



HCP&R Newsletter

November 2017

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,

hampshirecoparks.com, and fill out and then send the Program Registration Form, which is located at the bottom of the home page. You may then 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 the hours of 9:00 a.m. and 1:00 p.m. **Registration 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.

Chuck Parsons Memorial Bowling Tournament



HCP&R and Wilson Lanes will sponsor the fifth annual Chuck Parsons Memorial Bowling Tournament on Saturday, November 11, beginning at 12:00 noon at Wilson

Lanes. The tourney is open to all walk-in single men and women bowlers, and the registration

fee for all entries is \$30, with unlimited re-entries welcomed. A guaranteed first prize of \$1,000 will be awarded to the tournament champion.

All bowlers will need to be currently sanctioned using the book average from the 2016-17 season or the 2017 summer season. The handicap for the tourney will be 90% of 220. Proceeds from the tournament will be donated to HCP&R to help fund summer youth programs.

The tournament is dedicated to the memory of Chuck Parsons, an avid bowler and supporter of youth sports, who died unexpectedly in October, 2012. Questions regarding the tourney should be directed to Wilson Lanes at (304) 822-4100.

Christmas Festival of Lights



Our fifth annual Christmas Festival of Lights will kick off with the Lighting Ceremony, which will be held on Saturday, November 25, at 5:00 p.m. at the amphitheater at Central Hampshire Park. The Festival will run through January 1 and will be open daily from 6:00 until 10:00 p.m.

We will serve coffee, hot chocolate, and cookies free of charge to all who attend the Lighting Ceremony, and Santa will be there to greet the kids of all ages. And you kids need to remember to bring an ornament to help decorate the official Festival of Lights Christmas Tree.



Through the generosity of the Hampshire County Commission, the HCP&R Board, and many businesses and individuals throughout the area, the Festival has exploded over the past three years. We have grown from 24 light displays in 2013 to over 150 displays this year.

We've added three new songs to the playlist for our musical display this year. When you enter the park, simply tune your car or truck radio to a specific frequency and then watch our musical display flash to the beat of some of your favorite Christmas tunes, which will be playing through your radio. We've also added a new Santa display that features old Saint Nick and his reindeer flying across the middle of the park.

The Festival attracted nearly 7,000 cars last year, but the 2017 edition promises to be even more popular. And the best part is that you can enjoy the lights from the warmth and comfort of your own vehicle **free of charge**. Mark your calendars right now so you don't miss this special Christmas tradition.



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 hold three preliminary practices on November 2, 9, and 16 from 6:00 until 8:00 p.m. at the Old RMS gym on School Street for any potential wrestlers who want to come and see what the sport entails. Participants will get to meet this year's coaches and will have a chance to learn from some veteran wrestlers from last year's team. All who want to participate with this year's HMC are welcome to attend these workouts.

The Mat Club 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 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 because important information about the Mat Club will be provided.





Walk To Be Fit Program

Our Walk To Be Fit Program is rapidly coming to a close. The final date to complete your walking for this year is October 31. With the end of the program for 2017, we will be

awarding the four **Grand Prizes** to four of our lucky participants.

Here's how the prize giveaway will work. All tally sheets for this year must be in our office by **Friday, November 17**. On **Monday, November 20**, we will have the drawing for the **Grand Prizes**. The first prize drawn will be a \$25 gift certificate from Dairy Queen. Everyone who reached the 100-mile plateau will be eligible to win that prize. The second prize is a \$50 gift certificate from Main Street Grill. Everyone who walked at least 250 miles is eligible for that prize. Next, we will draw for the handcrafted wooden chest donated by B&B Woodcraft Designs. All those who reached the 500-mile plateau can win that prize. Finally, we will award the one-night stay at beautiful Capon Springs Resort, which includes lodging and three meals. Those who walked at least 1,000 miles are eligible for that prize. So, if you reached the 1,000-mile plateau, you have four chances to win one of our great gifts.

Don't forget to have all your tally sheets turned in to us by **November 17** to be eligible to win one of our great prizes. If you're close to a milestone, get out there and grind out the miles so you have one more chance at one of our **Grand Prizes**. The more you walk, the more the odds of winning a **Grand Prize** tilt in your favor.



The Gary Crane Cup Final Round



Despite less than ideal weather conditions, the Gary Crane Cup Final Round, which was held on October 12 at Capon Springs, was a big success. Sixteen players competed for the Cup, and a good

time was had by all. Congratulations go out to our winners, Carrol Link (gross) and Glenn Spaid (net).

HCP&R wishes to thank all the golfers who participated in the program over this past summer and fall. In total, 33 players participated in at least one of our qualifiers. We also extend thanks to Capon Springs for their warm hospitality and for opening up their wonderful facilities to us. Mark your calendars for Tuesday, April 18, 2018, when we start the pursuit of the Gary Crane Cup once more at Cacapon State Park Golf Course in Berkeley Springs.



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.

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!

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!

Thanksgiving

The year has turned its circle,
The seasons come and go.
The harvest is all gathered in
And chilly north winds blow.

Orchards have shared their treasures,
The fields, their yellow grain.
So open wide the doorway-
Thanksgiving comes again!



“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.



