

**Pitch, Hit, & Run!** The Major League Baseball "Pitch, Hit, & Run" competition provides youngsters across the country an opportunity to participate in an exciting baseball skills program. This national initiative gives boys and girls, ages 7-14, the chance to showcase their pitching, hitting, and running abilities. "Pitch, Hit, & Run" is intended to encourage youth participation and emphasize the "FUN" element of baseball. Since there is NO registration fee, everyone has the opportunity to participate. **Please pre-register.**

**Pullman City Playfields.....7-14 yrs...Sat., May 5 at 11:00am**

## YMCA at WSU Adaptive Athletics for Youth

*Adaptive Athletics for Youth is a program just for youth in Whitman County with developmental delays.*

Open to athletes between the ages of 6-17.

Program will meet Thursdays, March 8-April 26, from 5:30-6:30pm at Sunnyside Elementary School (425 SW Shirley St)

The goal of Youth Adaptive Recreation is to get exercise, make friends, and have fun! Adaptive recreation differs from other athletic events because it is accessible to anyone, at any ability level. Contact the YMCA at WSU by phone at 509-332-3524 or by e-mail at [wsuymca@wsu.edu](mailto:wsuymca@wsu.edu) to register and for more information. We look forward to meeting the athlete in your life!

Registrations will be accepted on a space-available basis. The registration deadline does not guarantee there will still be openings. Requests for placement with a specific coach or particular friend must be made in writing at time of registration and will be considered, but cannot be guaranteed. Participants in team sports (t-ball, rookie league, flag football, soccer, and volleyball) must wear a blue or white shirt for games. A blue/white reversible youth sport shirt may be purchased for \$18 at the Parks & Recreation office at 240 SE Dexter St.

## T-ball

Boys and girls will be introduced to this variation of baseball. Instead of hitting a pitched ball, the batter hits the ball from an adjustable tee. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. Participants should have their own baseball glove. Fee includes a hat.

Location: Lincoln Middle School Min 18/Max 72  
Current Pre-K (5 yrs)-Kindergarten  
MW ..... May 7-Jun 20 ....6:00-7:00pm.....\$35  
No practice or games: May 28

## Rookie League

Boys and girls will be introduced to hitting from a coach-pitched ball. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. Participants should have their own baseball glove. Fee includes hat.

Location: Lincoln Middle School Min 18/Max 72  
Current 1st-2nd gr  
TuTh ..... May 8-Jun 21 ....6:00-7:00pm.....\$35  
No practice or games: May 29

## Girls' Softball

Practices and games begin in late April/early May and the season ends with a tournament June 22-23. Participants will be contacted with the start date. Games are on weekday evenings and parents must help with out-of-town carpooling to games in Moscow, and towns in Latah and Whitman counties. Attention Parents! If you are interested in helping out with the girls' softball program, please call Kurt Dahmen at 338-3225 or e-mail to [Kurt.Dahmen@Pullman-Wa.gov](mailto:Kurt.Dahmen@Pullman-Wa.gov). Team t-shirt included in fee. Register taken until teams are filled.

Location: PHS Softball Field  
**Current 3rd-5th gr (Jr).** (First Practice TBA)..\$55  
**Current 6th-8th gr (Sr)** (First Practice TBA)..\$55

## Start Smart Sports Development Program

Start Smart is an instructional program that prepares children for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work one-on-one with their children in a supportive environment to learn all of the basic skills such as throwing, catching, kicking, and batting. Specialized Start Smart equipment (Koosh Ball products) will be provided. Please wear clothing and shoes appropriate for exercise. This is an activity for the beginner child with little or no sports experience.

Location: Sunnyside Elem Gym/Playfield  
Min 7/Max 16  
3-5 yrs, parent/guardian participation required  
Th ..... May 10-Jun 14...6:00-6:45pm.....\$25

## Register Early ....To Avoid Disappointment

Nothing cancels a great program quicker than everyone waiting until the last minute to register. Register TODAY!

