



HAMPSHIRE COUNTY *Parks & Recreation*



October 2017 Newsletter

Clay Shoot at North River Retreat



HCP&R will sponsor a Clay Shoot at North River Retreat in Delray on Saturday, October 7, beginning at 10:00 a.m. The cost for the shoot will be as follows: 2 rounds of 25 clays each using your own shells will be \$15; 2 rounds of 25 clays each purchasing shells from NRR is just \$25. As always, the loan of shotguns, vests, and eye

and ear protection is free. Also, drinks and snacks are available at no cost.

Due to environmental concerns, shells that do not contain lead shot are now required at North River Retreat. To meet this requirement, NRR has steel shot for sale at the range. You are welcome to bring your own shells, but they must not contain lead

shot. If you are bringing your own shotguns to the range, please check with the manufacturer to make certain that they are compatible with steel shot. Some older models of shotguns and/or screw-in chokes are not compatible and may pose a danger to the shooter.

If you are interested in the shoot, get your reservation in as soon as possible, as **there is a limit of 15 shooters allowed**. Spots will be awarded on a first-come-first-served basis. To register, email hampshirecoparks@hotmail.com, or call us at (304) 822-7300 any weekday between 9:00 a.m. and 1:00 p.m. You may also register in person at the HCP&R Office at 90 North High Street in Romney during those same hours.

Mark your calendar right now so you don't miss this chance to test your shooting skills while spending time outdoors in one of the most beautiful settings anywhere in Hampshire County. I know you'll be glad that you did.

Gary Crane Cup Golf Competition



Make sure to mark your calendars for Thursday, October 12, so you don't miss all the excitement of the Gary Crane Cup Final Round at beautiful Capon Springs Resort. The festivities begin at 12:30 with

lunch in the main dining room.

To show our appreciation to all those who have supported this program over the years, HCP&R will give each golfer in attendance a gift bag full of great golf gear. The first tee times begin at 1:00, followed by the crowning of the Crane Cup champions after the completion of the round.

The cost for the lunch and eighteen holes of golf with a cart is just \$25. Even if you're not interested in competing for the Crane Cup, come on out and join us for a delicious lunch and a relaxing round of golf at a great price on one of the area's premiere courses.

Jump Start Basketball Clinic



Our fifth annual Jump Start Basketball Clinic will be held on Saturday, November 4, at the Hampshire High School gymnasium. Jump Start is open to all boys and girls in grades three-through-eight and will be separated into two sessions. Session

one will be for the boys and will run from 8:00

a.m. until noon. Session two is for the girls and will start at 1:00 p.m. and end at 5:00.

Jump Start will focus on individual and team skills and fundamentals. Christine Glover, head boys' basketball coach at HHS, will conduct the boys' clinic, and Julieanne Buckley, girls' head basketball coach at HHS, will run the girls' session. Registration fee for Jump Start will be \$10.

To register, log onto the HCP&R website, hampshirecountyparks.com, and fill out and then send the Program Registration Form, which is located at the bottom of the home page. The registration fee may then be mailed to HCP&R at P.O. Box 213, Romney, WV 26757, or you may bring the fee with you the day of the clinic. You may also register in person at the HCP&R office at 90 North High Street in Romney any weekday between 9:00 a.m. and 1:00 p.m. Registrations will also be accepted at HHS the day of the clinic.

Jump Start is a great way to get prepared for our upcoming youth basketball leagues, Bidy Buddy and the Intermediate Basketball League. Don't miss this chance to learn to play the game the Trojan Way.

Hampshire Mat Club



Registrations are now being accepted for the Hampshire Mat Club, a youth wrestling organization supported by Hampshire County Parks and Recreation for boys and girls ages four-through-fifteen. The HMC teaches folkstyle wrestling, which is the same format used in high school and college wrestling. Wrestlers will be

classified by both age and weight for competition. The Mat Club practices three nights per week until the matches begin and twice per week thereafter.

HMC will once again compete in the Mason Dixon League, which features teams from the surrounding West Virginia and Virginia area, and tournaments in that league will be held on weekends during December, January, and February. The Club will also attend other tourneys around the area, including state competitions.

The registration fee for the Hampshire Mat Club is \$25. To register, log onto our website, hampshirecountyparks.com, and fill out the Program Registration Form, which is located at the bottom of the home page. The registration fee may then be mailed to HCP&R at P.O. Box 213, Romney, WV 26757. You may also register in person at the HCP&R Office at 90 North High Street in Romney any weekday between 9:00 and 1:00.

Registrations will also be accepted at the club's organizational meeting, which will be held on Monday, November 27, at 6:00 p.m. at the Old Romney Middle School gymnasium. All interested wrestlers and their parents are urged to attend that meeting, where important information about the Mat Club will be provided.

Disc Golf Course at Camp Walker



When planning outdoor activities, don't forget about the Camp Walker Disc Golf Course. We have made several improvements to the course over the past year. We installed tee-marker posts for all the holes to make each teeing area more visible. We are also providing scorecards and course maps,

both of which can be found in the mailbox beside the first tee.

