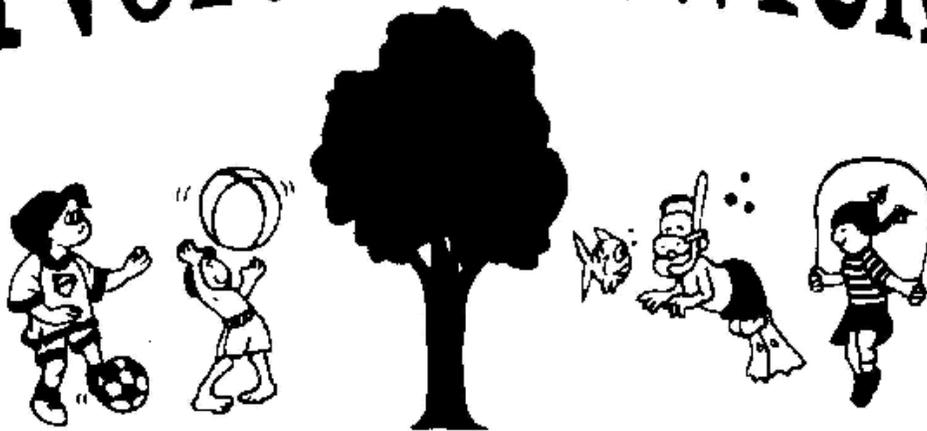


# Activities Booklet

# North Berwick



## Recreation Department

What a year we have coming!

We have accumulated lots of information inside in regards to Parks & Recreation happenings, as well as, other non-profit civic groups. You will find dates, fees, websites, contacts, etc. Like us on Facebook so you can receive updates as they are posted.

Mark your calendars with all the dates inside!

# 2016

## North Berwick Parks & Recreation General Information

**Community Center Address:**

264 Lebanon Rd.  
North Berwick, Maine 03906

**Telephone:**

207-676-3206

**Fax:**

207-676-3201

**Recreation Staff:**

Kristie L. Michaud –  
Parks and Recreation Director

**Recreation Commission****Members:**

Lincoln Harrison  
Aimee Metz-Jordan  
Dayna Mayrose  
Heather Eastman  
Laurienne Martin

**Attention:** We are always looking for new members to join the Parks & Recreation Commission.

**Registration:**

You can register for classes, sports and/or programs at the Parks & Recreation Office or at specific determined registration nights. Pre-registration and pre-payment is required for all programs unless otherwise specified.

The North Berwick Parks and Recreation Department reserves the right to cancel or consolidate any program that does not meet minimum participant registration numbers.

**Refund Policy:** If a program is canceled a full refund will be given. Due to administrative procedures the refund may take up to 3- 4 weeks.

**Make checks payable to:**

Town of North Berwick

# North Berwick Parks & Recreation Commission

North Berwick Land, Parks & Recreation Director:

*Kristie L. Michaud*

## Mission

The Town of North Berwick Recreation Commission (NBRC), in conjunction with the Town of North Berwick Land, Parks & Recreation Department, will strive to improve the quality of life for all residents by facilitating the opportunity to participate in healthy and satisfying recreation and leisure activities.

## Goals

- To foster a sense of community among all residents;
- To foster a partnership between the community and Town Board in an effort to ensure that offerings are developed to meet community needs; and to act in an advisory capacity to the Town Board on recreation matters;
- To set policy and guidelines for recreation programs and the use of recreation facilities and open spaces in conjunction with local, state, and federal laws and regulations, and the Recreation Director;
- To strive to provide safe, well-maintained, and attractive recreational facilities and open spaces;
- To help design, create and implement new programs or classes.
- To provide guidance for the Recreation Director;
- To promote the preservation and protection of the nature environment.

**We are always looking for new members to join the Parks  
and Recreation Commission.**

**If you are interested please contact Kristie Michaud.**

Our programs are only as good as the volunteers who help us. Thank you!

# Community Center Rentals



Are you looking for some place to hold a baby shower, birthday party, anniversary party, etc. we rent the Community Center to North Berwick Residents, as well as, out of town residents. Your rental is for a six hour block to include the set up of the event, the actual event and clean up afterwards. You can rent just the main hall, main hall and commercial kitchen or the entire facility. The rental includes use of the all of the tables, chairs, coffee makers and many other items in the kitchen. If you are interested in renting the community center you can find the availability calendar on the town website along with the rental forms and policies page.



## Meeting Place

Organizations such as N.B.A.A., Boy Scouts, Girls Scouts, Noble Lacrosse, etc. utilize the Community Center for their meetings. If you need a place for your group feel free to check on the availability for usage.

# Senior Citizens of North Berwick



From Sept. through June, 2016 the senior citizens of North Berwick meet the **second Monday** of each month at the NB Community Center for a potluck lunch. Each senior citizen brings either a lunch entree or a dessert to share with everyone else. Sometimes we have a guest speaker or some entertainment to enjoy as well.

# Senior Citizen Trips

Each year the NB Parks & Recreation tries to set up two to three trips for the Senior Citizens of town. In the past we have done these trips: Stars On Ice, Indian Head Resort, Mount Washington Boat Ride, Conway Scenic Railway, Hart's Turkey Farm, Hobo Railroad, Canterbury Shaker Village and others. It is always a fun time and we always find a great place to eat too. Watch the town website, NB Rec. Dept. facebook account, senior lunches or just call ahead to find out if there is anything planned.

The Songo Queen Trip is planned in the Spring.

# Portable Skate Park Events

The Parks and Rec. Dept. purchased several pieces of portable skate park equipment, loaner helmets, a trailer and everything else needed to hold skate park events. We would be willing to set up the equipment again if we had some help and some skaters to come enjoy the equipment.



