

**RECREATION AND PARKS BOARD  
OF ST. MARY'S COUNTY  
Meeting of Thursday, October 7, 2010  
MINUTES**

**BOARD MEMBERS PRESENT:** Lisa Wainger Rush, Chairperson; Richard Buckler, Vice-Chairperson, Sabrina Hecht, Julie Lemmon; and David Phalen.

**MEMBERS ABSENT:** Patrick Dugan, Al Harrison, Robert Hicks and Thomas Nelson.

**RECREATION AND PARKS STAFF AND OTHERS PRESENT:** Phil Rollins, Director; Arthur Shepherd, Recreation Division Manager; and Kathy Bailey, Recorder. Pam Hageman, St. Mary's Girls Lacrosse League Commissioner, and league participants were also present.

**CALL TO ORDER**

The Board meeting was called to order by Lisa Rush, Chairperson, at 5:30 p.m., in the Chesapeake Building.

**APPROVAL OF MINUTES**

**David Phalen moved, seconded by Julie Lemmon, to approve the minutes of September 2, 2010 with one correction; motion carried 5-0.**

**RECREATION DIVISION REPORT**

Arthur Shepherd provided an update on Recreation Division programs and events.

- Carver Recreation Center – The second year of the Carver After School program began for children in the Lexington Park area. Homework help, computer lab, and other activities that foster positive youth development are being offered.
- The local St. Mary's County Lights On After School Celebration will be held at the Carver Elementary School on October 19<sup>th</sup> from 5:45 pm until 8:00 pm. Each grant sponsored club will perform or demonstrate a program activity.
- Cheerleading tryouts were held last week for the basketball cheerleading program. A competitive squad has been added this year; the participants practice at Carver Recreation Center. Over 100 young people currently participate in the cheerleading program.
- E-mail and text message notification – Parents and coaches can receive e-mail and text messages for cancellations and updates. These efforts have been well received.
- Great Mills Pool revenues are up from this time last year due to increased attendance.
- Youth Basketball registration will begin in November; traditionally, about 1,000 kids register for this program.
- The Fall Fitness Festival is scheduled for Saturday, October 23<sup>rd</sup>, 10 am until 2 pm. Many activities, door prizes, games and health services will be provided to the community at no/or low cost, including flu shots provided by the Health Department.

David Phalen asked if the opening of the new CSM Wellness Center pool has had an impact on the Great Mills Pool. Mr. Shepherd stated that staff is monitoring that; however, it will take several operating seasons to determine the impact. The facilities provide different offerings and hours of operation, which is a benefit to the community.

## **YOUTH FOOTBALL UPDATE**

Mr. Shepherd also provided an update on youth football.

- The league consists of 4 clubs, with a total of 39 teams, 770 participants and 164 certified coaches.
- Clubs are: Mechanicsville Braves, Lexington Park Hornets, Pax River Raiders and the Leonardtown Wildcats.
- Game officials (referees) have been present at all games, with full-time staff in parks each week.
- Game day supervisor at each field (funded through club franchise fees).
- Parks Division hourly staff in parks to handle traffic, parking & restrooms.
- Minimal injuries have been reported (three).
- Some incidents of inappropriate behavior have resulted in a few coaches and parents not being able to attend the next game.
- Playoffs are scheduled for November 13<sup>th</sup> and 20<sup>th</sup>. Includes the top four teams from each division.
- Championship game scheduled for St. Mary's Ryken on November 20<sup>th</sup>.
- For next season:
  - Each club needs to become independent and adhere to YSL Management and Equipment Policy regarding ownership of league/club equipment.
  - Review age & weight chart with player safety in mind. Review birth date confirmation process. Rules for play backers will be discussed.
  - 65 lb. division – instructional vs. competitive games.
  - Confirm capacity usage for Lancaster Park.
  - Continue promoting positive sideline behavior to administrators, coaches and parents.

Julie Lemmon asked if all coaches are required to have background checks and coaches training and how are they trained. Mr. Shepherd stated the head coach and at least one assistant coach must participate in training and have background checks. The county pays for this. In football, all coaches must have a background check and participate in training; the club pays for the additional coaches (above the two the county pays for). The training package is from the National Youth Sports Coaches Association. Leagues have the option of providing their own training, if it's approved as comparable to the NYSCA training.

## **CHILDHOOD OBESITY ISSUE**

During the August R&P Board meeting, Dr. Jennifer Schmidt and board member Julie Lemmon provided a presentation on the child obesity epidemic issue. They provided a Power Point presentation titled "Child Obesity – What Can One Community Do?" R&P is also concerned about this national epidemic. After later discussion, R&P plans to help educate the public on the issue through the following.

- Staff plans to promote healthy lifestyles through the Fall Family Fitness

Festival to be held on October 23<sup>rd</sup>. Ms. Lemmon is assisting staff with this effort.

- The quarterly R&P Program Guide will be used to get information out to the public on the issue.
- R&P plans to incorporate information on healthy after-game snack choices as part of the coaches training program.

### **ST. MARY'S GIRLS LACROSSE PRESENTATION**

Pam Hageman, St. Mary's Girls Lacrosse League Commissioner, and several league participants presented a quilted wall hanging to the R&P Board and staff to show their appreciation for Board and Department support and assistance. Many league participants worked long hours to create the lacrosse wall hanging and the Board expressed their appreciation to the league and Ms. Hageman for the gift. The wall hanging will be prominently displayed at the R&P main office in Leonardtown.

### **THREE NOTCH TRAIL UPDATE**

Mr. Rollins provided a PowerPoint presentation on the status of construction of Phase V of the Three Notch Trail. Much of the initial earthwork is complete and the majority of the trail has received the first coat of asphalt. The contractor is currently working on storm water management and seeding of grass areas. This phase runs about three miles from John V. Baggett Park at Laurel Grove to MD Route 5 in Mechanicsville. R&P reminds citizens that this section of the trail will not be open for use until next spring or summer when construction is complete.

Lisa Rush asked if when the website would be updated to show the completed sections of the trail, parking, etc. R&P will be updating the trail webpage shortly; staff has also been posting Phase V updates on Facebook and on the R&P photo gallery page.

### **SCHEDULING OF NEXT MEETING**

The next meeting of the Recreation and Parks Board is scheduled for Thursday, November 4, 2010, at 5:30 p.m., in Chesapeake Building in Leonardtown.

### **ADJOURNMENT**

The business meeting was adjourned at 6:30 p.m. after which the Board toured the Leonard Hall Recreation Center and Dorsey Park. While at Dorsey Park, the St. Mary's County Tennis Association presented the R&P Department with a check for \$600 to pay for the electricity to light the Dorsey Park Tennis Courts.

The meeting was adjourned at 6:30 p.m.

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Kathy Bailey, Recorder

Minutes approved by the Recreation and Parks Board on November 4, 2010.