The first tee is located on the flat ground out past the pavilion, where the road turns to the left and starts down over the hill toward the exit to the park. We have also installed new tee markers with the Camp Walker logo on them for each hole.

If you're looking for a disc to play at Camp Walker, then we have several options for you. We have Skeeters, which are all-purpose discs that are suitable for every shot, for sale in the HCP&R office for just \$7.00 each. We also have commemorative glow-in-the-dark drivers and putters that have the official Camp Walker logo on them for \$15.00 each. All proceeds from the sale of these discs go for improvements to the course.

If you haven't been out to Camp Walker to play the course, you really need to take an hour or so and try it. I feel certain that you will find disc golf both physically and mentally challenging. Plus, it's a great opportunity to spend some time in one of the prettiest spots in Hampshire County. **And it's free to play.** Now that's a deal I know you don't want to miss!

Walk To Be Fit Program



The Walk To Be Fit Program is heading down the home stretch for 2017. If you'd like to join us, it's still not too late because Walk To Be Fit runs through October 31. To register, just stop by any FNB Bank location (Fort Ashby, Romney, Hampshire Square, or Capon Bridge), the Hampshire Wellness and Fitness

Center at Hampshire Square, or the HCP&R Office at 90 North High Street in Romney to register for the program. When you register, don't forget to pick up your free pedometer and your tally sheet to log the miles that you walk.

We will recognize four milestones this year: 100, 250, 500, and 1,000 miles. When you reach one of those milestones, or when your tally sheet is filled, just return it to the location where you picked it up, and we will contact you when you are eligible for a prize. Prizes for 2017 will include cups with lids and straws, tee shirts, and bag chairs.

This year we have an added bonus. We will be giving away four GRAND PRIZES for those who reach one or more of our walking milestones. The drawing for the GRAND PRIZES will be held in October at the end of the program for the year.

Each time you hit a milestone, your name will go into the prize pool. If you get all the way to 1,000 miles, you will be eligible to win the FINAL GRAND PRIZE, which is a one-night stay for two at the beautiful Capon Springs Resort. The prize includes lodging, all fees and taxes, and three meals. Other GRAND PRIZES include gift certificates to Dairy Queen and Main Street Grill and a handcrafted wooden chest donated by B&B Woodcraft Designs.

Walking is great exercise on the path to a healthier lifestyle, and what could be better than receiving some nice prizes for your efforts? That's what Walk To Be Fit is all about.



Discount Tickets to King's Dominion



Hampshire County Parks and Recreation has once again entered into an agreement with King's Dominion to offer discount tickets to the park. These are any-time tickets that are good for admittance to the park any day that it is open. The park will remain open daily through October 29.

The price for each ticket is \$36, which is a considerable savings from the normal \$66 admission price. These tickets can be purchased at the HCP&R Office at 90 North High Street in Romney any weekday between 9:00 a.m. and 1:00 p.m. If you can't make it to the office, give us a call at (304) 822-7300 or email us at hampshirecoparks@hotmail.com, and we'll make arrangements to get your tickets to you.

If you're planning a family or group outing to King's Dominion this summer, this is a deal that you can't afford to pass up.

Kettlebell Classes



HCP&R is offering Kettlebell classes four days a week, on Sunday afternoon from 3:00 until 4:00, and on Tuesday, Wednesday, and

Thursday nights from 6:00 until 7:00. All classes are now being held in the cafeteria at the Hampshire County Special Services Center, which is located in the Industrial Park north of Romney on Route 28. To find the Special Services Center, turn onto Industrial Park Road and after driving approximately 100 yards, take the first left. The Special Services Center is the

first building on the right. Access to the cafeteria and parking are in the back of the building.

Kettlebells are cast iron weights shaped like a ball with a handle for easy gripping. Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness – endurance, strength, balance, agility and cardio endurance. People love it because it's challenging, efficient, and you only need one piece of equipment. Kettlebell classes are taught by certified instructors Kaleena Wilfong and Camilla Fout.

The cost for Kettlebell classes is \$5 per session, or for \$20 you may purchase a punch card that is good for five sessions. Also, we are now selling a monthly card for \$50.

Even if you've never tried Kettlebell before, come on out and see what it's all about. Mark your calendars today so you don't miss a chance to get some exercise while having a great time with your friends.



Adult Open Gym Basketball



For those of you who want to show off your basketball skills, check out our Sunday night Open Gym Basketball on both ends of the county.

Shane Hawkins is in charge of the program at the old Capon Bridge Middle School gym, and they play there from 5:00 until 8:00 every

Sunday evening. Logan Hill and Joe Clower run the program at Romney Middle School, and they go from 6:00 until 8:00 each Sunday night.

If you're eighteen and over and out of school, drop by one of those locations this Sunday night and run with the big dogs!



“Recreation brings quality to life.”

Hampshire County Parks and Recreation

90 North High Street
Old Jailhouse Building
Romney, WV 26757

PHONE: (304) 822-7300 **FAX:** (304) 822-4460

EMAIL: hampshirecoparks@hotmail.com

WEBSITE: hampshirecountyparks.com

OFFICE HOURS: Monday-Friday--9:00 a.m. to
1:00 p.m.



