

RECREATION ACTIVITIES IN SEPTEMBER, OCTOBER & NOVEMBER 2017



DECORAH PARKS & RECREATION



Like Decorah Parks & Recreation on Facebook

DECORAH PARKS & RECREATION OFFICE

PO Box 513
400 Claiborne Drive (City Hall)
Decorah, Iowa 52101
Telephone: (563) 382-4158
Fax: (563) 382-6525
Email: parkrec@decorahia.org
Web: <http://parks.decorahia.org>
Office Hours: Monday thru Friday,
8 am to 5 pm

FULL-TIME STAFF

Andy Nimrod,
Parks & Recreation Director
Judy Syverson,
Administrative Coordinator
Erika Randall,
Recreation Superintendent
Scott Ihde,
Park Superintendent
Scott Vande Krol,
Campground Superintendent
Robin Sailor,
Park Assistant

PARKS & RECREATION BOARD

Rich Gaard, Chair
Cindy Albers, Vice Chair
Kathy Bakken
Jeff O'Gara
Shirley Vermace



Follow us on Twitter
@DecorahParkRec

CANCELLATIONS DUE TO WEATHER

...will be announced on Facebook, Twitter and <http://parks.decorahia.org>.

SPECIAL THANKS

... to the **Decorah Community Schools** for providing the facilities necessary for many of our programs
... to **Decorah Newspapers, Decorah Public Library, KDEC and KVIK** radio stations, **decorahnews.com, decorahnow.com, Winneshiek County Convention & Visitors Bureau, and Decorah Area Chamber of Commerce** for their promotion of Park-Rec. activities and events
... to our many sponsors and volunteers that help keep our participation fees affordable for all.

COED SOFTBALL LEAGUE

for ages 16 and up



League play is Wednesday evenings beginning September 6 and running thru late October. Games are played at Diamond #2 (near the Tennis Courts). Teams consist of at least 5 male and 5 female players, with a roster maximum of 20. Teams are responsible for umping games; 12-inch game balls are supplied.

Official roster forms are available at the Park-Rec. Office or can be downloaded from our website. Game balls and schedules will be available in the office on September 5.

If you are looking for a team to play with, leave your name and phone number at the Park-Rec. office.

FEE: \$75/TEAM
DEADLINE: WED, AUGUST 30

REGISTRATION IS AVAILABLE ONLINE!

Go to <http://parks.decorahia.org> and click on the Online Registration & Activities Info button. Credit and debit card payments are only accepted online. If you don't have a computer,



we are still accepting registrations by mail or in person at the Park-Rec. Office. You must pay by

check or cash.

For future reference, the tentative online release dates for our quarterly brochures are:

<u>Date</u>	<u>Brochure</u>
August 15	Sept, Oct & Nov
November 15	Dec, Jan & Feb
February 15	Mar, Apr & May
May 1	June, July & Aug

ADULT VOLLEYBALL LEAGUES for ages 16 and up

High School volleyball team rostered players will not be allowed to play until their season is completed. In Women's League, High School players may only play in "A" League.

Matches are played in the evenings in the Carrie Lee Elementary Gym. **League play starts in November with Coed on Sundays (Nov 5) and Women's on Wednesdays (Nov 8).** Official roster forms are available at the Park-Rec. Office or may be downloaded from our website.

FEE: \$75/TEAM
DEADLINE: FRI, OCTOBER 20

MEN'S 3 ON 3 BASKETBALL LEAGUE

participants must be out of college or past college age

League play is Thursday evenings from November 9 thru mid-March in the DHS Practice Gym. Game play provides a good workout with two 12-minute halves. Official roster forms may be picked up at the Park-Rec. Office or downloaded from our website.

