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From The President

Giving back to your community is a way for the whole family to get involved in a project together. Our family spent the last 14 days opening our home to some twelve year old baseball players from the Dominican Republic. They were here to play in the Cal Ripken World Series and to experience the American culture. It is something we have done for the last 9 years and we thoroughly enjoy it. Yes it requires time, after all they are 12 years olds. Yes it is tiring, because driving 4 twelve year old boys to practice and games daily, making sure they have the proper uniform and all its accessories on is a daunting task. Try feeding them day in and day out for 14 days and see how empty your fridge is at the end of 2 weeks. However it has become a family affair for us. Our children are in their 20's, yet they both come home for these 14 days to be a part of this. Our oldest, Danny, took off from work and used his vacation time to be with the boys and help out with giving them the best experience they could have. Our daughter Maria, makes sure she is home as well to give them a big sister/cheerleader for the Series.

You would think that 12 year olds and kids in their early 20's would have nothing in common but they do. When the experience is over for the year, tears are shed, and you have some wonderful friendships and new family members and we find ourselves looking forward to next year. We have actually been to the Dominican Republic a couple of times over the past 9 years and have seen many of the boys that have stayed with us.

I encourage you to find something that brings your family together and gives back to the community be it through the Rec Council, your church or your school or a local charity that is near and dear to your heart. It will amaze you how your children really enjoy and get into the spirit of helping others.

Jeanne Rosas
President, Forest Hill Rec

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Basketball

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

For those of you new to Basketball, we run from ages 5 (as of 12/31/10) through 18 (must be in highschool) for both boys and girls. Actually girls age limit is 16 due to waning interest as the girls get older. We play in the various local schools and generally it is one practice night during the week and a game on Saturdays for ages 7-14. 15-18 plays only on Sundays with no practices and 5-6 has their time only on Saturdays. The most common questions are answered in our FAQ located on the Basketball website found at www.foresthillrec.com.

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

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

Walk in registration dates and locations for 2010:

Thursday, September 09

- Fountain Green Elem Lobby (6:30 – 8:00 pm)

Saturday, September 11

- Churchville Rec Center (2:30 – 4:30 pm)

Wednesday, September 15

- Forest Lakes Elem Front Lobby (6:30 – 8:00 pm)

Saturday, September 18

- Forest Lakes Elem Rec Room (12:00 – 3:00 pm)

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

I would like to remind you how important it is to make the evaluations for your children. If you can not make your scheduled evaluation, please try and make another time for that age group first, and if you still can not make it, please try and attend

another age groups evaluation. As with anything, if you could notify the Age Group Director or one of the other directors via an email or phone call that you will be missing your scheduled evaluation but attending another we would greatly appreciate it. All players playing in 9-10 and above, including those going out for Travel need to attend the rec evaluations. The evaluations help us in the team draft process. There are no evaluations for the clinic and 7/8 programs.

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

We are currently seeking a 9-10 girls age group director and an 11-12 boys age group director.

COACHES MEETING:

There will be a one time mandatory coaches meeting on Thursday September 23rd at 7pm, at Churchville Rec Center. Please plan on attending if you have any interest in coaching.

Remember always check the Forest Hill Rec website for more info as we get closer.

[Download the Basketball Registration Packet here](#)

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Fall Adult Tennis Clinics Added!

Adult tennis clinics for beginners and advanced beginners located at the Forest Hill Rec. Complex.

Learn to play tennis or brush up on your strokes in a fun learning atmosphere.

- * Runs week of September 13 to mid-October with a variety of day and evening 1 hour clinics.
- * Tell your friends and/or spouse and learn a sport for life together.
- * Limited space available.

The instructor is Lori Phillips, who recently moved to the area and taught many years at the Mt. Lebanon Tennis Facility in Pennsylvania. She is USPTR certified and has experience teaching both adults and children.

[Click here for registration form with days and times.](#)

You can also contact Lori Phillips 443-299-6606 or email blplap@comcast.net for more information. Private lessons also available.

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4 and 5 Year Old Tennis

New Tennis Program Idea for 4 and 5 year olds through Forest Hill Recreation.

QuickStart tennis – an exciting and new play format for kids.

Possible start time beginning of October – Inside Rec. building.

For more information contact Lori Phillips (USPTR registered)

Call 443-299-6606 or email blplap@comcast.net

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Adult Slow-Pitch Softball

The Forest Hill Adult Softball program concludes its 9th season this month with championship tournaments for both the Men's and Women's divisions. This year we have 230 adults on eight Men's teams and six Women's teams, all having fun playing softball on Friday nights throughout the summer. Registration for 2011 will start in February for returning players and registration for new players (if space allows) begins in April. Contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com for information.

