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From The President

As we head into each new season, we look forward to the change in the weather, and the change in the sports season as well, moving from outdoors to indoors and back again as the seasons keep rolling on. I think it is important for us to look at the role sports plays in our lives.

Sports in general teach us many things - how to work together as a team and with other people, how to strive to be the best you can be, good sportsmanship, physical fitness and countless other lessons. Whether we are 5 or 95 years old we can always count on sports to be part of our lives. As a youngster, we are looking forward to our season as a player, getting on the team with our friends, making new friends, getting our uniform and/or hat and being a part of something very special. As we age through the process, we realize that we need to work together to get the game won and we learn to enjoy the smaller parts of each activity- the base hit, the basket from long distance, the assist to a teammate, the perfect dance step, etc.

As a Coach, we realize that we are here to teach our players the fundamentals of the game, while at the same time making it fun. At no time should it be a chore to come to practice or a game. We also need to teach our players how to be good sports, win with humility and accept defeat graciously. We realize that the players are counting on us to guide them to victory in all aspects of the activity.

Later in life, many of us realize that the years have passed us by and there is no college scholarship or professional possibilities for our athletic prowess. To still be active in sports, we coach our children and often become spectators of the local professional or college teams.

We hope that all of you make time for some level of participation – as a player, coach, manager or spectator on a regular basis throughout your life.

So as you approach your next season of sports, please look at what you are bringing to the game, whether you are a player or a coach and make sure it is the best you can bring.

I hope that everyone had a wonderful holiday season and I look forward to seeing you at your next game.

Jeanne Rosas
President, Forest Hill Rec

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Baseball and Softball Registration

Chris Benjes, Frank Soderberg

2010 YOUTH BASEBALL / SOFTBALL FEES PER PLAYER —

If received on/before January 31st:

4 year-old league (limited to 24 participants) - \$30

5-6 and 7-8 Age Groups: \$50

9-10 age group and older: \$75

If received on/before February 28th:

4 year-old league (limited to 24 participants) - \$40

5-6 and 7-8 Age Groups: \$60
9-10 age group and older: \$85

If received on/after March 1st:
4 year-old league (limited to 24 participants) - \$50
5-6 and 7-8 Age Groups: \$70
9-10 age group and older: \$95

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 as of January 1.

MAIL-IN REGISTRATIONS should be received NO LATER than JANUARY 31, 2010. Forms are included with this newsletter and are also available on the website now.

WALK-IN BASEBALL/SOFTBALL REGISTRATION will only be held on two Saturdays this year:
January 9th and 16th from 11:00 A.M. until 3:00 P.M in the Activity Room at Forest Lakes Elementary School.

2010 IN-HOUSE BASEBALL/SOFTBALL NEWS — Monthly baseball/softball meetings started back 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. 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 - http://lists.foresthillrec.com/mailman/listinfo/baseball_list - for up-to-date information and news.

[See complete information about the upcoming Baseball and Softball season](#), including details about every age group, try out times, volunteering and MUCH more.

More Information

- [Age Group Table](#)
- [Baseball/Softball Registration Form](#)
- [16-19 Baseball Registration Form](#)
- [BB/SB Manager/Coach Application](#)
- [BB/SB General Volunteer Application](#)
- [Player-Parent Agreement/Waiver](#)
- [Code of Conduct](#)
- [Spring Training Camp Form](#)
- [Calendar of Events](#)

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Boys Outdoor Lacrosse Registration

This is our 3rd year and the Forest Hill Lacrosse program is certified to play in the [Maryland Youth Lacrosse Association \(MYLA\)](#). We intend to field teams in the following age groups for the 2010 lacrosse season:

[Clinic – Ages 4-6 \(Instructional\)](#)

[PeeWee- Ages 5-6 – In-house League](#)

(Playing with the Bel Air In-House League)

[Tyker – Ages 7-8 – In-house League](#)

(Playing with the Bel Air In-House League)

Tyker – Ages 7-8 – Travel League
(MYLA and HARCO) at A, B and C level competition)

Lightning – Ages 9-10 – In-house League
(Playing with the Bel Air In-House League)

Lightning – Ages 9-10 – Travel League
(MYLA & HARCO) at A, B and C level competition)

Midget – Ages 11-12 – Travel League
(MYLA & HARCO) at A, B and C level competition)

Junior – Ages 13-14 Travel League
(MYLA & HARCO) at A, B and C level competition)

Forest Hill teams will practice on Forest Hill area fields and play their home games at Blake's Venture Park in Forest Hill. The program runs from January 15 (travel tryouts) to early June (year end tournaments). The registration fees are as follows:

12/01/2009 – 12/13/2009 (Midnight):
Early Registration - Fees \$100 (Clinic \$50)

12/14/2009 – 12/31/2009 (Midnight):
Open Registration - Fees \$120 (Clinic \$60)

01/01/2010 – 01/15/2010 (Midnight):
Late Registration - Fees \$140 (Clinic \$75)

01/15/2010 – 04/01/2010 (Midnight):
Wait List Registration - Fees \$140 (Clinic \$75)

Each player will receive a jersey and shorts to keep. The players who make the travel teams will be required to pay an additional \$25.00 for playing in MYLA and HARCO. There is a \$10.00 per player discount for every additional player who signs up for the

program from the same immediate family. (Example 1st Player would cost \$100.00, but every additional player from the same family would only cost \$90.00 per player). Rental equipment is available for a \$25.00 fee and includes a helmet, gloves, arm pads and shoulder pads. Each piece of equipment may also be rented separately. A \$200.00 check is required as a security deposit for the equipment rental and will be held by the Program until the equipment is returned at the end of the season. All players must provide their own lacrosse stick.