Do you like to skateboard or know someone who does and want to enjoy our portable equipment? Contact the NB Rec. Dept. For more info on how we can make that happen....

## We need volunteers!



# Adult Volleyball

For the past several years, NB Parks and Rec., has been sponsoring a group of adults who have been playing pick-up volleyball. They play at North Berwick Primary School on Tuesdays and the Hussey School in Berwick on Thursdays. It is from 6:30-9pm. It is free. It's not for beginners. Must be 18+. It is Co-Ed. For more info call Jane Forbes at 651-1096  
**WE NEED PLAYERS!**

## North Berwick Runners Club

The NB Runners Club has continued to grow over the past years, won't you join us! Aimee Jordan is in charge of the program and does a great job. If a parent attends, it is free, the only cost is \$15 for a Club shirt and the Mileage Club Incentive Program. If parents are unable to attend there is a \$50.00 program fee for the 10 weeks the club runs which includes supervision, Club shirt, and mileage incentive program. Siblings can join for ½ price. The Club practices by running on the trails behind the North Berwick Elementary School and performing some road race training too. At times you could see as many as 20 little neon yellow shirts running in town, quite a sight to see. Members participated in several 5k-road races and did really well, often winning ribbons and prizes. When school is in session, the Club practices at the Primary School on Thursdays right after school at 3:30 pm. During the summer, it changes to the North Berwick Community Center. Aimee will keep everyone up to date as the information changes. You can contact Aimee Jordan at [nbrunningclub@hotmail.com](mailto:nbrunningclub@hotmail.com)

### “A Day in the Park” 5K Road Race

The North Berwick Parks and Rec. Dept. is having our third annual “A Day in the Park” 5K-road race in the downtown area. Come join us June 18<sup>th</sup> for an evening race that starts at 6pm. We will have an ice cream party afterwards. What a great way to spend a Saturday night together, keeping fit yet having a lot of fun and creating memories. Cost and other details to follow on the town website as the date gets closer. Get your running shoes and join us...

**MARK YOUR CALENDARS & START TRAINING!**



## Toddler Play Group



Do you have a group of friends that would like to form a playgroup in North Berwick? Then the NB Community Center is a great place to do so! It is very convenient with the outside playgrounds and the awesome inside space too. Just contact the NB Rec. Dept. and they can help you set it all up. It is easy and a great way for your kids to have some out of the house activities, as well as, the Mom and Dads to have some adult interaction. Just give us a call at 676-3206 for more information or questions you might have!

## Volunteering with Parks & Recreation Department



Find North Berwick Rec. on  
FACEBOOK

The Parks and Rec. Dept. is always looking for folks to help with events, activities, Summer Camp and several other programs. It may be for as little as an hour or something more complex like being a junior counselor at camp. We love getting folks involved with our events. It is also a great community service hours opportunity for the students in SAD #60 school district. If you would like to be added to our list of volunteers please call Kristie at 676-3206. As a member of our volunteer list we will call you from time to time to either help us out or maybe even bake some goodies. There is NO obligation to say yes every time, if it fits into your schedule and you have the time to help that time, then great, if not then maybe you can next time.

# North Berwick Summer Camp 2016



The North Berwick Summer Camp program offers summertime recreational activities for North Berwick youth ages 5-13 years old. The program incorporates team sports, games, crafts, and theme days and weeks. We will also go on quality field trips during the week. Camp will take place at the North Berwick Community Center on Lebanon Rd. The North Berwick Recreation Director is on-site most days. We have a very qualified staff and all are certified in First Aid/CPR. Camp will run from 7/5/2016 to 8/12/2016.

## CAMP PHILOSOPHY:

“Our camp is a non-competitive camp that encourages camper choices, spontaneity, friendship, fun, and personal growth. Safety is our first priority.”

## Registration:

All North Berwick residents ages 5-13 are welcome to enroll in the program. Registration forms are available at the Parks & Rec. office inside the Community Center. Space is limited, the first 50 - 55 campers will be guaranteed a place in camp and after that we will have a waiting list to see if we can warrant a second bus. There is a \$25.00 **non-refundable** registration deposit required to hold your child's spot. North Berwick residents can register starting April 1st and then registration will be open to out-of-town residents as of May 1st. We will be cutting off enrollment at 85 total campers this year.

## Cost:

The summer camp cost will be \$550.00 for a NB resident and \$600.00 for a non- resident per child this year. The camp fee increase is due to the fuel prices, buses, and trip admissions. The cost includes the full 6 weeks of camp, a camp t-shirt, and ALL fieldtrips (Approx. \$145.00 value). **Camp fees are non-refundable.** You cannot pick and choose the number of weeks and which weeks your child attends. It is ALL six weeks. The one fee pays for everything. If you were to break down the cost of camp it would be \$95.00 a week or \$3.19 an hour. That is amazingly cheap daycare or babysitting in today's world, and it includes all the trips. The balance due after the \$25.00 deposit must be paid no later than June 17th (Parent Information Night). If you are unable to pay by then, please speak with the Rec. Director as we may be able to give a few days extension if needed. **EVERYONE must be paid in full by 9am on the first day of camp or they will NOT be allowed to attend until it is paid in full.**

## Schedule:

Monday-Friday, 9am-3pm. PLEASE do **not** drop off your child before 9am as staff will not be present to watch your child(ren). If your child is there before 8:55am you will be charged for before care. Attendance is taken by each counselor at 9am at either the picnic tables. Campers will be allowed to leave at 3pm with a parent/guardian checking them out. The person picking them up must be a designated person on their sign out list- No Exceptions!! You must come and get your child(ren), they are not allowed to go to the vehicle in the parking lot. That is for their safety.....Attendance is not mandatory, you do not need to call if your child(ren) are planning to stay home.