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Women's Slow-Pitch Softball

The women's league was established last year to coincide with the men's slow-pitch league playing on Friday nights July thru Sept.

In the just 2 short seasons we have grown from approx 60 women to over 100 with ages ranging from 30-60 years old (yes we have 2 players at 60) our league average age is 45 years old.

We can never get the excuse I am too old or I have never played; since players range from ladies that have never played to ladies that "used" to play way back when or I have not played in 20 yrs.

Our league is designed to allow those mom's that coach from the

sidelines for their daughter's games, to get out there and show them how it is done. As well as for any lady that just loves to play the game or learn how to play. The league is designed for them to get out one night on their own, or bring their "fans" to cheer them on, socialize, relax and have some fun.

This year's team consists of an average of 16 women per team:

Lethal Threat coached by Cyndi Clark

Mudsliders coached by Amy Parsley & Lynn Kim

Blue Healers coached by Cathy Chamberlain

The Blue Diva's coached by Kristine Sommer-Sydnor

Dirt Diva's coached by Jeanine Wilson

The Red Hot Mama's coached by Tammy Rhodes

We will hold our first ever League Tournament starting on Aug 27th with a Champion crowned on Sept 17th. While no trophies are given out the ladies will earn the right to be "Queen of the League" for the year. Come on out and watch us play we will guarantee to put a smile on your face and we might even give you a few laughs.

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Baseball

THE SPRING BASEBALL SEASON ended 2010 with the end-of-year tournaments and the annual all-star games. In 9-10, the Tigers edged out the Orioles and in 11-12, the Angels beat the Rays for their respective championships. For the All-Star Home-Run Derby on June 19th, official Cooperstown Bats were awarded as prizes to the players with the most home runs: Jonathan Brown, Evan Cassady, Jake Kelley, Jarrett Schneider, Scott Newman, Scott Walczyk, Shane Jackson and Nick Rynes. Congratulations to all on their fine performances.

Three Forest Hill Baseball teams also participated in the Beyond the Bases tournament. This recreation-level tournament is a fund raiser for the leukemia society and its proceeds helps cancer patients throughout Maryland. Congratulations to the 13-15 team from Forest Hill for winning the championship game in the BTB tournament.

The Forest Hill Complex was also a site for two annual baseball tournaments this season - the Spring and Summer Classics in late March and June. Our 11U Express won the Spring Classic championship and placed second in the Summer Classic, just getting edged out by a good team from Bel Air by the score of

8-7.

The 12U Express Travel team had a very successful year. In addition to winning the Overlea Tournament in May and the Summer Classic Tournament in late June, they also took second place in the Essex Tournament in mid June. The team then traveled to New York in July to play at Cooperstown Dreams Park where they finished 34th out of a field of 103 teams from all across the country. This was the best showing a Forest Hill team has had there in many years. Congratulations to the 12U Express for a fine season.

The 12U Storm Metro team also had a great season, winning their division of the Baltimore Metro Baseball league, advancing as the State Champions to the AABC Regional Tournament in Massachusetts, where they finished 5th out of 10 teams. They also won the Annapolis Tournament and played in several final and semi-final games in other tournaments throughout the state.

THE 16-19 EXPRESS won the championship game this season in the North Harford Baseball League. This victory was the perfect sendoff for Coach Joe Fischer, who is stepping down from managing 16-19 baseball at Forest Hill after five years. There is nothing like your team winning a championship in your final game as manager. I'm sure we'll see Joe around the Complex in the future, but a huge THANK YOU and congratulations to him and his team on a very successful season.

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

THE FOREST HILL STORM is a full-time youth baseball program affiliated with the Baltimore-Metro Baseball League, the premier independent amateur baseball league in Maryland. Teams are selected in the fall and will practice through the winter in preparation for the spring season. Tryouts for the 2011 teams occur in late August/September. Watch the web site for more information – www.foresthillrec.com. For more information about our Metro baseball program, please contact Jim Maguire, 410-557-2847.

THE MONTHLY BASEBALL/SOFTBALL MEETINGS for the 2011 season are held on the second Monday of each month at 7:30 P.M. in the Activity Room of Forest Lakes Elementary School. This

year's first meeting is Monday November 8th. Anyone interested in volunteering for 2011 should plan to attend this and every meeting. Volunteers also need to complete an application so we can include you in the planning for 2011. Attendance at baseball meetings in January, February and March are the most important and all managers need to attend these meetings.

