE:

- * Instruction in sportsmanship, warm-up techniques & strategies of baseball
- * Instruction in base running, infield, outfield, hitting/bunting, pitching & catching.
- * Instruction on drills to strengthen their baseball skills.
- * indoor game (on the last night) where the players use their newly acquired skills.
- * Baseball camp T-shirt and a Certificate of Achievement.

INSTRUCTIONAL STAFF includes dedicated and experienced coaches from College, High School, Club, and Travel Baseball levels, as well as members of the Forest Hill Express Travel Team. Registration is available on-line and through the mail and ends Feb 15, 2014. Visit www.foresthillbaseball.com for links, registration forms and information. For your convenience, we have included a mail-in registration form for the Camp in this newsletter.

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Baseball / Softball

Chris Benjes / Eric Lippert

2014 YOUTH BASEBALL / SOFTBALL FEES PER PLAYER –
SPRING Season

If received on/before January 31st:

5-6 and 7-8 Age Groups: \$55
9-10 age group and older: \$80

If received on/before February 28th:

5-6 and 7-8 Age Groups: \$65
9-10 age group and older: \$90

If received on/before March 31st:

5-6 and 7-8 Age Groups: \$75
9-10 age group and older: \$100

If received on/after April 1st:

5-6 and 7-8 Age Groups: \$95
9-10 age group and older: \$150

MULTI-CHILD DISCOUNT – When registering multiple children from the same household, you may subtract \$5 from the second child's fee, and \$10 from the third. The fourth child or more plays for no additional fee.

ON-LINE REGISTRATION and payment with credit cards and PayPal is available on the Forest Hill Baseball and Softball websites from January 1 through early-March.

WALK-IN BASEBALL/SOFTBALL REGISTRATION will only be held on two Saturdays this year: January 11th and 18th from 11:00 A.M. until 2:00 P.M in the Activity Room at Forest Lakes Elementary School. Checks made out to FHRC and cash are accepted at the walk-in sessions.

2014 IN-HOUSE BASEBALL/SOFTBALL NEWS – Monthly baseball/softball meetings begin in November, and are held on the second Monday of every month from November through April. The best way to get involved with Forest Hill baseball and softball is to come to the meetings and make a difference. We are constantly looking for new ways to make our programs fun for the players, coaches and parents, and we always have some special surprises in store. Remember to visit our website often, as there are new bits of important information added daily. Surf to www.foresthillbaseball.com for direct access into the baseball web page. Baseball families, be sure to subscribe to our baseball e-mailing list on the web site for up-to-date information and news.

5-6 BASEBALL/SOFTBALL – Like last year, 5-6 Baseball/Softball will meet and practice in the outfield of Field 1 at the Forest Hill Rec Complex on Saturdays at 9:00 A.M. starting April 5th. This location will introduce new players and their families to our beautiful Complex and provide access to the concession stand and convenient restroom facilities. The 5-

6 program runs through June 14th and ends with a pizza party and trophy presentation. Players are provided with matching hats and t-shirts. All the kids need to bring are baseball gloves, sneakers, and a water bottle, but many kids like to wear baseball pants and cleats, too. Participants must turn 5 before July 31, 2014. Names and phone numbers should be on all equipment, or else when we find it, we will sell it back to you at the \$1 table on Opening Day!

For 2014, we also need lots of parents to help with the 5-6 program. Color Coaches, Station Coaches, Assistant Coaches, team parents, concession workers and field assistants are all necessary to make sure that over 150 five and six year-olds stay safe and have fun. Please contact our Age Group Director, Katie Burke - Katie.burke5@gmail.com, and tell her you would like to help. No baseball/softball skills are necessary, and we provide coaches' clinics to help you make sure the kids are taught the "Forest Hill Way." Volunteering for the 5-6 Program is the best way to get involved in Forest Hill Baseball/Softball from the very beginning. Coaches in 5-6 very often move up through the program as their kids grow.

7-8 BASEBALL – The 7-8 program places a great emphasis will be on the fundamentals of baseball, keeping the players moving, learning, and practicing their skills in preparation for the higher age groups through drills, practice and games. The goal are to build on the skills learned in the 5-6 Baseball program through practices and educational ball games and prepare the players for the 9-10 program, emphasizing fundamental skills. Practices are held on Wednesday evenings and games are on Saturdays. Toward the end of the season, games are played on both Wednesday and Saturday. The season ends with a pizza party and trophy presentation in mid-June.