FEE: \$50/TEAM
DEADLINE: FRI, OCTOBER 20

RECREATION ACTIVITIES IN SEPTEMBER, OCTOBER & NOVEMBER 2017

CHECKS PAYABLE TO "DECORAH PARK-REC. DEPT": \$10 service charge on all returned checks. Send form and payment to Decorah Park-Rec. Office, PO Box 513, Decorah, IA 52101. **No receipts will be sent out.**

LATE REGISTRATIONS: For programs that include a team shirt, a shirt will not be guaranteed when registration is received beyond the program deadline. Late registrations for all programs will only be accepted in the Park-Rec. Office if space is available.

REFUNDS: Given only if program is canceled due to low enrollment, program is filled, or registrant cannot participate due to medical reasons.

TEAM ASSIGNMENTS: Children will be placed on teams in a random manner with the exception of children living in the same household who will be assigned to the same team if in the same age/grade division. Requests to "team up" children for carpooling purposes will not be granted. If you feel you have extenuating circumstances, you may fill out a request form at the Park-Rec. Office to be reviewed by our staff.

CHILDREN'S CONDUCT POLICY: Children are required to follow all set rules and guidelines for programs or activities. The use of foul language, fighting or disruption of activities is prohibited. If acts of disruption occur, parents will be notified and further disciplinary actions will be discussed. Consequences of poor behavior may include time outs, temporary suspension or revocation of participation privileges.

REGISTRATION FORM (or register online at <http://parks.decorahia.org>)

HEAD OF HOUSEHOLD/GUARDIAN - FAMILY INFORMATION

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP

WORK PHONE HOME PHONE CELL PHONE

EMAIL ADDRESS

EMERGENCY CONTACT NAME & PHONE IF DIFFERENT THAN ABOVE

PARTICIPANT NAME	BIRTHDATE	GRADE	SEX	PROGRAM NAME	FOR FOOTBALL, SPIKESTERS, SHARPSHOOTERS, HOOPSTERS ONLY <small>SHIRT SIZE: 6-8, 10-12, 14-16 OR ADULT S, M, L, XL</small>	FEE

Program registrants assume full responsibility for any risk, implicit or direct, by participation in said activity or facility. You are advised the City does not provide medical insurance covering injuries to its participants.

TOTAL AMOUNT DUE

WAIVER FORM: I, Parent or guardian of the entrant(s) listed above, waive and release any and all rights and claims for damages against the City of Decorah, Decorah Parks and Recreation and its employees, Decorah Community Schools, other sponsors and volunteers, for any and all injuries that may be suffered by the entrant(s) listed above in connection with the above registered activity(ies). I grant the Decorah Parks and Recreation Department permission to use pictures or videos taken of my child during participation in programs. I waive my right to inspection and compensation.

HEAD OF HOUSEHOLD/GUARDIAN'S SIGNATURE _____

YES! I would like to volunteer to coach my child's Nerf Football team.
 Name _____ T-Shirt Size (circle) S M L XL XXL

RECREATION ACTIVITIES IN SEPTEMBER, OCTOBER & NOVEMBER 2017

SPIKESTERS VOLLEYBALL

for grades 3rd thru 6th

SPONSORS: GUNDERSEN
HEALTH SYSTEM and THE
FAMILY TABLE



Meet in the
Carrie Lee
Elementary
Gym on
Saturdays,

September 9 thru October 14,
3rd-4th graders from 8:30-9:30 am;
5th-6th graders from 9:30-10:30 am.
Skills are taught weekly and then put
to use in game-like situations. Shirts
are distributed at the gym the first day.
FEE: \$25 (includes shirt)
DEADLINE: FRI, AUGUST 25

SPORTS FOR SHORTS

for ages 5 and 6

Saturdays, September 16
thru October 7, meet at John Cline.
This program provides a basic
introduction to sports such as soccer,
basketball and football, and prepares
your child for future participation in
our team sports. If weather permits,
students will be outdoors, otherwise
they will meet in the John Cline Gym.
Two time slots to choose from:
9:00-9:50 am OR 10:00-10:50 am
(20 maximum per time slot)
FEE: \$15
DEADLINE: FRI, SEPTEMBER 8

