



HCP&R Newsletter

November 2018

Jump Start Basketball Clinic



Due to a scheduling conflict, there have been some changes to our sixth annual Jump Start Basketball Clinic. **The clinic will now be held on Saturday, November 10, 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 girls and will run from 8:00 a.m. until noon. Session two is for the boys and will start at 1:00 p.m. and end at 5:00.**

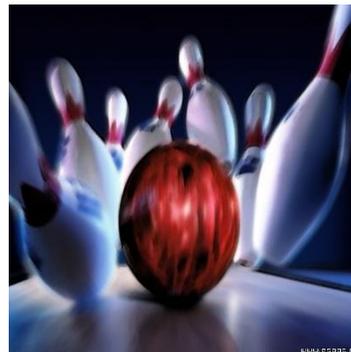
Jump Start will focus on individual and team skills and fundamentals. Julieanne Buckley, girls' head basketball coach at HHS, will run the girls' session, and Dan Alkire, head boys' basketball coach at HHS, will conduct the boys' clinic.

Registration fee for Jump Start is \$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 prepare 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 sixth annual Chuck Parsons Memorial Bowling Tournament on Saturday, November 3, 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 2017-18 season or the 2018 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

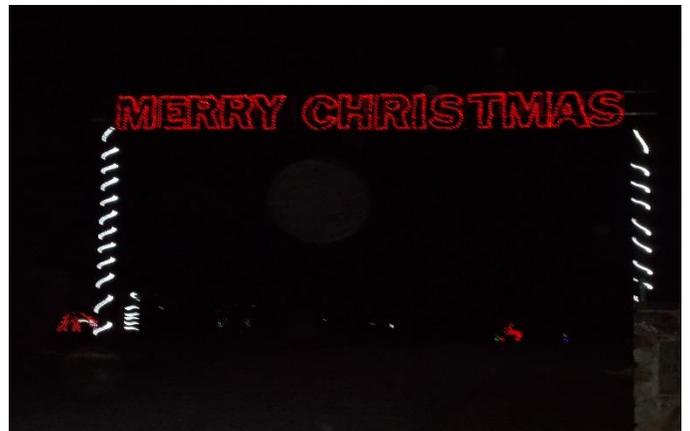


Our sixth annual Christmas Festival of Lights will kick off with the Lighting Ceremony, which will be held on Saturday, November 24, at 5:00 p.m. at the amphitheater at Afton and Pauline Malick Central Hampshire Park. The Festival will run through January 1 and will be open daily from 6:00 until 10:00 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 Christmas 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 five years. We have grown from 24 light displays in 2013 to over 200 displays this year. New

features for 2018 include a greeting sign on Route 50 near the entrance to the park and a 14-foot lighted Christmas tree in the field above the amphitheater.

Also, don't forget about our great musical display. 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. 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 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 tournaments 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 am and 1:00 pm. **You may also register at the parents' meeting/first practice on November 12, 2018, at 6:00 pm at the gym in Old Romney Middle School, which is located on School Street.**

Rentals at Old Capon Bridge Middle School Building



A little over a year ago, HCP&R entered into an agreement with the Hampshire County Board of Education to lease the gym, cafeteria, and four classrooms at Old Capon Bridge Middle School.

Over the past year, we have spent considerable time

and money on improvements to the facility. Those improvements include new floor tiles in the boys' dressing room, re-finishing the gymnasium floor, installing new LED lights in the gym and a single switch on the wall to turn them on, installing new floor and ceiling tiles in the cafeteria, painting the cafeteria, purchasing enough tables and chairs to accommodate 164 people in the cafeteria, purchasing new appliances for the home economics room, installing a new door and a keypad lock on the main entrance to the gym, employing a cleaning



service to clean the entire facility, and installing

a surveillance system for both the gym and the cafeteria.



The HCP&R Board has worked hard to make OCBMS a first-class facility, and we are now ready to offer it to the public. If you would like to reserve the gym for basketball, volleyball, birthday parties, or any other indoor activity, it is now available for rent at \$25 per hour. If you



would like to rent the cafeteria and the home economics room, which has a refrigerator, two stoves, ample counter space, and two sinks, those two are available for one price of \$35 per hour. The cafeteria is perfect for meetings, reunions, receptions, and community gatherings.

To rent these facilities, call us at (304) 822-7300, or email us at hampshirecoparks@hotmail.com. Get your reservation in early so you don't miss this chance to hold your event in our newly renovated facilities.

Parks and Recreation



The Great Pumpkin Race



Despite the cool temperatures, we had a wonderful day for the Great Pumpkin Race on October 16. A total of 162 runners participated, and Capon Bridge Elementary ran away with the team

championship. If you'd like to see some pictures from the event, just log onto our website, hampshirecountyparks.com, and scroll through them.

Special thanks go out to coach Bill Lipps and his Trojan cross country team. They timed the races, showed the runners around the course, supervised the race, and offered encouragement at every turn. We certainly couldn't have held the event without their help.

But most of all, we need to thank all those who ran in the race. The competition was intense as each runner competed for personal and school honor, but the spirit of sportsmanship prevailed in every race. If this race was an example of the type of leadership we can expect from our next generation, then I would have to say that we are going to be in very good hands.

Walk To Be Fit Program



Our Walk To Be Fit Program has concluded for another year, and we wish to thank all those who participated. Walk To Be Fit continues to be one of the most successful programs that HCP&R offers.

Now that the program has ended, make sure that you turn in all your

tally sheets to any branch of FNB Bank (Ft. 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. Once we have all the sheets tallied, we will contact you if you have earned a prize for your efforts.

If you feel like you have earned a prize and have not yet received it, please contact the HCP&R office at (304) 822-7300 or via email at hampshirecoparks@hotmail.com and let us know. It is not our intention that anyone earning a prize should be overlooked.

Just because the program has ended for another year, you don't have to quit walking. There will still be many more beautiful fall days when you can get out and enjoy the sunshine.

The Gary Crane Cup Final Round



The Final Round in the pursuit of the Gary Crane Cup was held on October 9 at Capon Springs, and conditions couldn't have been more ideal. The sun shone brightly, and

the Capon Springs course was in fantastic shape. Fifteen players competed for the Cup, and a good time was had by all. Congratulations go out to our winners, Carrol Link (gross) and Don Peters (net).

HCP&R wishes to thank all the golfers who participated in the program over this past summer and fall. In total, 31 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 9, 2019, 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 at Warrior Fitness, which is located at 60 West Sioux Lane in Romney.

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!



“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.