## Youth Golf Lessons

The 2012 Junior Golf lessons will once again be held at the award winning Palouse Ridge Golf Club practice facility. Lessons will be taught by the professional golf staff at the course. Your child is sure to have FUN and learn all aspects of the game from putting through driving, course rules, and etiquette. Fee includes three days of instruction, snacks each day, and prizes for each participant. If needed, the Palouse Ridge Golf Club will provide golf clubs.

Instructor: Palouse Ridge Golf Club Staff  
Location: Palouse Ridge Golf Club Min 4/Max 14

### 6-11 yrs

W-F ..... Jun 13-15 .....12:00-1:30pm....\$40

W-F ..... Jun 13-15 .....1:30-3:00pm.....\$40

Tu-Th ..... Jun 26-28 .....12:00-1:30pm....\$40

### 12-18 yrs

Tu-Th ..... Jun 26-28 .....1:30-3:00pm.....\$40

### 6-18 yrs

W-F ..... Aug 1-3 .....8:30-10:00am....\$40

## CAMP! Pee Wee Sports

An instructional sports program for young children. This is a camp emphasizing beginning skill instruction, teamwork, sportsmanship, and fun! Five different activities will be focused on during these two fun-filled weeks. Each participant will receive a camp t-shirt.

### Schedule of activities:

Jun 18 ..... Soccer at LMS  
Jun 20 ..... Basketball at Sunnyside Gym  
Jun 22 ..... Track & Field at LMS  
Jun 25 ..... Bowling at Zeppoz  
Jun 27 ..... T-Ball at LMS  
Jun 29 ..... Sports Carnival at LMS

Min 15/Max 40

### 3-4.5 yrs\*

MWF ..... Jun 18-29 .....3:00-3:55pm.....\$28

### 4.5-7 yrs\*

MWF ..... Jun 18-29 .....4:05-5:00pm.....\$28

\*Participants must be of age by the start date of camp. (6-7 yr olds will be grouped together)

## Youth Sports

### 14th Annual Lentil Festival Boards & Blades: Skate Competition Sat., August 18

Entry forms are available at:  
Pioneer Center, 240 SE Dexter  
or online at [www.pullman-wa.gov/recreation/forms](http://www.pullman-wa.gov/recreation/forms)  
or [www.lentilfest.com](http://www.lentilfest.com)



### 3-on-3 Lentil Festival Hoop Classic

The Pullman Parks & Recreation 3-on-3 Lentil Festival Hoop Classic basketball tournament for boys and girls entering grades 3rd-8th will be held in Reaney Park on Saturday, August 18. Entry forms will



be available at the Pioneer Center, 240 SE Dexter St. or online at [www.pullman-wa.gov/recreation/forms](http://www.pullman-wa.gov/recreation/forms) or [www.lentilfest.com](http://www.lentilfest.com). **Registration deadline is Friday, August 10.**

### CAMPI 2012 WSU Volleyball Camp Information

Camp.....	Dates.....	Age.....	Cost.....
Youth Camp .....	June 14-15 .....	Grades 1-6 .....	\$60
All Skills Camp.....	July 8-11 .....	Grades 7-12 .....	Day \$295/Overnight \$350
Team Camp .....	July 11-14 .....	JV/Varsity.....	Team fee

For more information and to register go to [www.wsucougars.com](http://www.wsucougars.com) or contact Jen Greeny at 509-335-4290 or email [jen.greeny@wsu.edu](mailto:jen.greeny@wsu.edu)

### CAMPI Greyhound Girls Basketball

Hoop it up! Come learn from the Lady Greyhounds! Led by the Pullman High School girls basketball coaching staff and players, the camp will stress fundamentals, sportsmanship, individual, and team play. Each participant will receive a camp t-shirt.

Instructor: PHS Coaching Staff, Players  
Min 12/Max 40

Location: Franklin Gym

#### Entering 3rd-5th gr

ThF .... Jun 14-15 ..... 10:00am-12:00pm..... \$25

Location: LMS Gym

#### Entering 6th-8th gr

ThF .... Jun 14-15 ..... 1:00-3:00pm..... \$25

### Youth Tennis Lessons

Tennis lessons for Beginner and Intermediate players. Participants should have their own racquets; balls are provided. Fridays are reserved for make-ups due to inclement weather.

