

Youth Sports



T-ball

Register through May 7 or until limit is met. Boys and girls will be introduced to this variation of baseball. Instead of hitting a pitched ball, the batter hits the ball from an adjustable tee. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. Participants should have their own baseball glove. Fee includes a hat.

Location: LMS Min 18/Max 72
 Entering K-1st gr (2010-11 school year)
 MWMay 10-Jun 23...6:00-7:00pm.....\$35
 No practice or games: May 31

Rookie League

Register through May 7 or until limit is met. Boys and girls will be introduced to hitting from a coach-pitched ball. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. Participants should have their own baseball glove. Fee includes hat.

Location: LMS Min 18/Max 72
 Entering 2nd-3rd gr (2010-11 school year)
 TuThMay 11-Jun 24 6:00-7:00pm..... \$35
 No practice or games: Jun 1

Start Smart Sports Development Program

Start Smart is an instructional program that prepares children for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work one-on-one with their children in a supportive environment to learn all of the basic skills such as throwing, catching, kicking, and batting. Specialized Start Smart equipment (Koosh Ball products) will be provided. Please wear clothing and shoes appropriate for exercise. This is an activity for the beginner child with little or no sports experience.

Location: Sunnyside Elem Gym Min 7/Max 16
 3-5 yrs, parent/guardian participation required
 ThMay 13-Jun 17...6:15-7:00pm\$25

camp! Pee Wee Sports

An instructional sports program for young children. This is a camp emphasizing beginning skill instruction, teamwork, sportsmanship, and fun! Five different activities will be focused on during these two fun-filled weeks. Each participant will receive a camp t-shirt.

Schedule of activities:

- * Jun 14 Soccer at LMS
- * Jun 16 Bowling at Zeppoz
- * Jun 18 Track & Field at LMS
- * Jun 21 T-Ball at LMS
- * Jun 23 Basketball at Sunnyside Gym
- * Jun 25 Sports Carnival at LMS

Min 15/Max 40
3-4.5 yrs*
 MWFJun 14-25..... 3:00-3:55pm\$28
4.5-7 yrs*
 MWFJun 14-25..... 4:05-5:00pm\$28
 *Participants must be of age by the start date of camp. (6-7 yr olds will be grouped together)

Pullman Junior Golf Club

The Pullman Junior Golf Club is happy to be back at the Palouse Ridge Golf Club. This club provides instruction, rules, etiquette, and practice time on Tuesday mornings from 8:00am-11:30pm, June 15 through August 3. Boys and girls, ages 8-17 (as of June 15, 2010) are welcome to join. Dues are \$50 and an additional \$5 fee will be paid every Tuesday for instruction and range balls. **Contact Al Sorensen at 334-4141 or 595-8999 to register or for more information.**

Pee Wee Tennis

Introduce a lifetime sport to your kids at a young age. Come learn the basic fundamentals of tennis in a fun environment. Drills and games galore. Participants should have their own racquets; balls are provided. Fridays are reserved for make-ups due to inclement weather.

Instructor: Kory Putman
 Location: Military Hill Tennis Court Min 5/Max 8
 4-6 yrs
 M-ThJun 14-24 9:00-9:30am\$26
 M-Th*Jul 6-15..... 9:00-9:30am\$26
 *First week of session will be held Tu-F
 M-ThJul 26-Aug 5 .. 9:00-9:30am\$26

Youth Tennis Lessons

Tennis lessons for beginner and intermediate players. Participants should have their own racquets; balls are provided. Fridays are reserved for make-ups due to inclement weather.

Instructor: Kory Putman
 Location: Military Hill Tennis Court Min 5/Max 8
 7-12 yrs
Beginner
 M-ThJun 14-24 9:30-10:30am.....\$45
 M-Th*Jul 6-15..... 9:30-10:30am.....\$45
 *First week of session will be held Tu-F
 M-ThJul 26-Aug 5 .. 9:30-10:30am.....\$45
Intermediate
 M-ThJun 14-24 10:30-11:30am.....\$45
 M-Th*Jul 6-15..... 10:30-11:30am.....\$45
 *First week of session will be held Tu-F
 M-ThJul 26-Aug 5 .. 10:30-11:30am.....\$45

Teen Tennis Lessons

Teen tennis lessons are offered for all levels of players. Participants must have their own racquets; tennis balls are provided. Fridays are reserved for make-ups due to inclement weather.