The Forest Hill Boys' Lacrosse program is run in co-operation with the Bel Air Boys' Lacrosse program, which will help administer the program through the 2010 season. The policies, rules, and disciplinary procedures of the Bel Air Recreation Committee and its boys' lacrosse program will apply.

Players, Coaches and Volunteers may register for Forest Hill Lacrosse Program at the below website:

www.abooma.com/foresthillrec

For further information including downloadable forms, a newsletter for new registrants and additional information please visit the above web site and click on the documents tab.

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Dance

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 new dance studios in the Forest Hill/Hickory Activities Center located at 2213 Commerce Drive in Forest Hill.

Our season begins in September and culminates with our recital in May. We are already under way for this year. Our schedule for next year will be ready in July and registration will begin via mail. I encourage parents to contact me in July to see what days/times are available for their child. We will also be scheduling an in-person registration sometime in September but please don't wait until then as classes fill up quickly.

More information is available on our website at www.foresthillrec.com. Simply click on Dance on the left.

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

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Adult Softball

Chris Benjes

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 mid-January and runs until mid-April. If the league does not fill up by April, 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, 410-893-6456, cbenjes@foresthillbaseball.com or Amy Parsley, 410-963-8791, amyparsley@comcast.net

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2010 College Scholarships

The Forest Hill Recreation Council (FHRC) began it's college scholarship program with the 1994 – 95 academic year. Since then, FHRC has awarded \$51,000.00 to 36 recipients.

The past scholarship recipients include; Scott Kalista (1994 – 95), Jeff Tracey (1995 – 96), Bill Kelly (1996 – 97), Matt Gradishar (1997 – 98), Bobby Lee (1998 – 99), "JD" Bonsell (1999 – 2000), Adam Hawkey (2000 – 01), Mark DiNunno (2001 – 02), Zach Keesecker (2002 – 03), Scott Rytter (2003 – 04), Stephanie Schultz and Andrea Shiah (2004 – 05), Erin Chojnacki, Kaitlin Doody, Ryan Ebner, George Rau II and Jillian Roberts (2005 – 06), Mike Loiacono, Grant Morlock, Jim Plantholt and Rebecca Roehmer (2006 – 07), Dan Cole, Jackie Cummings, Matt Ebner, Hollin Roberts and Mike Thomas (2007 – 08), Lindsay Howard, Sarah Krause, Alana Shinsky, John Smith and Nick Tomechko (2008 – 09), Laura Brond, Steve Haley, Ashley Kuessner, Katie Plantholt and Kyle Schiller (2009 – 10).

The colleges and universities our scholarship recipients have attended, include; Elon University, Harford Community College, James Madison University, Lebanon Valley College, Radford University, Rider University, Salisbury University, St. Mary's College of Maryland, Shippensburg University, The Ohio State University, Towson University, University of Delaware, University of Maryland – Baltimore Campus (UMBC), University of Maryland – College Park, University of Sciences in Philadelphia, Villanova University, Virginia Tech, Washington and Lee University, Wesley College, West Virginia University, York College of Pa.

Our scholarship sponsors include; FHRC's 16 – 18 Baseball

Program (1994 – 95), Oak Contracting Corporation (1995 – 96 and 1996 – 97), Redland Genstar Inc. (1997 – 98 and 1998 – 99), The Building Congress & Exchange of Metropolitan Baltimore (1999 – 2000 and 2000 – 01), FHRC's Baseball Program (2001 – 02), the Forest Hill Recreation Council (2002 – 03, 2003 – 04, 2004 – 05, 2005 – 06, 2006 – 07, 2007 – 08 and 2008 – 09) and Dr. & Mrs. Charles Ebner (2009 – 10).

In September, the Scholarship Selection Committee advertises the scholarship availability for the upcoming academic year. Up to five (5) one-thousand dollar (\$1000) scholarships will be available for the 2010 - 11 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 2010), be attending college as a full-time student (as of September 2010) 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 letters of recommendation related to the FHRC College Scholarship and an essay explaining "Why I should receive the FHRC College Scholarship".

Anyone interested in applying for the 2010 – 2011 college scholarship may contact a member of the Scholarship Selection Committee (Jerry Kalista – Chairman, Bill Plantholt, Andrea Lentz, Jeanne Rosas or Dennis Schultz) with questions. The college scholarship application form can be obtained through the FHRC website, www.foresthillrec.com or by e-mailing Jerry Kalista at kalbaseball@comcast.net. The application must be completed and returned to the Scholarship Selection Committee (address noted on the application form) no later than February 15, 2010.

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