Instructor: Ed Anegon, PHS Girls Tennis Coach  
Location: Military Hill Tennis Courts Min 5/Max 10  
7-12 yrs

#### Beginner:

M-Th .... Jun 18-21 .....10:00-11:00am ..\$25

M-Th .... Jul 9-19 .....10:00-11:00am ..\$49

M-Th .... Jul 23-Aug 2 .....10:00-11:00am ..\$49

#### Intermediate:

M-Th .. Jun 18-21 ..... 11:00am-12:00pm..... \$25

M-Th .. Jul 9-19 ..... 11:00am-12:00pm..... \$49

M-Th .. Jul 23-Aug 2 ..... 11:00am-12:00pm..... \$49

### Advanced/Teen Tennis Lessons

Teen tennis lessons are offered for all levels of players. Participants must have their own racquets; tennis balls are provided. Fridays are reserved for make-ups due to inclement weather.

Instructor: Ed Anegon, PHS Girls Tennis Coach  
Location: Military Hill Tennis Courts Min 5/Max 10  
12-18 yrs

M-Th .. Jun 18-21 ..... 12:00-1:00pm ..... \$25

M-Th .. Jul 9-19 ..... 12:00-1:00pm ..... \$49

M-Th .. Jul 23-Aug 2 ..... 12:00-1:00pm ..... \$49

### Pee Wee Tennis

Introduce a lifetime sport to your kids at a young age. Come learn the basic fundamentals of tennis in a fun environment. Drills and games galore. Participants should have their own racquets; balls are provided. Fridays are reserved for make-ups due to inclement weather.

Instructor: Ed Anegon, PHS Girls Tennis Coach  
Location: Military Hill Tennis Courts Min 4/Max 6  
4-6 yrs

M-Th .... Jul 9-19 .....9:00-9:30am.....\$29

M-Th .... Jul 9-19 .....9:30-10:00am.....\$29

M-Th .... Jul 23-Aug 2 .....9:00-9:30am.....\$29

M-Th .... Jul 23-Aug 2 .....9:30-10:00am.....\$29

### CAMPI Greyhound Boys Basketball

Join Pullman High School Boys' Varsity Coach, Craig Brantner, as he shares with you his knowledge of basketball fundamentals. Skills covered will be dribbling, passing, shooting, rebounding, and other basic offensive and defensive skills. Each participant will receive a camp t-shirt.

Instructor: PHS Coaching Staff

Location: LMS Gym

Min 12/Max 35

#### Entering 3rd-5th gr

M-W .... Jul 9-11 ..... 8:00-10:00am ..... \$35

#### Entering 6th-9th gr

M-W .... Jul 9-11 ..... 10:00am-12:00pm..... \$35

### Tiny Tykes T-ball

An instructional sports program for children not currently in the youth T-ball program. This program emphasizes skill instruction, teamwork, sportsmanship, and fun! Kids are introduced to the game of T-ball and will learn the basic fundamentals of throwing, hitting from a tee, and fielding. We will also have games throughout the four weeks. Fee includes a hat and a t-shirt. Participants should have their own glove.

Location: LMS

Min 20/Max 60

3-5 yrs (5 yrs old not going to Kindergarten)