9-10 and 11-12 BASEBALL – These age groups are where the game of baseball is played with umpires, live pitching, base-stealing, and all the excitement that baseball brings. Games are played twice per week, and the season ends with a league championship tournament. 11-12 Baseball features all of the rules from the major leagues including lead-offs, unlimited stealing, balks, and dropped-third strike rules.

13-15 BASEBALL – Our 13-15 players participate in a combined league consisting of teams from multiple Harford County Rec Council baseball programs playing on 80' diamonds at home and away. Games are held on Sundays or Mondays and Wednesdays starting in mid April and running through June, ending with the all-star game and league championship. This is a league for teenage players who want to play baseball

on a larger diamond without the time commitment and expense involved with Travel/Club Baseball.

HIGH SCHOOL BASEBALL (15-19) – The Forest Hill High School Baseball Program will field teams in 16U and 19U divisions that will play on a 90' diamond this season, based on registrations and talent. These teams will play on Tuesday and Thursday evenings from mid-May through early July. Tryout/registration forms and fees will be accepted by mail or at the walk-in registration sessions listed above. Tryouts are in early-March and players must pay a fee at the time of registration. Initial cost to register is \$250.00. Checks will not be cashed until teams are selected and those not making a team will be refunded in full. Final cost to play is TBD based on number of games and other expenses. Questions can be directed to Chris Benjes, 443-640-4400.

Note: To avoid potential injury and to improve the chances of making a travel or 15-19 team, players are encouraged to begin working out, throwing, catching and hitting as early as possible to prepare for the tryouts. NEVER COME TO TRYOUTS RUSTY. It shows!

PLAYER EVALUATIONS and DRAFTS – Players new to the FHRC baseball program, players without the previous year's evaluation, or players requesting to play up to the next age group must be evaluated to ensure proper placement. Any player requesting to move up must be evaluated on February 22nd. No Exceptions!! Details about playing in a different age group are available on the baseball web page. All players will be placed in their final, designated age group as of March 1, 2014. In-house teams are selected in mid-March and players will be contacted by their managers before practice begins on April 1st.

BASEBALL NEW-PLAYER and PLAY-UP EVALUATIONS – Players who request to play in a different age group and **ALL PLAYERS** who have registered for 9-10, 11-12 and 13-15 spring baseball who did NOT play for Forest Hill spring baseball in 2013 must be evaluated on February 22nd at the Harford Sports Training Academy in Forest Hill. Here is the schedule:

New 13-15 year-olds and 12 year-olds requesting 13-15: Sat Feb 22 2014 at 8:00 AM sharp.

New 11-12 year-olds and 10 year-olds requesting 11-12: Sat Feb 22 2014 at 9:00 AM sharp.

6 year-olds requesting to play 7-8: Sat Feb 22 2014 at 9:30 AM sharp.

New 9-10 year-olds and 8 year-olds requesting 9-10: Sat Feb 22 2014 at 10:00 AM sharp.

SIGN-UPS FOR TRAVEL BASEBALL TRYOUTS will be available at the two walk-in registration sessions in January. Players can also sign up for travel tryouts by sending an e-mail to cbenjes@foresthillbaseball.com. All players who sign up for travel tryouts must register and pay for in-house baseball before they can participate in the February tryouts. Please include the player's name, age, date of birth and phone number. A separate fee and in-house baseball participation is required for players who make a travel team.

BASEBALL TRAVEL TRYOUTS at the Harford Sports Training Academy in Forest Hill:

8U Age Group
February 15th & 16th from 9-11AM

9U & 10U Age Groups
February 1st from 8-10 AM
February 2nd from 10 AM - Noon

11U & 12U Age Groups
February 1st from 10:00 AM - Noon
February 2nd from 8-10AM

We ask all potential travel players to sign up for tryouts in advance when they register for Rec Baseball so we are better able to anticipate the turnout at the tryouts. Tryouts for age groups that show insufficient interest by January 31st will be cancelled and there will not be tryouts for a travel team in that age group. **Players are also encouraged to begin working out independently or in groups in December/January so that they are not rusty at the tryouts. Be prepared for tryouts and show us your best!**

The Forest Hill Express travel baseball teams will begin their seasons in late March and will play approximately 16 regular season games and participate in several tournaments through late June. As the annual treat for the Forest Hill 12U Express, they have been scheduled to play at the Cooperstown Dreams Park in New York during the week of July 12th. There is a separate financial commitment and a requirement for fundraising for all players who are on the 12U Travel team to help offset the tremendous expense of the Cooperstown trip. While this is a fantastic experience for the players, coaches and families, it is also well worth the financial and time commitments.