**Before and after care is available:**

It is available from 7am-9am before camp starts and from 3pm-5pm after day camp is done. The cost is \$4.00 an hour. . It will be run by the already approved Camp Staff. We do not have a set schedule of events or projects. It is basically free time for them to choose what to do.

**Weather:**

On rainy days we will be inside the community center. Space is limited inside the center so if your schedule allows, you may want to keep your child home that day. Otherwise, we will offer a movie, board games, crafts, etc. No real physical activity can take place inside the center.

**Behavior Policy:**

North Berwick Summer Camp is intended to be a safe place for children to have fun and broaden their understanding of sharing and communication. Inappropriate language, name calling, teasing, bullying and/or inappropriate body contact will **NOT** be tolerated at camp. We are a **HANDS OFF** camp. Such behaviors will be handled by a verbal warning, time out, sending to the rec. director or leader, or even missing a field trip depending on the severity of the situation. If the issues cannot be resolved, a letter will be sent home. Continued problems can lead to dismissal from camp without a refund. We will not allow one camper to ruin it for others.....They will sign a Discipline Contract at the Parent Info Night or the first day of camp.

**Field Trips:**

There will be NO refunds on field trips that we are unable to attend. Campers **MUST** wear their camp t-shirts on every field trip, even the water ones, for their own safety. They will not be allowed to go on the trips if they don't have their camp shirts!! No Exceptions... Parents may purchase additional camp shirts at the start of camp, they are \$10.00 for a regular one and \$15 for a swim shirt. On field trip days, there is NO coverage at the community center. You must be prompt on field trip days as you may miss the bus if arriving late. Field trips and schedule subject to change.

**EVERY PARENT who has a new camper is required to attend our Parent Info Night in June.** We will provide you with a Parent Handbook, upon request, with lots of information. There is much more info available on the website too.

**Camp Dates:**

Tuesday, July 5th through Friday, August 12th, 2016 (OFF JULY 4th)

**Camp Registration Nights**

Wednesday, April 6th 5:30pm-7pm at NBCC  
Cost: \$25.00 non-refundable deposit per camper.

&

Wednesday, May 25th 5:30pm-7pm at NBCC  
Cost: \$25.00 non-refundable deposit per camper





This year we will be having some activities for Earth Day on Saturday, April 23rd, 2016. It may consist of games, activities, crafts, etc. all related to Earth Day. Please dress for messy activities and for outside activities. We are also looking to form some small groups to perform roadside clean-up. Get a group together!

This event and the activities also depend on the amount of snow and/or mud we still have by the date!

More info will be sent home with the children of North Berwick, the town website and facebook when it has been decided. You can also call the Rec. Office.

## North Berwick Fireman's BINGO

The William Hill Firefighters Association sponsors a few Saturdays of BINGO each month at the North Berwick Community Center. The Bingo Saturdays are Feb. 6<sup>th</sup> and 20<sup>th</sup>, March 12<sup>th</sup> and 26<sup>th</sup> and April 9<sup>th</sup> and 23<sup>rd</sup>. No May through August Bingo.

It is a fun time and there are also some refreshments available.

| B I N G O |    |               |    |    |
|-----------|----|---------------|----|----|
| 10        | 20 | 42            | 59 | 62 |
| 5         | 29 | 39            | 56 | 75 |
| 4         | 17 | FREE<br>SPACE | 60 | 71 |
| 11        | 18 | 32            | 51 | 66 |
| 15        | 19 | 36            | 47 | 69 |

# Annual Events



## **Easter Egg Hunt ~ March 26, 2016**

Each spring the Easter Bunny hops into North Berwick and visits the children of the town. This year Easter is in late March so there could still be snow. We will hold the Easter Egg Hunt in whatever weather we have, so dress accordingly. There will also be a visit from the Easter Bunny with a photo op, a few games and refreshments. So watch for more info to come home with the kids, NB Rec Dept facebook and the town website. You can call the Rec. Office too. The event we decide to do will be held on Saturday, March 26<sup>th</sup>, 2016 at the North Berwick Community Center.

Egg hunts start at NOON -- MARK YOUR CALENDARS!

## **Mill Field Festival – August 20, 2016**



Held each year on the third Saturday of August in the downtown Mill Field Area. At the festival you will find craft and food vendors, Scout activities, train rides, a morning 5k road race, musical entertainment, Fireman's BINGO, antique cars, a quilt show and several kids activities. A schedule of events will be posted on the website closer to the event.

We are always in need of volunteers for the Festival Committee.

## Halloween Howler - October 29, 2016



We have our annual Halloween Howler on Halloween from 4-6pm in the Mill Field Area. We will have our popular costume contest followed by a parade filled with all kinds of characters. After that the kids can enjoy some games, a spooky tent, and lots of yummy goodies to eat and maybe even a show or two. Oh ye- don't forget the awesome fortune Teller, Cassandra Zandra, and our newly added Haunted Walk by Boy Scout Troop #312.

Hope to see you all there on Saturday, October 29th, 2016

## Tree Lighting Ceremony - November 26, 2016



On the Saturday after Thanksgiving, November 26<sup>th</sup>, 2016, Santa Claus makes his annual visit to the Mill Field area in North Berwick. The children can visit with him and Mrs. Claus, enjoy a hayride, gingerbread and Lego building contests, a Marcus Gale holiday concert, refreshments by Boy Scout Troop #312, raffles and contests. At 5pm we light the Christmas Tree next to the gazebo in the Mill Field and the Tree at Town Hall.