Instructor: Kory Putman
 Location: Military Hill Tennis Court Min 5/Max 8
 13-18 yrs
 M-ThJun 14-24 11:30am-12:30pm . \$45
 M-ThJun 14-24 12:30-1:30pm..... \$45
 M-Th*Jul 6-15..... 11:30am-12:30pm . \$45
 M-Th*Jul 6-15..... 12:30-1:30pm..... \$45
 *First week of session will be held Tu-F
 M-ThJul 26-Aug 5 .. 11:30am-12:30pm . \$45
 M-ThJul 26-Aug 5 .. 12:30-1:30pm..... \$45

“Lystedt Law”

2009 Washington State Legislature enacted Engrossed House Bill 1824 (EHB 1824, also known as the “Lystedt Law”). The legislation requires school districts, in cooperation with the Washington Inter-Scholastic Activities Association (WIAA), to develop guidelines and information to inform and educate youth athletes, coaches, and parents about the nature and risks of concussions and head injuries. Pullman Parks & Recreation is taking action in regards to HB 1824 by providing the “Heads up Concussion in Youth Sports” handout from the U.S. DHHS Centers for Disease Control and Prevention to all parents and coaches. Go to www.pullman-wa.gov/recreation for more information.

Be A Sport!

Our youth sports programs are developed and organized to enhance the social, emotional, physical, and educational well-being of children. Parents/Guardians, please be a positive role model by exhibiting sportsman-like behavior at games, practices, and at home. Please give positive reinforcement to your child and support to your child’s coaches.

Note to Our Participants’ Parents/ Guardians:

Due to the limited amount of space in most of our coaching/teaching areas, siblings are not allowed to participate in programs unless they are enrolled. This will allow our coaches/instructors to continue to provide small student-to-coach/teacher ratios, which make our programs great.

Thank You! Pullman School District!

Many of our activities are made possible because of cooperative use of School District facilities. We extend our thanks to the Pullman School District, board members, school staff, and administrative staff for their support of Pullman Parks & Recreation programs.

Youth Golf Lessons

The 2010 edition of Junior Golf lessons will once again be held at the award winning Palouse Ridge Golf Club practice facility. The lessons will be taught by the professional golf staff at the course, lead by Head Golf Professional Jeremy Wexler and General Manager Tyler Jones. With many years of experience instructing Junior Golf Programs, your child is sure to have FUN and learn the game of golf. Sessions will include all aspects of the game from putting through driving, course rules and etiquette. Fee includes three days of instruction, snacks each day, prizes, and a tee shirt for each participant. If needed, the Palouse Ridge Golf Club will provide golf clubs.

Instructor: Jeremy Wexler, Tyler Jones
Location: Palouse Ridge Golf Club Min 4/Max 14
6-10 yrs

W-F.....Jun 16-18 8:30-10:00am.....\$40

W-F.....Jun 30-Jul 2... 8:30-10:00am.....\$40

11-18 yrs

W-F.....Jun 16-18 10:00-11:30am.....\$40

W-F.....Jun 30-Jul 2... 10:00-11:30am.....\$40

camp! Greyhound Girls Basketball

Hoop it up! Come learn from the Lady Greyhounds! Led by the Pullman High School girls basketball coaching staff and players, the camp will stress fundamentals, sportsmanship, individual, and team play. Each participant will receive a camp t-shirt.

Instructor: PHS Coaching Staff, Players
Location: LMS Gym Min 12/Max 40

Entering 3rd-5th gr

W-F.....Jun 16-18 10:00am-12:00pm . \$30

Entering 6th-8th gr

M-FJun 16-18 10:00am-12:00pm . \$30

Rain-out Line

334-3131

Weather cancellations are posted on our rain-out line after a decision has been made for a program. If no update, programs are on as scheduled.

NEW! Middle School Summer Pick-Up Soccer

Are you in 6-8 grades? Do you want to play recreational soccer? Show up during the summer on Sundays from 2:00-4:00pm starting Jun 20 through Aug 8. Show up, run some drills, get warm, and then play pick-up games 9v9, depending upon numbers.