MW .... Jul 9-Aug 1 .....6:00-7:00pm.....\$30

\*Participants must be of age by the start date of the program



# Sports Camps

Program	Days	Date	Time	Ages	Location	Fee
<b>Multi-Sport</b> (Soccer, Baseball, Basketball)	M-F	Jun 25-29	9:00am-3:00pm	7-10 yrs	Sunnyside School	\$97.50
<b>Soccer</b>	M-F	Jul 9-13	9:00am-3:00pm	7-12 yrs	City Playfield	\$97.50
<b>Baseball</b>	M-F	Jul 16-20	9:00am-12:00pm	7-12 yrs	City Playfield	\$90
<b>Tiny-Hawk Soccer</b>	M-F	Jul 16-20	8:00-8:45am	3-4 yrs	Sunnyside School	\$49
	M-F	Aug 6-10	8:00-8:45am	3-4 yrs	Sunnyside School	\$49
<b>Mini-Hawk</b> (Soccer, Baseball, Basketball)	M-F	Jul 16-20	9:00am-12:00pm	4-7 yrs	Sunnyside School	\$90
	M-F	Aug 6-10	9:00am-12:00pm	4-7 yrs	Sunnyside School	\$90
<b>Basketball</b>	M-F	Jul 23-27	9:00am-3:00pm	7-12 yrs	Sunnyside School	\$97.50
<b>Flag Football</b>	M-F	Jul 30-Aug 3	9:00am-3:00pm	7-12 yrs	City Playfield	\$97.50

- ⇒ For camp descriptions, what to bring, and additional reasons why you should register for Skyhawks Sports camp, please visit [www.skyhawks.com](http://www.skyhawks.com).
- ⇒ FREE T-shirt and Merit award at the camp
- ⇒ Register with Parks & Recreation or on-line at [www.skyhawks.com](http://www.skyhawks.com)



## British Soccer Camp

The Largest and Most Popular Camp Program in the USA!

**July 23-27**

**Ages: 8-16 yrs**

**9:00am-12:00pm - \$122**

**9:00am-3:00pm - \$178**

**Free: Game Jersey; Camp T-Shirt; Soccer Ball; Player evaluation; Giant Poster; On-line Instruction**

Register on-line at [www.challengersports.com](http://www.challengersports.com) or stop by the Parks & Recreation office and pick up the application form and mail a check.

## TETRABRAZIL SOCCER CAMP

#1 Brazilian Soccer Camp in the USA!

OVER \$100 OF FREE GIFTS!

**\* FREE GAME JERSEY    FREE CAMP T-SHIRT    FREE GIANT POSTER    FREE SOCCER BALL    FREE ONLINE INSTRUCTION**

\* When you sign up online at [www.tetrabrazilsoccercamp.com](http://www.tetrabrazilsoccercamp.com) at least 45 days prior to the camp. Shipping and Handling Fees Apply.

## July 30-August 3

**11-13 yrs - 9:00am-12:00pm - \$148**

**14-18 yrs - 12:00-3:00pm - \$148**

**Free: Game Jersey; Camp T-Shirt; Soccer Ball; Player evaluation; Giant Poster; On-line Instruction**

Register on-line at [www.challengersports.com](http://www.challengersports.com) or stop by the Parks & Recreation office and pick up the application form and mail a check.

### Pullman Junior Golf Club

The Pullman Junior Golf Club provides instruction, rules, etiquette, and practice time on Tuesday mornings from 8:00-11:30am, June 19 - August 7 at the Palouse Ridge Golf Club. Boys and girls, ages 8-17 (as of June 19, 2012) are welcome to join. Dues are \$50 and an additional \$5 fee will be paid every Tuesday for instruction and range balls. **Contact Al Sorensen at 334-4141 or 595-8999 for more information.**

### Youth Athletic Coaches & Officials Needed!

Volunteers are needed to make the summer youth sport programs a success! The Parks & Recreation Dept is now recruiting coaches, assistant coaches, and officials. Coaches and officials will be certified through the "NYSICA". If you would like to assist in this year's programs, please call the Recreation office at 338-3227.

## Youth Sports - Fall

**Register for fall sports through Friday, August 31.** Registrations will be accepted on a space-available basis. The registration deadline does not guarantee there will still be openings. Requests for placement with a specific coach or particular friend must be made in writing at time of registration and will be considered, but cannot be guaranteed. Participants in team sports (flag football, soccer, and volleyball) must wear a blue or white shirt for games. A blue/white reversible youth sport shirt may be purchased for \$18 at the Parks & Recreation office at 240 SE Dexter St.



