

TAPPLY-THOMPSON COMMUNITY CENTER

2019 FALL / WINTER CRUSADER



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E-mail: ttcc@metrocast.net, Website: www.ttccrec.org

Proudly serving the towns of:
Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill & New Hampton

MESSAGE FROM THE ASSISTANT DIRECTOR

This is my first newsletter “message”! The first thing I thought of was—how do we get more kids involved in our youth sports program? We seem to be having a decline in participation over the past several years and other rec departments we work with are seeing this trend as well. Here at the TTCC, we offer several different sports for kids ages 3 & up to participate in throughout the year. In the fall we have soccer & field hockey, the winter is time for basketball and then spring time we have baseball, softball, t-ball & track and field. We highly encourage children to participate in a wide variety of sports & activities as several studies show that specialization in a one sport can lead to injury and burn-out. The TTCC sports are open to any kids in the

Newfound Area from beginners up to kids with years of experience. We will do our best to split them up on to even teams and we also try to accommodate any requests if they have a friend they want to play with to make them more comfortable or need help with rides, etc. So WHY should they play? There are so many reasons! Some that come to mind are: They will be physically active, they will get to meet new friends, sports can help boost self esteem, they will learn about team work & dedication, and the list of benefits goes on and on...

We also encourage the adults to get involved in coaching. Words from past coaches on why they coach: “Because it gets me more involved in my community,” “I get satisfaction watching a kid grow in ability and confidence,” “Because I care...”. As your family settles back into the school year routine, think about getting more involved in your community and the local youth sports opportunities available!

Below, enjoy some “old” pictures that we believe truly capture what youth sports are all about!

BRISTOL RECREATION ADVISORY COUNCIL MEMBERS (BRAC)

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Barbara Greenwood, Vice Chair
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Jill Reise, Hill

MEMBERS AT LARGE:

Peter Daniels, Marsha Felder, Dillon Therrien, Sherry Webber & Wendy Williams

TTCC OFFICE STAFF:

Leslie Dion, Director of Recreation
Dan MacLean, Assistant Director

PROGRAM STAFF:

Tim Bony, Erica Cook, Toni Dooley,
Daryll Ellis, Tami McHugh, Gina Richford,
Mikayla Royea, Matt Seaver, Rachel Spain

OFFICE HOURS:

9am-5:30pm



Team
Friendship
Fun



Focus
Determination



Confidence
Dedication
Accomplishment

This publication is not school sponsored

YOUTH PROGRAMS

**BE ACTIVE, HAVE FUN, MAKE FRIENDS, LEARN
TEAMWORK... PLAY A YOUTH SPORT!!**

FIELD HOCKEY

FOR: Girls in grades 3-6
WHEN: Begins Saturday 9/7 at
1:30pm. Girls may have a weeknight
practice & will play games mostly
on Saturday afternoons, schedule
is subject to change!
COST: \$30/child



SOCCER

FOR: Boys & Girls, grades K-6
WHEN: 1st Day Skills Assessment
is on 9/7 @ Kelley Park
- Season runs until 10/26
COST: \$35/child



*We need coaches to help with teams!! Please contact
TTCC if interested!*

LIL' KICKS SOCCER

FOR: 3-5 Year Olds
WHEN: Saturdays, 9/14-10/26
TIME: 9-9:45am
WHERE: Kelley Park
COST: \$20/child



*Kids will learn the basics of soccer in this weekly
program. All participants must have an adult present
with them. Need volunteers to help lead the
program—please let us know if you're interested!*

BASKETBALL

FOR: Grades 1-6 (we will offer programs for other
ages as well... 3-5 yr olds, kindergarten, middle & high
school programs will all be available... stay tuned!)
COST: Grades 1 & 2: \$30; 3-6: \$40
Starts 11/23 (skills assessment), register by 11/21.
**Need coaches & sponsors, please call TTCC if you
are able to help!**