ON-LINE AND MAIL-IN REGISTRATION for spring baseball and softball starts January 1, 2011. We have two walk-in registration sessions at Forest Lakes Elementary School scheduled for January 8th and 15th. All potential Travel Managers and Age Group Directors for 2011 also need to submit new application/volunteer forms by November 1, 2010 so we can begin to plan the season. Forms are available on the baseball web page: www.foresthillbaseball.com.

FOREST HILL TRAVEL baseball teams for ages 7 through 15 will have sign-ups at the January registrations and tryouts will be held during the first weekend of February 2011. Mark your calendars now.

UMPIRES -- The Forest Hill Baseball Umpire program is looking for youth umpires for evening games on Mondays, Thursdays, Fridays, and Saturday mornings in the spring. Potential umpers should sign up at the baseball registration sessions in January. Umpires must be at least 14 years of age by May 1, 2011 and must complete the free training program in March. All umpires are paid per game. If interested, please contact Chris Benjes, 410-893-6456, cbenjes@foresthillbaseball.com.

In addition to the umpire fees they earn, we also selected Quentin Cummings and Joe Shifflett as the Umpire of the Year and Runner Up. Both umpires received cash awards as a result of their nomination and selection. Nice job, guys!

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Adult Baseball (Baltimore Bohsox)

Forest Hill Recreation Council's (FHRC) adult baseball team, the Baltimore Bohsox, compete in the Harford County Men's Baseball League (HCMBL). All their games are played at Harford Community College's Thomas Run Park. The team's coaching staff is Scott Kalista (manager), Jerry Kalista (coach) and Dave Pitz (coach).

The 2010 season has been successful, to date. The Bohsox

captured the HCMBL regular season title for the 11th time in the past 13 seasons. They fell short of the end-of-season tournament championship, loosing in the first round. However, the Bohsox have taken home the tournament championship 9 of the last 13 seasons.

For the first time. FHRC's Baltimore Bohsox will be entering the Gunpowder Fall Baseball League, which is also played at Thomas Run Park. Opening Day for the fall league is to be determined and should be scheduled sometime after Labor Day.

The Bohsox will be traveling for the second year in-a-row to Fort Myers, Florida in October (10/23/10 – 10/30/10) to compete in the Roy Hobbs Open 28+ World Series. Teams from all over the United States, Canada and the Dominican Republic compete in this week-long tournament.

The Baltimore Bohsox are currently holding a fund raiser to help with their league and tournament expenses. The Bohsox are selling raffle tickets for a 7 day/6night vacation in Ocean City, Maryland. Tickets are \$2.00 each and 3 for \$5.00. The drawing is September 25, 2010. For tickets, please contact Jerry Kalista via e-mail at kalbaseball@comcast.net or by phone at 410-838-4378 (home). The team is also looking for sponsors for their 2011 season. If interested, contact Jerry Kalista.

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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. Classes are held in our dance studios in the Forest Hill/Hickory Activities Center located at 2213 Commerce Drive in Forest Hill. Each studio is equipped with dance floors, barres and mirrors.

Registration began in July and continues via email and regular mail. Please contact me to determine your child's class placement and days/times available. We will also hold an in-person registration on Friday, September 3, 2010. We will be in the rec room at the Forest Hill/Hickory Activities Center from 5-8P. Parents don't need to wait until this event. Registration information can still be emailed or mailed out to you now. Classes fill up on a 1st come 1st serve basis so don't delay.

Classes begin the week of September 13th and will culminate with our recital in May. Detailed information about our program is

available on our website at <http://www.foresthillrec.com/program.php?programID=65>. Be sure to read our Introduction. 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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FUNdamentals

ENCOURAGING CHILDHOOD DEVELOPMENT THROUGH INTERACTIVE PLAY

Fall Session August 30th - October 11th

Parent & Me Classes-ONLY \$59.00 per 6 weeks.

Each session consists of one 45 minute class, per week, for 6 weeks.

Each Parent & Me Class will have a variety of the following:

- * Free Play
- * Music & Movement
- * Obstacle Courses
- * Exercise Mind and Body
- * Exploration into Letters, Numbers, Colors, Shapes, Manners, Animals, etc.
- * Hands-on activities at circle time
- * Great time for social interacting and learning to share and take turns with others.
- * Parent/Caregiver involvement
- * Bubbles, Balls, and Much More.

Busy Bees (12 - 18 mos.)

Help baby with new found mobility and natural curiosity. We will work on introducing animals, colors, shapes & body parts. Your "Busy Bee" will love this fun & energetic class where we will use music, obstacle courses, puppets & props to keep them engaged in the activities.

Wiggle Worms (19 mos. - 2 1/2 yrs.)