FOREST HILL will host portions of the Spring Classic and Summer Classic Baseball Tournaments, as well as the entire Forest Hill Frenzy Softball Tournament at our Complex. Teams from all over Maryland, including our own Express and Heat teams, will compete in these tournaments during the weekends of March 29-30, June 28-29 and late July respectively. This is a great fundraising opportunity for our travel programs and a great way to showcase our beautiful complex. Good games, great food, and memorable experiences highlight these tournaments every year.

FOREST HILL STORM – The Forest Hill Storm is a full-time youth club baseball program. This highly competitive program can consist of Storm teams ranging from 13U through 19U. This year, teams will play in the popular MABA league. Teams are selected in the fall and practice through the winter in preparation for the spring/summer season. The Storm program is self-funded and plays an extensive schedule with home games at the Complex. Tryouts for the 2015 teams will occur late in the summer. For more information about our Storm baseball program, please contact Steve Bollinger, stevebollinger@verizon.net.

UMPIRES – The Forest Hill Baseball program is looking for youth umpires for evening games on Mondays, Thursdays, Fridays, and Saturday mornings in the spring and Sunday afternoons in the fall. Umpires must be at least 14 years of age by May 1, 2014 and must complete the 4 nights of our free training program in March. All umpires are paid per game. If interested, please contact Chris Benjes, 443-640-4400, cbenjes@foresthillbaseball.com.

SCOREBOARD OPERATORS – The Forest Hill Baseball program is looking for a limited number of youths 14 and above to operate the scoreboard on Field 1 for Rec and Travel games. Operators will be paid \$20 per game. Potential candidates need to be responsible and able to concentrate on the game so they can keep an accurate score. Those interested should contact Chris Benjes, cbenjes@foresthillbaseball.com, 443-640-4400.

CONCESSION STAND – Each baseball/softball team will be assigned a night for which they are responsible for working the concession stand with the help of a committee member. This is done for a variety of reasons, the biggest being that if we have no help we are forced to close the concession stand for that particular night. We are very pleased with how people want to help our programs, and appreciate the regular volunteers. The schedule will once again be posted in the

Opening Day book.

OPENING DAY BOOKLET – Each year, Forest Hill Baseball/Softball publishes a full program booklet that lists the teams, players, coaches, umpires, schedules and other important information for the upcoming season. One thousand copies are printed and handed out to our families that participate in the baseball and softball programs. This publication is paid for through reasonable-cost advertisements by local businesses that are interspersed through the book. If you would like to advertise your business in the Forest Hill Program, please contact Chris Bland, 654design@gmail.com. Rates vary based on size and location of ads.

BASEBALL/SOFTBALL MEETING SCHEDULE – *ALL ARE WELCOME!* The monthly baseball/softball meetings are held on these Mondays in 2014: January 13, February 10, March 10 and April 14 starting at 7:30 P.M. in the Activity Room of Forest Lakes Elementary School. The best way to get involved with Forest Hill baseball and softball is to come to the meetings.

BASEBALL/SOFTBALL COACHES – Volunteers requesting to **manage or coach** a baseball/softball team **MUST** complete a “MANAGER/COACH APPLICATION FORM” and have it approved. They must also have a current background check on file with Forest Hill Rec and should attend the baseball/softball meetings. The meetings in January, February and March are mandatory for baseball managers. See the “MANAGER/COACH APPLICATION FORM” in this Newsletter. Managers for in-house teams will be announced in late January, so please get those forms in soon!