SPECIAL OLYMPICS YOUNG ATHLETES

FOR: Kids ages 2-7 with &
without disabilities
WHEN: Saturdays
DATES: 10/19—11/23
TIME: 11:15am-12pm
WHERE: TTCC Gymnasium
INSTRUCTOR: Gina Richford
COST: No cost to your family for participating



*This is an innovative sports play program for chil-
dren with and without disabilities, designed to pro-
vide opportunities for young children to be active,
have fun & learn foundational sports skills.*

KARATE LESSONS

Mortensen & McKellar's Karate
FOR: Ages 4 & up
WHEN: Tuesdays & Thursdays



- Beginner/early youth (ages 4-6), class from 4:45-5:15pm, \$35/mo. (Tuesdays Only)
- Beginner/Youth (ages 6 & up)—class from 5:15-6:15pm, \$80/mo.
- Advanced/Teen / Young Adult—class from 6:15-8pm, \$100/mo.

JOIN ANYTIME!! *Family discounts available!
**1/2 price 1st month trial (if you stay next month its full
price plus you get a Gi!)
More instructor & class information available online. To
register, contact the TTCC Office!



SCOUTS

Join the local **Cub Scouts!** Cubs Scouts
are available to kids in grades K to 5 with
many activities offered, like the Chuck-
wagon, Pinewood derby, Camping trips, Community
Service, and much, much more!

**Meet us at your local Elementary School Open
House or join us at our upcoming Pack meeting at
Newfound Regional High School on Sept 27th, 6pm**
Questions? Email us at newfoundpack59@gmail.com
& we're on Facebook too - [Newfound Cubscouts](https://www.facebook.com/NewfoundCubscouts)

Girl Scouts—

Who: Junior Girl Scout Troop 23160
When: Tuesdays at the TTCC
Why: Want to meet a **real-life Super-girl?** Just talk to a Girl Scout Junior who wakes up
every day ready to play a new role. Juniors are
explorers when they go camping for the first time.
They're CEOs when they market and sell cookies.
They're scientists when they do energy audits and
go on nature walks. And they're product designers
and writers when they earn their Innovation and
Storytelling badges. Not to mention change makers,
big-idea thinkers, and **future leaders**. Supergirl,
indeed!
Our troop includes 4th grade girls from Bristol
Elementary and Bridgewater-Hebron Village School.
If you are interested or would like to learn more,
please call Kelly at 603-630-0618.



girl scouts

Boy Scouts—Want to join the next great adventure?
Come check out all of the great opportunities with
Troop 59. Troop 59 is a scout led outdoor centered
group that provides everyone with the opportunity to
develop their leadership skills through experiences
that will create a lifetime of memories. If you are
interested in trying us out then stop on by or contact
us for more information. Troop Meetings are every
Sunday evening from 5:00—6:30pm at the TTCC.

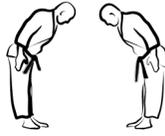
For further information contact:

Asst. Scoutmaster: Jason Robert, 603-731-
7933, jasonrobert603@gmail.com
Committee Chair: Greg Worthen, 603-393-1529

ADULT PROGRAMS

KARATE

FOR: Adults/Teens
 WHERE: TTCC Gymnasium
 WHEN: Wednesdays, 6:30 pm
 COST: \$30/month or \$10/class
 (family rate: \$25pp/mo)
 INSTRUCTOR: John McHugh, 744-8353



KICKBOXING

With Mortensen & McKellar Karate

Mondays, Wednesdays & Fridays
From 5:45-7pm, downstairs in TTCC

The class curriculum will include a focus on proper punching and kicking techniques for kick boxing, flowing strength and conditioning, and self defense techniques. All this is based in traditional karate, American kick Boxing & self-defense techniques. Bring comfortable work-out clothes and boxing gloves (available for purchase)

Typical Class Format: **Based on 3 minute rounds with 45 second breaks** As we increase our fitness the round time will increase.