WHIFFLE BALL TOURNAMENT

for 6th thru 8th graders

Monday, September 25 (no
school day). Decorah Middle School
students are invited to organize teams
(3 girls & 2 boys or 3 boys & 2 girls);
each team member must have a waiver
signed by a parent/guardian. **Teams
check in at the Middle School Gym
by 8:45 am, and games run until
noon.** Team roster/waiver forms are
to be picked up and turned in to
Middle School PE Teachers or the
Park Rec office. *Park Rec staff will be
pitchers for this tournament.*
FEE: \$25 per team
DEADLINE: WED, SEPTEMBER 20

FLAG FOOTBALL LEAGUES



NERF for 1st-2nd grades

*Parents: We need volunteer coaches to help
with this program. If interested, please put your
name and t-shirt size on your child's entry form.*

JUNIOR for 3rd-4th grades
SENIOR for 5th-6th grades

*The junior and senior leagues are coached by
Decorah High School football players.*

Thursday, September 7,
8:00 am-5:00 pm: Players pick
up schedule and team shirt at the
Park-Rec. Office.

Saturday Mornings,
September 9 thru October 14, at
Will Baker Athletic Fields. Game
mornings will consist of a short
practice followed by a game. Games
will not be rescheduled if cancelled
due to weather.

FEE: \$25 (includes shirt)
DEADLINE: FRI, AUGUST 25

*On your registration form, please
indicate under Program Name
whether you are registering for NERF,
JR, or SR league*

NERF LEAGUE SPONSORS:

ONEOTA VALLEY FAMILY EYE CARE
THE FAMILY TABLE

JUNIOR & SENIOR LEAGUE SPONSORS:

BRUENING ROCK PRODUCTS
DECORAH ELECTRIC, INC
DENTAL ASSOCIATES
PERRY NOVAK ELECTRIC
PSIMOS ORAL SURGERY
ROCKWELL COLLINS
SHEAR WONDERS
T-BOCKS SPORTS BAR & GRILL
THE FAMILY TABLE

FOOTBALL CLINIC

for grades 1st thru 6th ~ a free activity,
just show up!

The Luther College Football
Team will host a free football clinic
for all interested 1st-6th graders after
school on **Monday, September 11,
4:00-5:00 pm, on the Luther
practice field (next to the Luther
baseball diamond).**

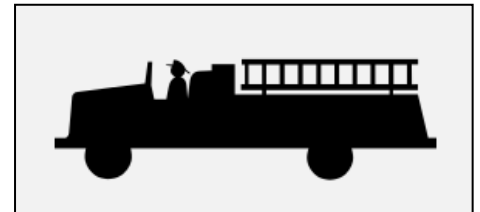
GAME PLAN

for grades 1st thru 2nd

Come right after school and
participate in a variety of activities
including yard games, kickball,
soccer, ultimate Frisbee and more!
**Thursdays, September 14 thru
October 5, 3:10-4:00 pm.** Students
will meet in the gym at John Cline and
walk over to the green space in the
outfield of Diamond #2. **Maximum
of 20 participants.**
FEE: \$20
DEADLINE: FRI, SEPTEMBER 8

TOUCH-A-TRUCK

A fun, free, open house event for the
whole family!



Join us in the parking lot
behind the Fire Department on
**Saturday, October 7, from
11:00 am-1:00 pm.** Kids will have
the opportunity to explore their
favorite vehicles including police, fire
and emergency vehicles, construction
equipment, and city maintenance
vehicles.

This event is hosted with
the Fire Department in conjunction
with Fire Prevention Week, and
includes a free hot dog lunch.

RECREATION ACTIVITIES IN SEPTEMBER, OCTOBER & NOVEMBER 2017

DODGEBALL TOURNAMENT

for 6th thru 8th grades

Friday, November 3 (no school day!) Decorah Middle School students are invited to organize teams (3 girls, 3 boys); each team member must have a waiver signed by a parent/guardian. **Teams must check in at the Carrie Lee Gym by 8:45 am, and games will run most of the morning.** Team roster/waiver forms are to be picked up at and turned in to the Middle School PE teachers or the Park-Rec. Office.