BASEBALL AGE GROUP DIRECTORS:

5-6 Age Group: Katie Burke
7-8 Age Group: Mark Worden
9-10 Age Group: Perry Martinelli
11-12 Age Group: Steve Fala
13-15 Age Group: Glenn Weaver
16-19 Age Group: Jerry Doody
Storm: Steve Bollinger

TRAVEL BASEBALL MANAGERS:

8U Express: J.R. Leed
9U Express: Bill Hart
10U Express: Perry Martinelli
11U Express: Ed Bogdan
12U Express: Scott Kalista
16U Express: Jerry Doody

STORM BASEBALL MANAGERS:

13U Storm: Kris King
14U Storm: Tim Norcross
15U Storm: Steve Bollinger
17U Storm: John Frado

LEGAL WAIVER / CODE OF CONDUCT – Forest Hill

Baseball/Softball has instituted a Players/Parents Code of Conduct/Agreement that is strictly enforced. These documents can be found in this newsletter. Please remember to read and sign the legal waiver and return it with your registration. The agreement will be also available at walk-in registrations and is required for all registered players/families.

FALL BASEBALL – If you are interested in being a Fall Ball manager or coach, complete a “Manager/Coach Application Form” and contact Chris Benjes, 443-640-4400, cbenjes@foresthillbaseball.com.

Forest Hill will be placing several teams into two different Fall baseball leagues in 2014. There will be several Forest Hill teams in the 9-10, 11-12 and 13-15 age groups that participate in the Harford County Fall Baseball League (HCFBL). This is a rec-league program designed for players of all talent levels. No tryouts are necessary. The season runs from late August into November and all games are played on Sundays at the Complex and other Harford County baseball locations. In preparation for next year, participants will be placed in divisions based on what age group the child will play in spring 2015.

We encourage all players to register in May or as early as possible. Early Registration for Forest Hill Fall Baseball in HCFBL runs from May 1-31. Register in May and the fee is only \$80. June fees are \$100 and registrations received in July are \$150 - this includes a \$50 non-refundable late fee ***IF*** there is room in the age group.

Register early to save money and ensure your child’s spot in the league. For Fall 2014, we are placing players who played for Forest Hill Spring Baseball first, provided they sign up before June 23. We have found that players who sign up late could be placed on a waiting list, and sometimes miss out on the chance to play baseball in the fall. Don’t delay and make sure you sign up for fall baseball in early May. Watch the website for details.

We will also have tryouts for fall teams that will participate in the Baltimore County Major League (BCML) program. This is a higher level league similar to our spring travel program that involves some away-games in Baltimore and Harford Counties.

Tryouts for these teams will be in early-July. All BCML regular-season games are played on Sundays from mid-August through October. There is also a mid-season tournament in October with games on Saturday and Sunday. Because this is a more competitive league, age groups for teams in our Baltimore County Major League program are based on the age that the child plays in spring 2014. We do not allow play-ups in this league. Fees will be determined as the season approaches.

Since the registration deadline for the Harford league is June 23th, players wishing to play fall baseball that are also planning to try out for a BCML team should make sure they first sign up for the HCFBL program by the deadline, and then attend the BCML tryouts. Doing so guarantees that the player will definitely play some form of fall baseball. Since players can not play in both leagues, fees paid for the Harford league will be transferred to the Baltimore County program for players that make a BCML team.

Players who wish to try out for a BCML Fall team must register and pay for Fall Rec baseball (NHFBL) before they will be considered for a BCML team. Players who are not registered will not be selected.

Registration information for both leagues will be available on the Forest Hill baseball web page starting in April. There are no refunds once a player is selected to a team.

AGE CUT-OFF DATES – To find the proper baseball age group, please see the Age Group table in this news letter.

2014 DOCUMENTS

- [Age Determination Table](#)
- [Baseball Fundamentals Camp Registration Form](#)
- [Baseball/Softball Manager/Coach Application](#)
- [Baseball/Softball Registration Form](#)
- [2014 Calendar of Events](#)
- [High School League Baseball Tryout Registration Form](#)
- [Code of Conduct](#)
- [Legal Waiver](#)

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FOREST HILL



Our Forest Hill Dance Program has a variety of classes for dancers ages 3 and up. We offer Ballet, Tap, Jazz, Modern, Hip Hop and Musical Theatre. All classes are held in our dance studios in the Forest Hill/Hickory Activities Center located at 2213 Commerce Drive in Forest Hill.