### Flag Football

Flag Football offers instruction on the basics of football without tackling. Players will learn the rules of the game, while working on team play, and sportsmanship. Teams practice on Monday and Wednesdays with games on Fridays. The first week of practices will start with skills analysis, which is used to equally balance the teams.

Location: City Playfields Min 20/Max 44  
**2nd-3rd gr**  
 MWF ..... Sep 10-Oct 26 ...3:30-4:30pm.....\$35  
**4th-5th gr**  
 MWF ..... Sep 10-Oct 26 ...4:30-5:30pm.....\$35

### Youth Micro Soccer

Micro Soccer was developed to give players a game that guarantees fun, skills development, and a fundamental knowledge of soccer in such a way that a child can understand. The first week will begin with practices. Beginning the third week, there will be two games a week, one during the week and the other on Saturday mornings. K-1st and 2nd-3rd teams will have the option of playing MWSa or TuThSa. 4th-5th teams will play TuThSa.

#### Anticipated practice locations:

- ⇒ All K-1 and 2-3 Grades:
- ⇒ Jefferson @ Jefferson School
- ⇒ Franklin @ Kruegel Park
- ⇒ Sunnyside @ Sunnyside School
- ⇒ All 4th-5th Grades @ City Playfields

#### K-1st gr (each site)

MWSa.. Sep 10-Oct 27 ...4:15-5:15pm.....\$35  
 TuThSa Sep 11-Oct 27 ...4:15-5:15pm.....\$35

#### 2nd-3rd gr (each site)

MWSa.. Sep 10-Oct 27 ...5:15-6:15pm.....\$35  
 TuThSa Sep 11-Oct 27 ...5:15-6:15pm.....\$35

#### 4th-5th gr (City Playfield\*)

TuThSa Sep 11-Oct 27 ...4:15-5:15pm.....\$35  
 TuThSa Sep 11-Oct 27 ...5:15-6:15pm.....\$35

\*4th-5th grade teams practice together at one site: teams will be divided equally, not necessarily by school.

**Pee Wee Soccer and Mini Hoops Basketball will be listed in our fall brochure.**

### Youth Volleyball

Co-ed youth volleyball offers instruction in the basics of volleyball including serving, passing, setting, and hitting. This outstanding program is designed for beginner, intermediate, and advanced players. Participants will practice on Mondays and Wednesdays, with games on Fridays. The first week of practice starts with skills analysis to equally balance the teams. Games will begin the second week of practices.

Location: Sunnyside Elem Gym Min 14/Max 32  
**2nd-3rd gr**  
 MWF ..... Sep 10-Oct 26 ...3:30-4:30pm.....\$35  
**4th-5th gr**  
 MWF ..... Sep 10-Oct 26 ...4:35-5:35pm.....\$35



### Note to Our Participants' Parents/Guardians:

Due to the limited amount of space in most of our coaching/teaching areas, siblings are not allowed to participate in programs unless they are enrolled. This will allow our coaches/instructors to continue to provide small student-to-coach/teacher ratios, which make our programs great.

### "Lystedt Law"

In 2009 Washington State Legislature enacted Engrossed House Bill 1824 (EHB 1824, also known as the "Lystedt Law"). The legislation requires school districts, in cooperation with the Washington Inter-Scholastic Activities Association (WIAA), to develop guidelines and information to inform and educate youth athletes, coaches, and parents about the nature and risks of concussions and head injuries. Pullman Parks & Recreation is taking action in regards to HB 1824 by providing the "Heads up Concussion in Youth Sports" handout from the U.S. DHHS Centers for Disease Control and Prevention to all parents and coaches.

### Thank You!

#### Pullman School District!

Many of our activities are made possible because of cooperative use of School District facilities. We extend our thanks to the Pullman School District, board members, school staff, and administrative staff for their support of Pullman Parks & Recreation programs.

### Be A Sport!

Our youth sports programs are developed and organized to enhance the social, emotional, physical, and educational well-being of children. Parents/Guardians, please be a positive role model by exhibiting sportsman-like behavior at games, practices, and at home. Please give positive reinforcement to your child and support to your child's coaches.