

Town of New Windsor Recreation Department

OFFICIAL NEWSLETTER

Message From The Recreation Director

Volume 1, Issue



With the summer season approaching athletes need to remember to stay hydrated or take the chance of getting heat stroke or dehydrated.

Almost every summer as the hottest weather of the year coincides with the final weeks of summer sports camps and the start of football training season — tragedies do occur. That's despite the fact that serious sports-related heat illnesses and deaths are preventable.

In a recent study at a summer soccer camp it

found that two-thirds of boys and girls at the camp were dehydrated before they even stepped onto the playing field. And most didn't drink enough during play to make up for what they were losing, which in the case of teenage boys could be as much as 1.3 liters of fluid an hour. As a result, kids at the camps often felt sluggish.

Those athletes who got a little extra education, including a pep talk on how better hydration can improve performance along with well-being, started drinking more. The children also learned to recognize signs of dehydration. If their urine looked like apple juice, they probably needed to drink more, and if it looked more like lemonade, they probably were OK.

Parents sending a child to any hot weather practice or game should also check with coaches and trainers to make sure that:

- Cold water is available before, during and after play and is easily accessible any time.
- Players have time to get used to the heat and exertion before starting the most intense workouts.
- Players know they can get a break if they feel ill.
- Coaches and trainers have written emergency plans, including a plan for cooling athletes who become overheated.

For more information please consult your doctor.

Newsletter Date:
June 2008

Upcoming Events:

- **Summer Co-Ed Basketball**— Registration currently going on. Season runs from July 7th- Aug. 8th. All games will be played at San Giacomo Park. For ages 6-18.
- **Community First Aid & CPR Class**— Sun. June 8th: 12pm-4pm at the Marasco Center (Town Hall Complex) The fee is \$55 per person.
- **Annual Bike Rodeo**— Sun. June 29th 10:00am-1:00pm at Mt. Airy Sports Complex— RAIN OR SHINE. Ages 3-17 years old. NW Residents only!!
- **NY Mets vs. AZ Diamondbacks**— Tues. June 10th— Leave Marasco Center at 4:00pm for 7:10pm game. Tickets are \$60 per person. SPACE IS LIMITED!!
- **Kevin Q. Outdoor Soccer Academy** Registration currently going on. Season runs from Sept. 13th-Nov. 1st. All games will be played at Mt. Airy Sports Complex on Saturday mornings. For ages 4-17.

Second annual "Senior Prom" to be held on June 27th By: Nicole Lucera

The Recreation Department will be holding its second annual "Senior Prom" on Friday, June 27th from 1:00pm-3:00pm at the Community Center behind the New Windsor Town Hall Complex. This is a day for all of the senior citizens in New Windsor to get dressed up and look their best! There will be a buffet-style dinner, catered by Tina's Restaurant, along with music by DJ Jim Cunningham, as well as raffles and prizes. This is a free event opened to the Senior Citizens of New Windsor, only. SPACE IS LIMITED!! To register for this event, call the Recreation Department at 565-7750.

As you know, the Recreation Department is always busy trying to plan new trips and programs for the community. Some upcoming trips that we will be having include: The **NY Mets vs. Arizona Diamondbacks** on **Tuesday, June 10th**. The bus will leave the Marasco Center at 4:00pm for a 7:10pm game. The tickets are \$60 per person and space is limited! Sign up now! On **Monday, June 16th**, we will be taking a trip to **Foxwoods Casino**. The bus will leave the Marasco Center at 7:00am and will return around 7:00pm. The fee is

\$25 per person, and includes an all-you-can-eat buffet or a \$10 food credit, and a \$15 gambling voucher for Keno. Space is limited! Reserve your spot now! On **Saturday, August 23rd**, the Recreation Department will take a trip to the **American Museum of Natural History**. The bus will leave Town Hall Complex at 8:00am and return around 7:00pm. The fee is \$50 per person.

**Remember to keep checking our website, as new trips and programs are always being added. Online registration is also available: www.nwrecisfun.com