To provide some background to our program, we have posted an Intro to our program [on our website](#). Reading our Intro will answer many of your questions up front including our registration process. Our season begins in September and culminates with our recital in May. Registration is closed for this season and will reopen around mid-July. Our schedule is revised each year. Parents wishing to enroll their child for next year's season are asked to follow the process outlined in our Intro.

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

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Exploration Art School

Nicki Jergensen

What is Exploration Art School? Exploration Art School is a "Fine Art" Community based art program for children ages 5 & up. Your child DOES NOT need any prior skills to sign up for classes. All your child needs is a LOVE & interest in "Exploring Art"! "Building Self - Esteem Through Art One Child at a Time" is our motto.

Where are the classes held? At the Forest Hill/Hickory Recreation Center. We offer wonderful classes with a choice of two offerings: Small Group Studio classes for those parents looking for a smaller student to teacher ratio or to build a portfolio of artwork and Medium Group Studio classes which focuses on different units of study throughout the school year. Small Group Studio has no more than 7 children per teacher in the class and Medium Group Studio has no more than 12 students per teacher. Both classes run for 6 weeks in length

with the option of continuing for the next session. Most often children return for another session.

Why is the program so successful? The focus has been and will always be on the children and working with art! Nicki Jergensen, MEd the founder believes that all children are capable of being successful! With over 18 years experience she has developed a program that your child can become immersed in all year long!!! Your child will experience a "Team Like" atmosphere (they will fit in, be challenged, work hard, have a winning end result, and be able to share their success with family while making some neat friendships & having fun). Our students also have the opportunity to exhibit their artwork locally in art shows throughout Harford County. Careful consideration is taken to create the best program for your child & Miss Nicki knows that all children are different as she & her husband have three children of their own. Her husband is also an educator (Social Studies) at Fallston High School!

What if my child has a learning need or an IEP or What if I think my child is Talented in Art? Exploration Art School also works with children who may have learning differences and children who are extremely talented! Mrs. Nicki Jergensen is an experienced educator and has established Pre-Assessment meetings for parents and children to determine if Exploration Art School would benefit your child. Mrs. Jergensen will only place your child in a class if she feels that your child can grow socially, emotionally, artistically/ academically. You can email or call "Miss Nicki" if you need to talk about your child's progress in class or if you just need her to listen to concerns you may have about your child. If you think your child may have an "Exceptional Talent" for art Miss Nicki will help guide your child in growing their portfolio.

Do you offer classes for Pre-schoolers? We hope to add a Pre-K offering in 2014 for independent 4 & 5 year olds. The focus will be on applying: multistep directions, manipulating art materials, Utilizing listening skills, stirring up creativity/imagination, fine tuning fine motor coordination (cutting with scissors, painting, drawing & gluing), all to help prepare your child for Kindergarten!

Why are these classes important? Besides the "Team Like" atmosphere which we know is great for everyone - studies have shown that consistent participation in the arts can utilize your "Whole Brain", help your child focus, provide them with a structure and allow them to grow more independent by setting goals and completing them!! All of the bi-products of "Exploration Art School" can help children be successful - this includes with their reading, math and in the Academic

Classroom!! If your child can focus, follow directions, complete challenging tasks in Art and build their self-esteem & confidence during art - guess what with learning strategies they can also do it in other classes.

Program Accolades: Congratulations to our students who all have an online digital portfolio through Artsonia.com! Congratulations to all of our students who have won awards at the National, State and County levels. Congratulations to the photography students in the Exploration Art School program. Many of our students photographs of Friends Park were recently highlighted in the "Out and About" section on "Kids TV News".

What if my High School or college aged child would like to volunteer and get some classroom experience? Please contact Mrs. Nicki Jergensen to set up your child's "Community Service Hours". We are always looking to work with students who love art, are thinking about art as a career or may be thinking about going into an educational field in college.