- Warm-ups / Stretching
- Flowing strength and conditioning
- Foot work, punching, and kicking
- Mitt drills and/or bag work
- Flowing strength and conditioning
- Basic self defense drills
- Repeat until class ends



INSTRUCTORS: Larry Mortensen (5th degree, ranked in multiple styles), Joe McKellar (2nd degree) & Theresa Orlowski (3rd degree, ranked in multiple styles)

COST: \$80/mo, Drop-ins welcome \$10/class, 10 class punch card \$90 (family discounts available upon request)

****NEW** This November, we will also be adding Yoshitsune Combat Ju-jitsu to our kickboxing program on Wednesdays for an emphasis on self defense. This style is the street-practical version of the ju-jitsu seen in the UFC. Yoshitsune Combat Ju-jitsu techniques are based on dealing quickly with an attacker whereas the sport version is based on grappling on the ground.

SHAPE UP NEWFOUND EXERCISE CLASSES

WHAT: Cardio/Strength training workouts for men & women of all fitness levels

WHEN: Tuesday & Thursday nights from 6-7pm & Saturdays from 8-9am

WHERE: At the Bristol Elementary School located at 55 School St. in Bristol

INSTRUCTOR: Donna Evans will guide you through great workouts designed to challenge and change your body!



Modifications are given so that participants are able to perform safely at their ability level. No two classes are alike! Boot Camp! AMRAPs! Circuits! Give Shape Up a try—**your first class is free!**

COST: \$6 Drop In Anytime, 10 Class Punch Card @ \$55, 12 Weeks @ \$100

For info, contact Donna at donna.evans78@yahoo.com or find us on Facebook, Shape Up Newfoundland

Pick-up SPORTS

BADMINTON - Mondays, 7pm at the TTCC

VOLLEYBALL - Tuesdays/Fridays, 7pm BHVS

BASKETBALL - Sundays, 6-8pm at NMMS **PICKLEBALL** - *Tuesdays/Thursdays, 9:00am

*Played at Kelley Park or TTCC depending on weather.

Pre-registration is required—at www.tccrec.org or by contacting the TTCC. Schedule subject to change, contact TTCC for latest info.

Cost per player is \$1 per play to participate or pay \$25 / year to TTCC Office for membership.

Schedule subject to change—contact TTCC for latest info!

Roll Out Fitness Skating Class

"HIIT" - HIGH INTENSITY INTERVAL TRAINING

24 WEEK PROGRAM
 ONE-HOUR ON SKATES CLASS
 PROFESSIONAL EXERCISE INSTRUCTORS
 STRENGTH & CARDIO—BURN 1,000 CALORIES!!

Tentative start date of September 18, 2019 at 7 pm
 When: Wednesdays 7-8 pm
 Cost: \$240 for 24 classes

Instructors: Kelli Lavalley & Sonia Gaudette

We are looking for a minimum of 6 and a maximum of 20 participants. FREE t-shirt to the first few new skaters!!

MORE INFO...



Come get a GREAT WORKOUT to GREAT MUSIC with a FUN UPBEAT Roller Skating Fitness Class!

You must have completed the "Start Out" Class or have a lot of ROLLER SKATING EXPERIENCE! Assessment will be required.

You do need to bring your own skates, helmet, safety pads (wrist, knees and elbow) & mouth guards.

For a registration form email:

soniagaudette@gmail.com

Questions?

Call or Text Sonia 603-293-5064
 or Kelli 603-491-3988

SPECIAL EVENTS

35th Annual Apple Festival & Craft Fair

**Saturday, October 12th
from 9am-2pm**

APPLE FESTIVAL!

Homemade Apple Pies & Baked Goods,
Home Baked Beans & Fresh Bread,
Apple Pie a-la-mode! Pies can be
pre-ordered by calling 744-2713



AND CRAFT FAIR!