**Ho, Ho, Ho....**

## Santa Letters



The North Berwick Parks & Rec. Dept. has a direct connection with Santa Claus at the North Pole. Whenever a letter is written and placed in our special mailbox at the Tree Lighting Event or PTO Santa Breakfast, it is sent to North Pole, where Santa answers each one with a custom response and sends it back to the child that wrote it. Make sure to get them in by Dec. 7<sup>th</sup>....



# North Berwick Parks



*All of the buildings and parks in town are tobacco free!*

## **Guptill Field:**

Established in 1963 and located next to the Mary Hurd School, this is the baseball field that is utilized by the North Berwick Athletic Association for Youth baseball and softball. Stop by in the spring and early summer to watch a game and grab some delicious food from the concession stand.

## **Mill Field Area:**

This park is located in North Berwick Village. It is a large open space, large enough for a game of football or baseball. There is a lovely gazebo in the center, which is a great photo opportunity. Some folks have even held their wedding ceremony there. (You will need a permit to do that so contact the Town Manager for more info.) Our Annual Events such as the Halloween Howler, Christmas Tree Lighting and our Annual Mill Field Festival are held here. Come join us!

## **Canal Street Park:**

This park is located behind the Mill Field on Canal Street. Currently it is a basketball court and makeshift skate boarding area. We are hoping to put in a new playground and play area in the Fall of 2016, come to town meeting and vote to help make this happen.....

## **Bruce Abbott Memorial Park:**

This park is located on Morrell's Mill Rd. It is the Public access to Bauneg Beg Lake. There is limited parking, a dock for lake access and a port-a- potty. There are rules posted on the fence so be sure to read.

## **Community Center:**

This is the largest recreational area in town and is located at 264 Lebanon Road. At the Community Center, there are numerous open grassy fields (sometimes there are different sport goals set up) and a large paved parking lot. On the backside of the property is an adventure trail that meanders through the woods with bridges and planks. There is also a basketball court; a Toddler Fire Truck play structure; a large Tree House Climbing Structure for ages 5-12 (younger may use it but it will require supervision) and swings for the kids and adults of all ages to enjoy.

There is a large pavilion area filled with picnic tables, nice for a family picnic. You can also have a party under the pavilion but there is no alcohol or grills allowed and you must take your trash with you. It is not necessary to "book" the outside for usage but it is highly recommended to contact the Recreation Director to see if there may be another event happening on that date and time to avoid any conflicts. There may be an inside event scheduled, a soccer game, a lacrosse practice, a baseball or softball practice, a boy or girl scout function, etc. etc. The Community Center is extremely busy.

There is also a handicapped port-a-potty on the backside of the center from April 1<sup>st</sup> to Nov. 1<sup>st</sup>. Please help us to keep the areas clean. **NO DOGS ALLOWED**, this is a safety and sanitary rule. There is also no parking allowed in the circle area out front, it is a FIRE LANE. The police will enforce this rule.

## **Elroy Day Canoe Launch:**

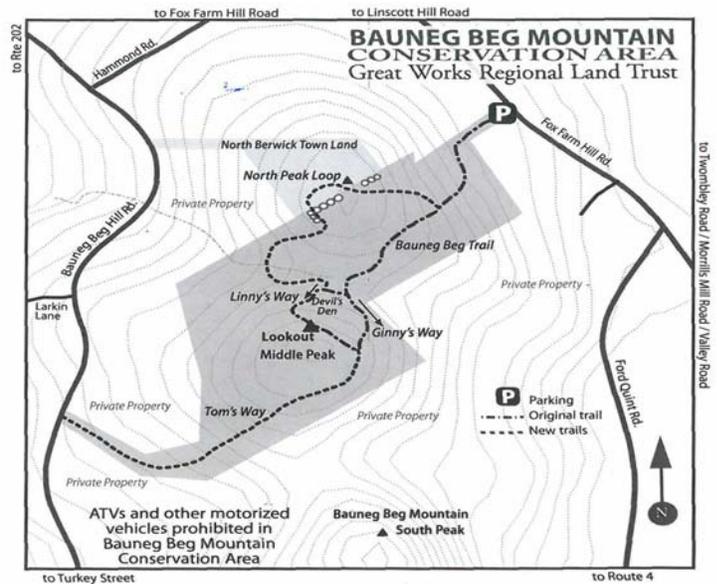
This is our newest park in the Town of North Berwick is located along the WEST entrance of Pratt & Whitney or Great Works Estate Road.. It provides access to the Great Works River and West River for canoeing and kayaking opportunities. There is a small parking lot, picnic tables and a path to the dock system installed at rivers edge where you can launch your canoe or kayak. Beautiful views throughout the four seasons.....

# Trail Systems In and Around North Berwick



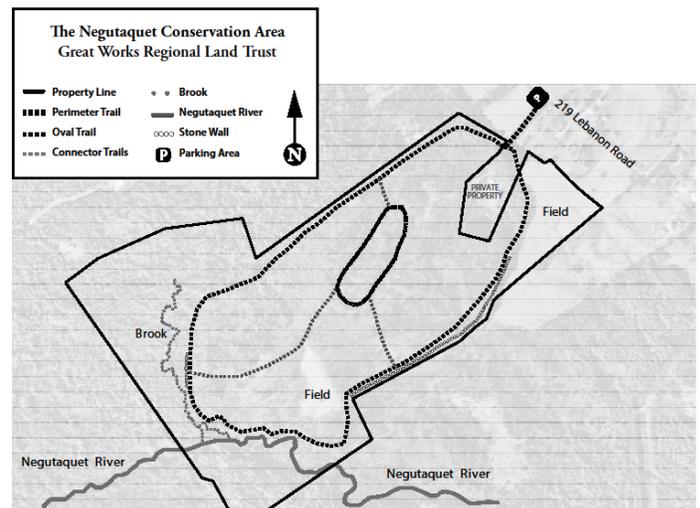
## Great Works Regional Land Trust Bauneg Beg Mountain Conservation Area:

Located in the northern tip of North Berwick, **Bauneg Beg Mountain** has three peaks, the highest of which is 866' higher than Mount Agamenticus. The peaks can be seen from the Atlantic Ocean and have been used by mariners navigating the Maine Coast. On a clear day, from the top, you can see both Mount Washington to the NW and the Atlantic Ocean to the SE. The mountain is the only one in southern Maine that does not have a radio tower. The trails wind through a deciduous forest, then up through a pine grove through a large boulder section known as Devil's Den and on to the view from the high peak. The hike up is about a half-hour walk and there is a choice of longer – *Ginny's Way* – or steeper – *Linny's Way* – routes to the top. For more info Visit [www.gwrlt.org](http://www.gwrlt.org).



## Great Works Regional Land Trust Negutaquet Conservation Area:

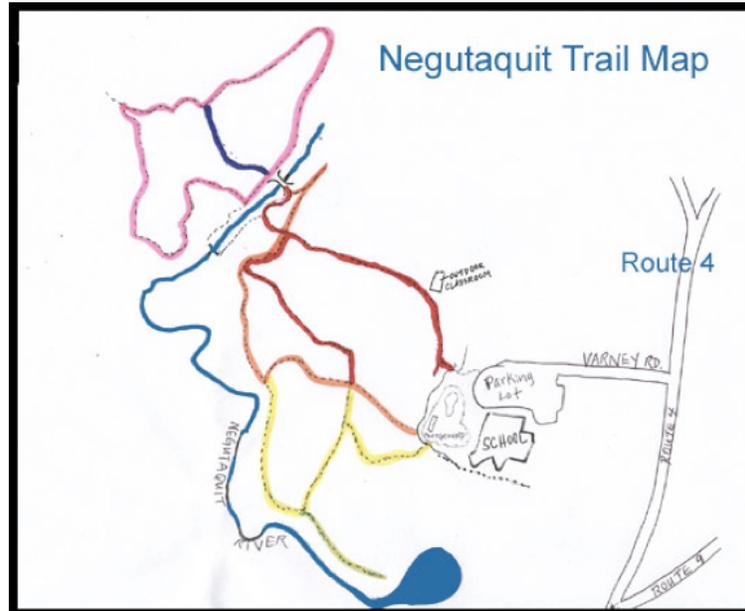
Located off of Lebanon Road in North Berwick, this property was donated by Vera Spohr in 2012. The 100 acre Negutaquet Conservation Area is a beautiful, restful place with open fields and scenic views. The property is home to approximately 2 miles of trail systems winding through a primarily hardwood forest and long the property's Negutaquet River frontage. The trail features such highlights such as the old Weymouth family cemetery, the 'Double Oak,' beaver habitat and views of the wide and meandering floodplain.



### **Negutaquit Nature Center/Primary School Trails:**

The Negutaquit Nature Center, located behind the North Berwick Elementary School playground, is made up of 55 acres of land. Students and teachers are fortunate to be able to walk the trails and use the nature center to gain first hand knowledge about the plants and animals that thrive in the area. It is open to the public year round during non-school hours.

The Negutaquit Nature Center has a wide variety of habitats: field, forest, and a stream.



The mission of this nature center is to serve SAD #60 and the citizens of its three towns by preserving a natural area, accessible for day use for the following purposes:

- \* to foster appreciation and respect for the environment
- \* to create a hands-on educational facility
- \* to encourage active stewardship in protecting and maintaining the delicate balance of nature
- \* to provide a place for renewal and peace.

### **Eastern Trail:**

The Eastern Trail is a 65-mile section of the East Coast Greenway, a transportation-recreation greenway connecting Kittery, in southernmost Maine to Casco Bay in South Portland! You can go on their website at [www.easterntail.org](http://www.easterntail.org) and download a trail guide, sign up for a newsletter, get a brochure and many other fun things.

### **The Mount Agamenticus Conservation Region:**

Mount Agamenticus is located in nearby South Berwick, Maine.

Mount "Aggie" is known for its unique trail system and rich natural resources. State, local and non-profit landowners are working together to balance protection of these lands for wildlife habitat and water quality while providing opportunities for safe and sustainable recreation. For more information about the trail system and more visit their website at: [www.agamenticus.org](http://www.agamenticus.org)

## North Berwick Elementary School



All parents and/or guardians of North Berwick Elementary students are members: we require no membership enrollment or dues! Please take the time to be involved in your child's school, YOU make a difference!

Parents, in addition to teachers, play a major role in their child's education. The purpose of the PTO is to bring parents and teachers together to provide the best educational opportunities possible and to work toward creating the best educational environment both at school and at home.

PTO meetings will be held on the third Tuesday of each month at 6:00 at North Berwick Elementary School (child care is provided). All parents of North Berwick students are invited to attend PTO meetings. We encourage your suggestions.