If you are interested in art classes for your children or have any questions about the program please do not hesitate to contact Mrs. Nicki Jergensen

www.explorationartschool.com

410-652-6411

nicki@explorationartschool.com

Our upcoming class schedule:

Medium Group Wednesdays:

Session 3: Painting Owls, Rabbits, Frogs! January 8th, 15th, 29th, February 5th, 12th, 19th Make-up 26th

Times:

4:30PM - 5:30PM - CLASS FULL

5:35PM - 6:35PM - Spaces Available

Cost: Medium Group \$87 and includes all of the supplies & materials

Medium Group Saturdays:

Session 3: Drawing, drawing & more drawing!!! December 21st, 28th, Jan 4th, 11th, 18th, 25th

Session 4: Owls, Rabbits, Frogs & Nature Painting! February 1st, 8th, 15th, 22nd, March 1st, 8th

Times: 1:00PM - 2:00PM - Spaces Available

Cost: Medium Group \$87 and includes all of the supplies & materials

Medium Group Sundays:

Session 3: Drawing, drawing & more drawing!!! December 22nd, 29th, Jan 5th, 12th, 19th, 26th

Session 4: Owls, Rabbits, Frogs & Nature Painting! February 2nd, 9th, 16th, 23rd, March 2nd, 9th

Times: 1:00PM - 2:00PM - Spaces Available

Cost: Medium Group \$87 and includes all of the supplies & materials

Small Group Tuesdays:

Session 3: December 17th, 31st, January 7th, 14th, 28th, Feb. 4th

Session 4: February 11th, 18th, 25th, March 4th, 11th, 18th

Times:

4:30PM - 5:30PM - Spaces Available

5:35Pm - 6:35PM - Class Full

Cost: \$120 per 6 weeks session and includes all of the supplies & materials

Small Group Saturdays:

Session 3: December 21st, 28th, Jan 4th, 11th, 18th, 25th

Session 4: February 1st, 8th, 15th, 22nd, March 1st, 8th

Times: 12:00PM - 1:00PM - Class Full

Cost: \$120 per 6 week session and includes all of the supplies & materials.

Small Group Sundays:

Session 3: December 22nd, 29th, Jan 5th, 12th, 19th, 26th

Session 4: February 2nd, 9th, 16th, 23rd, March 2nd, 9th

Times: 12:00PM - 1:00PM - Spaces Available

Cost: \$120 per 6 week session and includes all of the supplies & materials.

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Evening Aerobics

Maryanne Hafner

Winter 2014: make your muscles smile!

Class begins Monday 1/6/14 at 6:15pm and runs 10 weeks.

This hour long exercise class is meant to be fun while still challenging the body in ways like weight lifting, yoga, various types of dance, athletic intervals, stretching, and pilates.

Call Maryanne for more information: 410-838-1319



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Harford Film Camp 2014

David Warfield

HFC is a two-week summer day camp for Teens with an interest in filmmaking, acting, writing, directing, and digital media. Summer Session Schedule TBA -- check the website harfordfilmcamp.org for info and updates. Film Camp students create a story and produce a finished short film using professional equipment. Our goal is to make a quality short film that can play in festivals and maybe become a you tube hit!

Film Camp Director David W. Warfield is a filmmaker and university teacher with many years of experience both in the Baltimore/ Washington Area and Hollywood. Our 2012 HFC film, WAIT, IT GETS BETTER, screened at the Charles Theater and won Best Narrative Film award at the Baltimore High School Film Festival. Our 2013 HFC Film "MIND OVER MATTER," is a Ghost Story, shot at Liriodendron Mansion in Bel Air. Stay tuned for updates Film Camp 2014. Contact David Warfield anytime at 310-600-2607, or at davidwarfield37@gmail.com.

NOTE: Our website is being rebuilt and updated. 2014 details will be available soon.

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HFC United Futsal Academy

Our very successful Futsal Academy is back for a 5th straight year. The program will continue to elevate individual technical skills and provide essential soccer knowledge for the outdoor game. The program received high praise from parents and players the past 4 years with the advanced curriculum and program design. Don't fall behind your peers by missing out on this very unique program in our area. HFC will be enhancing the program by adding new elements to continue to challenge all the participating players. All information will be posted on our website in January, registration opens Feb 1st.

Location: Forest Hill/Hickory Activities Center

Ages: U7 Clinic (5/6 yrs.), U8 - U15

Program Dates: Late March thru May, 2014

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Tennis

Lori Phillips

4 and 5 Year Olds Kid's Tennis Classes Inside – Don't Wait!
Sign Up This Week:

Great exercise during the winter months! 4 and 5 Year Old Quickstart Tennis will start Session 2 on Tuesday, January 14 with morning or early afternoon classes. These are held inside the Forest Hill/Hickory Activities Center on Commerce Road. This program helps develop agility, coordination, throwing, catching, hitting and balance with a variety of creative and fun activities. Space is limited. Go to www.Foresthillrec.com under youth tennis for details and registration form. You can also email Lori Phillips, lp4tennis@gmail.com, for further information on this session, if space is still available, or lessons for 6-11 year olds and adults.