We will focus on getting our body moving through music & movement, obstacle courses, learning to share, listening skills and following directions. We will work on identifying letters, numbers, colors, shapes and animals.

Dancing Dragonflies (2 1/2 - 3 1/2 yrs.)

Nurture your little ones new found independence. We will begin to identify numbers & letters and reinforce colors & shapes during circle time. Our fun obstacle courses & physical activities will work those growing muscles.

Leaping Lizards (3 1/2 - 5 yrs.) *No parents in class*

We will focus on readiness for school by reviewing numbers, colors, shapes and building confidence. We will also have action packed physical activities. Parents will be encouraged to stand back and allow their child to have some independence.

Visit our web site for class schedules:

www.FUNdamentals123.com or email us at FUNdamentals123@aol.com

Classes are located at:
The Forest Hill/Hickory Activities Center
2213 Commerce Rd.
Forest Hill, Md. 21050
443-484-2512

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Boys Outdoor Lacrosse

We teach our players, coaches and parents to "Honor the Game". It is the core concept of the Forest Hill Boys' Lacrosse program. When we "Honor the Game" we respect the ROOTS of positive play, where ROOTS stands for:

Rules: We don't bend the rules to win.

Opponents: A worthy opponent is a gift that forces us to play to our highest potential.

Officials: We treat officials with respect even when we disagree.

Teammates: We never do anything that would embarrass our team on or off the field.

Self: We live up to our own standards regardless of what others do.

Through these simple concepts we work to teach the fundamentals appropriate to each age group so, as each player progresses through our program, they have the prerequisite skills to have fun and succeed.

We intend to field teams in the following age groups for the 2011 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 (HARCO)
at the A or B level of 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 the B and, or C level of competition.

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

Junior – Ages 13-14 Travel League - (MYLA & HARCO)
at the B and, or C level of 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:

10/24/2010 – 11/06/2010 (Midnight):

Early Registration
Fees \$100 (Clinic \$50)

11/07/2010 – 12/04/2010 (Midnight):

Open Registration
Fees \$120 (Clinic \$60)

12/05/2010 – 01/15/2011 (Midnight):

Late Registration
Fees \$140 (Clinic \$75)

01/15/2011 – 04/01/2011 (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 that play in more than 1 league will be required to pay an additional \$25.00 extra league fee. 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, mouth guard and athletic supporter with protective cup.

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

www.aboomasports.com/foresthillrec

For additional information, or questions you may email foresthilllaxchair@gmail.com or call Coach Scott @ 443-250-5290.

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Needed - Summer Rec Program Chair

The Summer Rec Program is a 6 week program (two days/week) held in the summer when school is out for K-5th grade students. Students meet at Forest Lakes Elem. School and also use the school grounds for fun, organized games and crafts. The program chair is responsible for registrations, leaders and oversight. The current program chair is able to assist with transitional information, activities, etc. For more information please contact Bill Plantholt at 410 893 1280 or wplantholt@bcps.org.

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College Scholarship

Since the 1994-1995 academic year the Forest Hill Recreation Council has awarded 41 scholarships totaling \$56,000.

The Forest Hill Recreation Council will be offering up to seven (7), one-thousand dollar (\$1,000) college scholarships for the 2011-2012 academic year.

The Forest Hill Recreation Council and the Scholarship Selection Committee would like to thank Forest Hill Family & Cosmetic Dentistry for supporting the education of our young adults by sponsoring five of the seven 2011-2012 scholarships. Thank You!

In September, the Scholarship Selection Committee advertises the scholarship availability for the upcoming academic year. To apply, applicants must have participated in the Forest Hill Recreation Council (any program/s) for a minimum of four (4) years (in a non-paid capacity), be a high school graduate (as of September 2011), be attending college as a full-time student (as of September 2011) and include with the application, a detailed list of the Forest Hill Recreation Council activities/programs participated in, a detailed list of community volunteer activities/programs, as well as three (3) letters of recommendation related to the Forest Hill Recreation Council's College Scholarship and an essay explaining "Why I should receive the FHRC College Scholarship".

The Scholarship Selection Committee for the 2011-2012 academic year is Jerry Kalista (Chairman), Sandy Krause, Bill Plantholt, Jeanne Rosas and Dennis Schultz.

Anyone interested in applying for the 2011-2012 college scholarship may contact Jerry Kalista (Chairman) via e-mail at kalbaseball@comcast.net with any questions. The application form ([available online here](#)) must be completed and returned to the Scholarship Selection Committee, at the address on the application, no later than February 15, 2011.

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Our mailing address is:
Forest Hill Recreation Council
PO Box 237
Forest Hill, MD 21050

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