The PTO has a variety of committees and they sponsor several events that require parent help. If you can help, email [nbptobears@gmail.com](mailto:nbptobears@gmail.com)



# **MSAD #60- NOBLE School District Information**

School District Website: [www.msad60.org](http://www.msad60.org)

## **Superintendents Office:**

21 Main Street N. Berwick, Maine 03906 Mailing Address: PO Box 819 NB, Maine 03906  
676-2234 Superintendent: Steven B. Connolly email: [Steve.Connolly@msad60.org](mailto:Steve.Connolly@msad60.org)

## **Adult Education:**

388 Somersworth Rd. N. Berwick, Maine 03906  
676-3223 Director: Brenda Gagne email: [Brenda.gagne@msad60.org](mailto:Brenda.gagne@msad60.org)

## **Noble High School:**

388 Somersworth Rd. N. Berwick, Maine 03906  
676-2843 Principal: Joe Findlay email: [joe.Findlay@msad60.org](mailto:joe.Findlay@msad60.org)

## **Noble Middle School:**

46 Cranberry Meadow Rd. Berwick, Maine 03901  
698-1320 Principal: Mike Roberts email: [mike.roberts@msad60.org](mailto:mike.roberts@msad60.org)

## **Berwick Elementary- Knowlton School:**

8 Noble Lane Berwick, Maine 03901  
698-1188 Principal: Audra Beauvais email: [audra.beauvais@msad60.org](mailto:audra.beauvais@msad60.org)

## **Berwick Elementary- Hussey School:**

20 Blackberry Hill Rd.  
698-4465 Principal: Audra Beauvais email: [audra.beauvais@msad60.org](mailto:audra.beauvais@msad60.org)

## **Mary Hurd Academy:**

77 High Street North Berwick, Maine 03906 Mailing: PO Box 819, NB Maine 03906  
676-2651 Director: Asst. Superintendent Sue Austin email: [s.austin@msad60.org](mailto:s.austin@msad60.org)

## **North Berwick Elementary School**

25 Varney Rd. North Berwick, Maine 03906 Mailing: 25 Varney Road, NB Maine 03906  
676-9811 Principal: Ron Robert email: [ron.Robert@msad60.org](mailto:ron.Robert@msad60.org)

## **Lebanon Elementary School**

53 Upper Guinea Rd. Lebanon, Maine 04027  
457-1126 Principal: Tom Ledue email: [tom.ledue@msad60.org](mailto:tom.ledue@msad60.org)

## **Hanson School (Lebanon)**

53 Upper Guinea Rd. Lebanon, Maine 04027  
457-1299 Principal: Tom Ledue email: [tom.ledue@msad60.org](mailto:tom.ledue@msad60.org)

The meaning of NOBLE:

**NO** (North Berwick) **B** (Berwick) **LE** (Lebanon) = **NOBLE**

# NB Fall Soccer Program 2016

Ages: Pre-K (4 years old by Sept. 1st) to 6th grade.

Cost:

Residents: \$40.00 per player or \$95.00 for a family of 3 or more

Non- Residents: \$50.00 per player

**Season:** Saturday, Sept. 17th - Oct. 29<sup>th</sup>, 2016

The players have a practice once a week and play their games on Saturday mornings. All games are done by noon time. They will need shin guards and cleats. We will provide the team jerseys. All practices and games are at the NBCC fields. Jersey's must be worn to every game, no t-shirts of same color...

Registrations Dates :

Wednesday, May 25th: 5:30pm-7:00pm at NBCC

Wednesday, June 15th: 5:30-7pm at the NB Community Center

**\*\*Last Chance Sign Up Date:\*\***

Monday, August 1st: 5:00pm-6:00pm at the NBCC

Practices will typically start the second week of September, it depends on when the coaches choose to start...First games will be on Sept. 17th.

\*\*\*Due to the confusion last year with parents requesting a certain night, a certain coach, a certain friend, etc. etc. We will no longer take requests. ***Thank you in advance for your understanding...***

\*\*\*After August 1st we will NO longer accept ANY LATE registration forms.

We need to get the teams set up, jerseys ordered, etc.

NO EXCEPTIONS....

LEAGUES:

Micro Leagues: Pre k, Kindergarten and any 1st graders (Parent must request to move up)

Minor Leagues: 2nd and 3rd graders. 1st graders who have played at least a year (parent must request)

Major Leagues: 4th, 5th, 6th graders and maybe some 3rd graders. (parent must request)

**\*\*MOVING YOUR CHILD UP A LEAGUE MUST BE REQUESTED BY THE PARENT!**

And must be done BEFORE jerseys are ordered....

PARENTS- IMPORTANT INFORMATION ABOUT MOVING UP A LEAGUE

For some parents who want their 1st grader or 3<sup>rd</sup> grader to move up to the next league it MUST be discussed at registration time. This is not an automatic thing that happens, it must be brought up by the parents to the Rec. Director. Once discussed the Rec. Director will speak with last years coach and make the final determination and let you know. It is NOT the parent's decision. If a decision cannot be made that satisfies a parent than a refund will be given.

For more information contact Kristie Michaud at 676-3206 or [nbrec@maine.rr.com](mailto:nbrec@maine.rr.com)

**Volunteer Coaching – We need your help!**

Please don't hesitate to volunteer to coach! You don't have to be in the coaches' hall of fame to help coach any of our teams. Your job, in most situations, is to make sure every child has equal playing time and to insure that the kids are having fun...so please consider volunteering.

## **Berwick Youth Wrestling**



Children in grades Pre-K through 6 are taught the techniques of wrestling from basic skills to advanced techniques for the experienced wrestler. North Berwick students are encouraged to join. All of the children are encouraged to participate & develop their skills, without compromising the well-being, development and enjoyment of themselves or others.

Season: January- 1<sup>st</sup> week of April    Practices: Tuesdays & Thursdays

Tournaments are encouraged, but not required

For more information: [www.berwickyouthwrestling.com](http://www.berwickyouthwrestling.com), email: [berwickyouthwrestling@yahoo.com](mailto:berwickyouthwrestling@yahoo.com) or Berwick Youth Wrestling on Facebook

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## **NOBLE Babe Ruth Baseball**

League - Ages 13-15

Towns of: Berwick/ North Berwick

Founded in 1951, Babe Ruth Baseball League was created for ballplayers ages 13-15 who wished to continue their baseball playing experience beyond the age of 12. In this division, teams are eligible to enter tournament competition and move along the tournament trail, culminating in a World Series.