FEE: \$25 per team

DEADLINE: TUES, OCTOBER 31

TURKEY SHOOT *a free activity . . . just show up!*

In this fun family event, a parent and child team up, combine their ages to determine their competition bracket, and each shoot 10 free throws in an attempt to win a certificate for a free turkey. In addition, all teams are eligible for a prize drawing. **The "shoot" will be held in the DHS Main Gym on Monday, November 6, from 6:30 to 8:00 pm.**

Winning teams will be posted on the Park-Rec. website and Facebook on Wednesday, November 8.

SPONSORS: Turkeys provided by QUILLIN'S FOOD CENTER. Drawing prizes provided by BRUENING ROCK PRODUCTS, DECO PRODUCTS COMPANY, HOVDEN OIL, ROCKWEILER APPLIANCE & TV, and T-BOCKS SPORTS BAR & GRILL

HOOPSTERS

for grades 4th thru 6th

SPONSORS: DECO PRODUCTS COMPANY and DENTAL ASSOCIATES

This basketball program meets in the Middle School Gym on **Saturday mornings, November 4 thru December 9.** Each Saturday consists of a skills session followed by a short scrimmage. Participants must pick up their schedule and jersey in the Park-Rec. Office on **Thursday, November 2, from 8:00 am to 5 pm.**

FEE: \$30 (includes reversible jersey)

DEADLINE: MON, OCTOBER 23

SHARP SHOOTERS

for grades 1st thru 3rd

SPONSORS: DECO PRODUCTS COMPANY and WINNESHIEK MEDICAL CENTER

This program is held in the Carrie Lee Elementary Gym on Saturday mornings, November 11 thru December 9. Participants are grouped according to age/grade and will have fun learning the basic fundamentals of basketball along with the importance of teamwork and sportsmanship. Each Saturday includes a skills session followed by a short scrimmage. Participants pick up their schedule and jersey at the Park-Rec. Office on **Thursday, November 2, from 8:00 am to 5 pm.**

FEE: \$25 (includes reversible jersey)

DEADLINE: MON, OCTOBER 23

INTRO TO TAEKWONDO



Taekwondo is a fun family activity and great for students of all ages! Under the instruction of Patricia Young, with the American Taekwondo Association, kids will improve their coordination, balance, strength and agility while adults will benefit from improved memory, balance, and flexibility.

Classes are held in the strip mall located at 308 College Drive, Suite #3 (next to Good Times Grill)

Tigers: For 4 to 7 years – children are encouraged to register with a parent, but may also register by themselves.

Big Kids: For 8 years & older (including teens and adults)

PLEASE NOTE: After completing one session of Tigers or Big Kids, students need to register directly with Patricia Young and 4Kicks Family Taekwondo to continue their training (not at the Park-Rec. Office)

REGISTRATION FEES

Tigers		Big Kids	
1 child	\$45	1 participant	\$65
1 child, 1 parent	\$60	1 child participant, 1 parent	\$85

REGISTRATION DEADLINE FOR ALL CLASSES FRIDAY, OCTOBER 6

**Maximum of 8 child participants in Tigers class.
Maximum of 20 participants in Big Kids class**

Class	Session Dates	Class Day/Time
Tigers	Oct 9-Nov 27 + Dec 4	Mon 5:00-6:00 pm
Tigers	Oct 10-Nov 28 + Dec 4	Tues 4:30-5:30 pm
Big Kids	Oct 9-Nov 27 + Dec 4	Mon 6:00-7:00 pm

Big Kids, please note:

The studio is also open for additional practice on Tuesdays from 6:00-7:00 pm.

Monday, December 4, is testing day for all classes and will begin at 6:00 pm