The gym will have a variety of
crafters & vendors for early
Christmas Shopping!
Table Space still available

WE ARE LOOKING FOR HELP
on Friday, 10/11 from 9am-4pm
to cut apples and prepare pies

TTCC Teen Council's HAUNTED BASEMENT

**Thursday, October 31st
5-7:30pm
Downstairs in the TTCC**



Come take a chilling stroll
through the Haunted
Basement at the TTCC on
Halloween Night!



Teen Council sets up several frightening
scenes that are sure to spook you!

No charge for this thrilling event!

ELF INTERVIEWS

"To be an Elf is both work & fun!"

**Santa needs Elves from the
4th & 5th grade to help him with the
2019 Santa's Village!**

Anyone interested in being an Elf
must come to the TTCC for a brief
Interview. Interviews will be held on
Wed, 11/6 at the TTCC,
5:30-6:15pm for 4th & 6:15-7 for 5th



ONE STOP CHRISTMAS SHOP FOR KIDS

FOR: Kindergarten-8th Grade
WHEN: Tue, 11/26 & Fri, 11/29, 4-7pm
WHERE: TTCC Downstairs



This event is an opportunity for children
to do their Christmas shopping for family
& friends in one stop. Younger children are assigned
a helper that will keep them within their budget.
Many different items for parents, siblings,
grandparents, teachers & friends.
Items cost from 25 cents to \$5

THIS IS A KID ZONE ONLY!!

Parents must wait outside the room, no peeking!

JINGLE MINGLE 5K

WHAT: A 5K Fun Run/Walk to
help us raise funds for 'Program
Scholarships' for local youth.

WHEN: Saturday 12/7

TIME: 9:30am Registration 10:00am Race Start

WHERE: Race will begin and end at the TTCC

COST: \$20 pre-reg by 11/30 - \$25 day of race;
Kids 15 & under are \$5 (no shirt for kids - can be
purchased separately for \$10)

REGISTER: at www.ttcrc.org

Enjoy yummy soups & chowders after the race &
win some cool raffle prizes!



65th Annual SANTA'S VILLAGE & CRAFT FAIR

FOR: All ages
WHEN: Friday, 12/13, 6-8pm
Saturday, 12/14, 2-5pm
Sunday, 12/15, 2-5pm

COST: Canned Food Donation

Join us for this magical annual event! Visit Santa's
Elves as they work on toys & wrap presents, enjoy
one of Mrs. Claus' famous cookies, check out the
awesome North Pole train station and spend time
with Santa!

Visit the TTCC's **BIGGEST** Craft Fair while you
wait! Tables still available for rent.



THE TTCC NEED VOLUNTEERS!

The TTCC is always in need of volunteers to help run the many programs during the year
If you're interested in helping in any way, please contact the TTCC at 744-2713...

- **Dance Chaperones:** 9/6, 10/18, 11/15, 1/31, 3/6, 4/24 & 5/15 - dances are 6:30-9pm
- **Baking for Teen Nights:** Baked goods to serve Teens on Tuesdays & Thursdays
- **Soccer/Basketball:** Coaches, Refs, Scorekeepers, Selling cash calendars
- **Marathon Volunteer:** Parking, Road Safety, Water Stops on Saturday, 10/5
- **Apple Festival:** Peeling / cutting apples and helping make all the baked goods on 10/11
- **One Stop Christmas Shop:** Pre-wrapping gifts - anytime 11/4-11/22 - call to set up & also during the shop - Tuesday, 11/26 from 4-7 pm or Friday, 11/29 from 4 - 7 pm
- **Santa's Village Prep (11/30 - 12/12):** Decorating, Ornaments, Prep Crafts, Bake cookies
- **Santa's Village (12/13-12/15):** Face painting, photos, registration, greeters



MORE PROGRAMS!