**For more information go to the Noble Babe Ruth Facebook Page**



# Noble Youth Lacrosse

## **2016 Spring Season**

Welcome to Noble Youth Lacrosse

Teams are forming for Grades 3-8 / Girls & Boys from the towns of  
Lebanon, Berwick, & North Berwick.  
Spaces are limited!

If you missed in-person sign-ups, you still may be able to register online or  
mail in the forms located in the Documents page of our website.



**Noble Youth Lacrosse**  
**P.O. Box 36**  
**North Berwick, ME 03901**

Make checks payable to:  
**Noble Youth Lacrosse**

**Like us on Facebook or visit**  
**Visit website**  
**<http://nobleyouthlacrosse.usl.la/>**

**For more information or**  
**questions please email:**  
**[nobleyouthlax@gmail.com](mailto:nobleyouthlax@gmail.com)**



## **NOBLE Squires Football & Cheering**



Jr. High Tackle Football/ Cheering (Grades 7-8)  
Pee Wee Tackle Football/ Cheering (Grades 4-6)  
Mites Tackle Football/ Cheering (Grades 2-3)  
Flag Football/ Cheering (Grades K-1)

Registration paperwork and more information available online at:  
<http://www.noblesquires.com>



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## **N.B.A.A. Baseball and Softball**

For sign up info go to the NBAA facebook page or website. A copy of the player's birth certificate is required at the time of sign up. We are open to Berwick and North Berwick Residents. We try to inter league play as much as possible. There are typically two games a week. Season starts in April and goes through the last week of school.

Children from 4 – 12 can register to play in various leagues  
per Little League age requirements

Cost: \$45.00 to \$65.00 depending on the league your child plays in

For more info contact Catherine McGilvery, President at 207-337-8020

The NBAA Board meets every third Tuesday at 6:30pm at the North Berwick Community Center.

Check us out at: [www.leaguelineup.com](http://www.leaguelineup.com) or our facebook page





## Noble Travel Soccer

Noble Travel Soccer Club is a non-profit organization made up of volunteers servicing children in the communities of Berwick, North Berwick and Lebanon. The goal of our club is to provide an outstanding athletic experience while simultaneously promoting good sportsmanship, teamwork, and an active lifestyle.

The Club is open to all Boys and Girls Entering Grades 3 thru 8 (Under 9 to Under 14 -fall 2015). Team practices begin in July and August for our fall soccer season.

For more information visit [nobletravelsoccer.org](http://nobletravelsoccer.org).

### Winter Activities for Kids

We are always looking for people to share their talents with the citizens of North Berwick. We love to offer one class or a series of classes to teach them or offer an activity for them to do in the winter or any other time of the year! In the past we have offered such things as:

|                |                                |                         |
|----------------|--------------------------------|-------------------------|
| Toddler Soccer | Gingerbread House Making Class | Valentine Card Making   |
| Winter Crafts  | Candy Bar Bingo                | Mexican Family Night    |
| Earth Day Camp | Winter Mini-Camps              | Lacrosse Clinics        |
| Drawing Class  | Emergency Services Day         | Ice Skating Rink Set Up |
| Skate Nights   | Zumba                          | Yoga                    |
| Line Dancing   | Toddler Playgroup              | Game Nights             |

Do you have a talent or skill to share with kids? Contact the Rec. Dept. and we can try to set something up. It will not cost you anything, in fact you might even make a few dollars doing something you love to do. Give us a call.....

## North Berwick Scouting Programs



### Cub Scout Pack #312

Boys in Grades 1-5 are welcome to join the Pack, which meets at the North Berwick Community Center for a monthly Pack meeting and periodic Den meetings in between.

Contact Cubmaster Kevin Levasseur at 676-8656 or via email at [kevinandabby@psouth.net](mailto:kevinandabby@psouth.net).



### Boy Scout Troop #312

Boys aged 11 through 17 are welcome to join the Troop, which meets at the North Berwick Community Center on the second and fourth Monday evenings from 6:30pm-8:00pm, with a monthly outdoor activity and a summer camping program.

Contact Scoutmaster Wayne LaFrance via email at [wayne@hepwel.com](mailto:wayne@hepwel.com)



### Venture Crew 357

Venturing is a co-ed program for young men and women aged 14 through 20 who are interested in high adventure activities, socializing and leadership. The Crew meets on the first and third Wednesdays at the North Berwick Rod & Gun Club from 6:30pm-8:00pm, with activities planned by the youth members monthly. A major outing is planned each summer or fall.

Contact Scott Valcourt at 698-1213 or via email at [scott@valcourt.org](mailto:scott@valcourt.org)



# Girl Scouts®

[Info@gsmaine.org](mailto:Info@gsmaine.org) // [www.girlscoutsofmaine.org](http://www.girlscoutsofmaine.org) // (888)922-4763

Girls can join Girl Scouts at different grade-levels:

- Girl Scout Daisy, grades K-1
- Girl Scout Brownie, grades 2-3
- Girl Scout Junior, grades 4-5
- Girl Scout Cadette, grades 6-8
- Girl Scout Senior, grades 9-10
- Girl Scout Ambassador, grades 11-12

Girl Scouts. Born to be GREAT.

Girls scouts is the premiere leadership organization for girls in the nation,  
And our 59 million alumnae are living proof that what we teach today  
Impacts the leaders of tomorrow.

**80%**

of women business owners were Girl Scouts.