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Yoga

Susan Jensen

For your body, mind & spirit.

Improve your flexibility, strengthen muscles, tone your body and calm your mind.

Gentle 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.

Beginning Monday, January 6th, 2014

12-week session

Monday AM 9:30-10:45 am

Wednesday AM 9:30-10:45 am

Wednesday PM 9:30-10:45 am

Friday AM 9:30-10:45 am

\$90 for one class per week

\$165 for two classes per week

\$190 for unlimited classes

Drop-in cost \$10 per class

Adults (over age 18)

Locations:

MORNING CLASSES: Dance Studio B at Forest Hill Rec/Hickory Activity Center, 2213 Commerce Road, Forest Hill, MD 21050

EVENING CLASS: Forest Lakes Elementary School, 100 Osborne Parkway, Forest Hill, MD 21050 (enter on far right side as you face the building)

ON SITE REGISTRATION, Please email susanjensen@comcast.net with your intent to register and arrive 15 minutes before class starts, or register in advance by mailing completed registration and consent forms with check made payable to Forest Hill Rec to:

Susan Jensen, 13809 Ansari Lane, Baldwin, MD 21013

For more info go to www.foresthillrec.com or

Contact Susan Jensen at 410-817-4895

Email: susanjensen@comcast.net

Blog: <http://www.susanjensenyoga.wordpress.com>

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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
January 4 – March 29, 2014

Forest Hill/Hickory Activities Center Studio B

Winter Session Fee: \$55.00

Registration 9:45 AM January 4, 2014
Late registration 9:45 AM January 11, 2014

For questions please call Linda 410-838-1345

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College Scholarship

Deb Norcross

Since the 1994-1995 academic year, the Forest Hill Recreation Council has awarded 54 scholarships totaling \$70,000.

The Forest Hill Recreation Council will be offering up to six (6), one-thousand dollar (\$1,000) college scholarships for the 2014-2015 academic year. This year there will be two separate scholarships that can be applied for. Up to five (5) scholarships, sponsored by Forest Hill Family & Cosmetic

Dentistry and One (1) scholarship in the memory of Connor Daniel McKeown, sponsored by FHRC and Connor's parents, friends and Forest Hill baseball coaches. The criteria for the two scholarships are different. If you meet the qualifications for both, you can apply for both. You can only be awarded one (1) scholarship.

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) 2014-2015 scholarships. THANK YOU for your generosity in giving back to the community!

To apply for one of the five (5) scholarships sponsored by Forest Hill Family & Cosmetic Dentistry, 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. You must be a high school graduate as of September 2014. You must be attending college as a full-time student as of September 2014. You must include with the application, a detailed list of the FHRC activities/programs participated in. You must include with the application, a detailed list of community volunteer activities/programs. You must include with the application, three (3) letters of recommendation related to the FHRC's college scholarship. Also, essay explaining "Why I should receive the Forest Hill Recreation Council scholarship" must be included with the application.

To apply for the one (1) "Connor Daniel McKeown" scholarship, applicants must have participated in the Forest Hill Recreation Council's baseball and/or softball and/or basketball and/or soccer programs for a minimum of two (2) years. Please include a list with your application. You must be a high school graduate as of September 2014. You must be attending college as a full-time student as of September 2014. You must include with the application, three (3) letters of recommendation related to the FHRC's "Connor Daniel McKeown" Memorial Scholarship. One (1) of the three (3) must be from a teacher and one (1) of the three (3) must be from a FHRC or high school coach.

The Scholarship Selection Committee for the 2014-2015 academic year is Deb Norcross (chairman), Jerry Kalista, Sandy Krause, Bill Plantholt, Jeanne Rosas and Dennis Schultz.

Anyone interested in applying for a 2014-2015 college scholarship should contact Deb Norcross (chairman) via e-mail at debncross@verizon.net for questions and/or to obtain an application form/s. The application form/s must be completed and received by the Chair no later than February 15, 2014.

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