Instructor: Recreation Staff

Location: LMS

6th-8th gr

Su.....Jun 20-Aug 8 2:00-4:00pm...Free

No soccer: Jul 4

camp! Greyhound Boys Basketball

Join Pullman High School Boys' Varsity Coach, Craig Brantner, as he shares with you his knowledge of basketball fundamentals. Skills covered will be dribbling, passing, shooting, rebounding, and other basic offensive and defensive skills. Each participant will receive a camp t-shirt.

Instructor: PHS Coaching Staff

Location: PHS Gym Min 12/Max 35

Entering 3rd-5th gr

MTu.....Jul 12-13 8:00-10:00am.....\$25

Entering 6th-9th gr

MTu.....Jul 12-13 10:00am-12:00pm . \$25

Tiny Tykes T-ball

An instructional sports program for children not currently in the youth T-ball program. This program emphasizes skill instruction, teamwork, sportsmanship, and fun! Kids are introduced to the game of T-ball and will learn the basic fundamentals of throwing, hitting from a tee, and fielding. We will also have games throughout the four weeks. Fee includes a hat and a t-shirt. Participants should have their own glove.

Location: LMS Min 20/Max 60

3-5 yrs (5 yrs old not going to Kindergarten)

MWJul 12-Aug 4 .. 6:00-7:00pm\$25

* Participants must be of age by the start date of the program

Youth Sports



Skyhawks Sports Camps!

Teaching life skills through sports since 1979

Sport	Days	Dates	Times	Ages	Location	Fee
Baseball	M-F	June 14-18	9:00am-12:00pm	7-12 yrs	City Playfield	\$100
Soccer	M-F	July 12-16	9:00am-3:00pm	7-12 yrs	City Playfield	\$110
Mini Hawk (Soccer, Baseball, Basketball)	M-F	July 19-23	9:00am-12:00pm	4-7 yrs	Sunnyside School	\$100
Basketball	M-F	July 26-30	9:00am-3:00pm	7-12 yrs	Sunnyside School	\$110
Flag Football	M-F	August 2-6	9:00am-12:00pm	7-12 yrs	City Playfield	\$100
Mini Hawk (Soccer, Baseball, Basketball)	M-F	August 9-13	9:00am-12:00pm	4-7 yrs	Sunnyside School	\$100

This baseball, basketball, and soccer program gives young children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

*Fee includes FREE T-shirt and Merit Award

*For more information regarding course descriptions, required equipment, and what to bring, visit www.skyhawks.com



British Soccer

Challenger Sports British Soccer Camps not only offer an unrivalled soccer experience during the summer months but they also include an excellent campers package. Simply put our British Soccer Camps are the most popular camp program in the USA. We have more campers, more coaches, more great new games and practices.... and NOW MORE FREE STUFF!!!



Two great weeks of
British Soccer Coaching to choose from.
11-18 yrs

M-F July 26-30 9:00am-12:00pm,

..... 12:00-3:00pm....\$161

M-F Aug 2-6 9:00am-12:00pm,

..... 12:00-3:00pm....\$161

Register on-line at:

www.challengersports.com

at least 45 days in advance and receive
a cool game jersey for FREE!

"The uniforms, balls, and tee shirts that you provided were attractive, durable, and of good quality. The equipment, the coaches, and the program are all top drawer. I will not hesitate to recommend this program to anyone."

When you sign up for a week long summer camp, all players will receive:

- ☆ 15:1 Camper Coach Ratio
- ☆ Daily Coaches Feedback
- ☆ Official British Soccer Jersey*
- ☆ FREE Soccer Ball
- ☆ FREE British Soccer T-shirt
- ☆ FREE Player Evaluation
- ☆ FREE GIANT Fold Out Poster
- ☆ Waterbreak Activities
- ☆ and a Cultural Experience
- ☆ Plus the most innovative camp curriculum in the USA and a magical camp experience from qualified British coaches who really know how to make learning fun!

* With online sign up prior to 45 days of the camp start

Basic Hunter Education



All first-time hunters born after January 1, 1972 are required to show proof that they have successfully completed basic hunter education training prior to purchasing a hunting license. A course will be taught this summer at the Colton Gun Club

July 12-24

Classes will be held MWF evenings from 7:00-9:30pm along with a field evaluation and range day on Saturday, July 24 from 8:00am-12:00pm.

There is no minimum age required to enroll in hunter education, but instructors may require a parent or guardian to attend all classes if students are under 12 years of age. For more information contact Jeremy Lessmann at jlessman@wsu.edu or 509-330-1822. Register online at: my.register-ed.com.