**68%**

of female U.S. Senators were Girl Scouts.

**67%**

of female members of the House of Representatives were Girl Scouts.

**VIRTUALLY EVERY**

Female astronaut who has flown in space was a Girl Scout!

**Community Service Hours Available**  
**North Berwick Parks and Rec. Dept.**  
**(Must be a high school student, some exceptions may apply)**

**SPRING:**

- \* **Sprucing Up:** We are looking for some students to help spruce up the NBCC area by raking the mulch, sweeping sidewalks, painting, etc. Pretty much anything to do with beautification of the facilities. Also, at the parks around town. (Time commitment; what you want)
- \* **Portable Skate Park Events:** We are looking for some older students to help us with all aspects of running the events. From set up, supervision, take down, clean up after. Maybe even teaching the beginning skaters. (Time Commitment: 2-4 hours per event)
- \* **Easter Egg Event:** We are always looking for students to bake and help out by hiding the eggs, running the prize tables, supervising, etc. (Time Commitment: 2 1/2 hours) Saturday, March 26, 2016.

**SUMMER:**

- \* **Readiness for Summer:** We are looking for some students to help with taking off the bathroom winter doors, the outside concession door, bench moving, trash cans out, sheds ready and basic de-winterizing. (Time Comit: varies)
- \* **Summer Camp Junior Counselor:** Our biggest volunteer opportunity for students. You can fill out an Employment Application to be a Junior Counselor. Once you have done that you will need three letters of recommendation from either teachers, past employers, coaches, etc. Just cannot be family members telling me why you would make an outstanding Junior Counselor. Once you have that we will set up an interview time that works for both of us. The junior counselor positions are very popular so do not wait to apply. Deadline for applications is April 15th.
- \* **Mill Field Festival Helpers:** We are looking for students to help us on Saturday, August 20, 2016 with several things during the festival. Vendor help, clean up, kids section, skate park event, etc. (Time Commitment: varies)
- \* **Portable Skate Park Events:** We are looking for some older students to help us with all aspects of running the events. From set up, supervision, take down and clean up after. (Time Commitment: 2-4 hours per event) Dates: TBA

**Fall:**

- \* **Fall Recreation Soccer League:** We are always looking for experienced soccer players to referee our Major and Minor League Games. It is not difficult at all. The parents are very supportive and the players listen well. If you are not interested in refereeing than maybe being an assistant coach would be good for you. Just speak to Kristie about any opportunities available within the league. (Time Commitment: 1 or 2 games) Season starts Mid-Sept.
- \* **Portable Skate Park Events:** We are looking for some older students to help us with all aspects of running the events. From set up, supervision, take down and clean up after. (Time Commitment: 2-4 hours per event) More Dates: TBA
- \* **Halloween Howler** is held on Saturday, October 29, 2016 from 4-6pm in the Mill Field Area downtown. We need help with judging the costume contest, judging the pumpkin contest, refreshment help, safety patrol, our Spooky Tent, etc. Lots of fun things to do there.... (Time Commitment: from 1/2 hour or the entire event length - approx. 2 1/2 hours)

**WINTER:**

- \* **Readiness for wintertime:** We need help bringing in the soccer nets, goals and benches. Placing the winter bathroom doors back on, rock salt and shovels out, etc. (Time Commitment: varies)
- \* **Tree Lighting Event:** This event will be held Saturday, November 26, 2016 in the downtown Mill Field Area. We have games, Hay rides, Lego Contest, Gingerbread Contest, refreshment area and we have set up and clean up. (Time Commitment: varies)

**Classes/ Programs:** We are always looking for talented students who want to teach a class to partner up with the NBPR so that we can offer some of your great ideas with the students of the district. Can you hip hop dance, teach art, drama, beginner spanish, cook, quilt, knit, juggle? If so we are looking for you! You could choose to volunteer to run it or possibly to get paid.

For more information on any of these opportunities please contact  
Kristie L. Michaud at 676-3206 or nbrec@maine.rr.com

## 25 WAYS TO HELP YOUR WHOLE FAMILY THRIVE:

1. Take care of yourself first and you'll take better care of others.
2. PLAY AND LAUGH with your children.
3. Compliment your kids on the good things they do.
4. Let your kids be kids.
5. Admit your mistakes and say you're sorry.
6. TURN OFF THE TV
7. Ask for help when you need it.
8. Trust your instincts.
9. Meet your children's friends- and their friends' parents.
10. Accept that you don't have to be perfect; just be real.
11. Set clear boundaries and expectations for your children.
12. Ask your kids where they are going and who they will be with.
13. Avoid doing too much; say no to some requests without feeling guilty.
14. Eat together as a family whenever possible.
15. Read aloud with your children.
16. Be excited about your child's interests.
17. Take time to develop your own special talents and strengths.
18. Ask for your child's opinion.
19. Spend time alone with your significant other and adult friends.
20. Don't worry if the house is a little messy.
21. Listen to your child without always giving advice or opinions.
22. Try to find the JOY in each day.
23. Say no to your child when you have to, but say yes as much as you can.
24. Attend parent-teacher conferences and other school events.
25. Continue your own learning- read a book, take a class, etc.

**A message brought to you by: Healthy Communities/ Healthy Youth**

**Thank you from the Parks and Recreation Commission!**

Thank you to everyone who helps the North  
Berwick Parks & Recreation Department  
throughout the year! We couldn't do it without  
you all....

*Kristie L. Michaud*

# North Berwick Parks and Recreation Activities Booklet 2016

Town of North Berwick  
21 Main Street  
P.O. Box 422  
North Berwick, Maine 03906

[www.townofnorthberwick.org](http://www.townofnorthberwick.org)

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