NEW Fall Trail Running

FOR: Ages 9 & up

WHEN:

- Saturday 9/7, 8am @ New Hampton Fitness Trail (by the fire station)
- Sunday 9/15, 4pm @ Profile Falls
- Saturday 9/21, 8am @ Franklin Falls Dam
- Sunday 9/29, 4pm @ New Hampton Fitness Trail
- Saturday 10/5, 9am - no trail running... sign up for the New Hampshire Marathon Kids Race!
- Sunday 10/20, 4pm @ Franklin Falls

COACH: DeAna Irving will lead this new program! DeAna is looking for other adults to help - will need an adult to be with the last kids in the group (to be the "caboose!"), and it would be helpful to have others spread out in the group as well. Let us know if you can help!

REGISTRATION: All participants must register through the TTCC. This program is free.



NH KIDS MARATHON

Saturday, 10/5/19, 9am race

This FREE annual event is sponsored by Mid-State Health Center to promote physical fitness and a healthy lifestyle.

For more info, registration & for mileage tracking log please go online to nhmarathon.com/kids-marathon

TTCC Teen Council's PARENT'S NIGHT OUT

DATES:

10/19, 12/7, 2/15 & 5/16

From 5 pm - 10 pm at the TTCC!



Drop the kids (ages 4 & up) off at the TTCC & Parents can enjoy a night out!

The Teen Council always has fun filled nights planned for your youngsters - including a special dinner, gym games, bingo, crafts, themes and much more!

Cost is just \$10 / child!

IRISH DANCE

Wednesdays at the TTCC

Beginner 5pm to 6pm

Advanced 5:30pm to 6:55pm

Children ages five and up

Register at

www.feileacanirishdanceacademy.com



Bring water

Wear: leggings, tights, shorts, no jeans

\$45 per month for beginner & \$55 for advanced

For more info, contact Holly at hollithy@yahoo.com

THE NEW HAMPSHIRE MARATHON



One of the biggest annual sporting events in the Newfound Area is the New Hampshire Marathon! **The 27th Annual Event is scheduled for Saturday, October 5th, 9am.** We expect over 500 runners will participate in the 26.2 mile run and its fellow events including a 13.1 half marathon, 10K road race & kids race. Not only does the field feature many local runners, but also has attracted runners from 45 different states and 10 different countries.

With the help of their generous sponsors, the NH Marathon has raised and donated over \$250,000 since 1995 to local youth-centered non-profit organizations. This event also benefits the local economy by bringing in many athletes and families who support local businesses.

Participants in the 10K run and marathon will begin on Lake Street, in front of the Newfound Memorial Middle School while the Half Marathoners start at Sculptured Rocks in Groton. Downtown Bristol traffic going both ways will be temporarily delayed while runners start out (North Main Street will remain open as a detour). Carroll Brown, aka The Solitary Man, will once again entertain at the finish line at Kelley Park!

A big event means the **NEED FOR VOLUNTEERS** is greater than ever with many tasks required to ensure the safety of participants, spectators and drivers. Jobs include helping with registration, parking cars, directing traffic, manning water stops along the route and assisting at the finish line. If you would like to be part of this amazing annual event, please contact the Race Committee at race@nhmarathon.com.

For those interested in participating, registration is still open! Entry fees up to the day of the races are \$70 for the Marathon, \$55 for the Half Marathon & \$30 for the 10K Road Race. Check in time will be 7:00-8:45am on race day in the NMMS cafeteria ****HALF MARATHONERS MUST CHECK IN BY 8AM ON SATURDAY—LAST BUS LEAVES AT 8AM SHARP!!!** Pre-registered runners may also check in on Friday 10/4 from 4:30-6:30pm. Those interested in the pasta dinner on Friday 10/4 may pre-register for \$8 or at the door for \$10, 5-7:30pm.

For more information, call 744-2713 or email race@nhmarathon.com. Maps, lodging and sponsor info, entry form, online registration and more may also be found online at www.nhmarathon.com.



AFTER SCHOOL

AWESOME AFTER SCHOOL ADVENTURES

This TTCC program offers kids in the Newfound Area a fun & safe place to be during after school hours. We've got all the kids favorites ready to go - bingo, dodgeball, healthy snack & much, much more to offer throughout the year. We guarantee we'll send your kids home tired!

WHEN: Monday through Friday until 5:30pm

COST: \$10 registration fee & \$7/day

MORE INFO...

- Did you know that the TTCC has been offering after school programming for children in the Newfound Area for over 70 years?!
- We are lucky to have much of our staff returning again this year - we welcome back Daryll, Erica, Gina, Master, Mikayla, Tami, Tim & Toni! And we gladly welcome Rachel to our After School family!
- Healthy snack & drink are served daily
- We offer daily homework help from 3:15-3:45pm
- We are also open on Early Release Days, Teacher Workshop Days & Vacation Days. We're only closed on holidays and snow days.

EARLY RELEASE DAYS, NO SCHOOL DAYS & VACATION CAMPS @ THE TTCC

WHAT: TTCC is also open on Early Release Days (\$12/day), No School Days for Teacher Workshops (\$25/day base rate plus field trips) & school vacation weeks (\$80/week plus trips). We're only closed on holidays and snow days.

2019 SCHEDULE (stay tuned for 2020):

- September 18th: Early Release - Open
- October 10th: Early Release - Open
- October 11th: Teacher Workshop Day - Open (*trip)
- Oct 14th: Columbus Day - Closed
- Nov 8: Parent Teacher Conferences - Open
- Nov 11: Veterans Day - Closed
- Nov 26: Early Release - Open
- Nov 27-29: Thanksgiving Recess - Closed
- Dec 11: Early Release Day - Open
- Dec 23-31: Holiday Recess - Closed

All kids registered for TTCC After School Program will be automatically registered for Early Release Days. You must register separately for no school days & vacation weeks.



TEEN PROGRAMS

TEEN NIGHTS

When: Tuesdays for high schoolers & Thursdays for 7th & 8th graders from 5:30-8pm during school year (runs October-May)
\$1/night, DINNER IS PROVIDED!

TTCC opens its doors for the "older kids" to have some time to enjoy what we have to offer. **What is there to do?** We have Air Hockey, Basketball, Dodgeball, Foosball, Music, Pool & More!

TEEN TRIPS

Info is subject to change!
Trips leave the TTCC @ 5:45pm
Open to 7th-12th Graders
10/4: Corn Maze
11/1: Dinner/Movie @ Smitty's
1/17: Funspot
2/7: Tubing @ Gunstock
3/27: Skyzone
4/24: Midnight Madness (7th/8th)
5/29: Midnight Madness (9th-12th)
Permission slips available at NMMS, NRHS & TTCC the week before each trip! Cost/trip varies.

TEEN DANCES

FOR: Grades 6-8
WHEN: Fridays, 9/6, 10/18, 11/15, 1/31, 3/6, 4/24 & 5/15
TIME: 6:30-9:00pm
COST: \$5

The TTCC Teen Council hosts several dances throughout the school year as part of their fundraising efforts.

Concessions sold at each dance!

Tapply-Thompson



Teen Council

TTCC TEEN COUNCIL

The TTCC teams up with NRHS to form the TTCC Teen Council at the beginning of each school year and they meet monthly right at the school. They help plan & lead many of the different TTCC events & activities - such as Parent's Night Out, Teen Dances & the Halloween Haunted Basement. You'll also see them helping coach & sponsor teams, set up Santa's Village, help our One Stop X-Mas Shop shoppers & much, much, more! This great group has done a tremendous job getting involved and making a difference here at the TTCC. Not only do they help with events and programs—they also have raised funds for a new water bubbler & new gym mats for the TTCC! More info on getting involved will be available at school.

Contact Gina at the TTCC if you have any questions!