



# SWARTHMORE RECREATION ASSOCIATION

Established 1940

*Dedicated to providing quality recreational programs for young and old alike.  
Programs grow from ideas from the people in our community!*



*something for everyone – every season*

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## SWARTHMORE RECREATION ASSOCIATION

Linda McCullough  
Executive Director  
P.O. Box 235  
Swarthmore, PA 19081-0235

610-715-0647  
Email: [lindamccullough17@gmail.com](mailto:lindamccullough17@gmail.com)  
SwarthmoreRecreation.org

### FINANCIAL AID

Financial aid is available.  
Contact Linda McCullough at  
[lindamccullough17@gmail.com](mailto:lindamccullough17@gmail.com) or leave a  
message on the voice mail 610-715-0647 prior  
to October 20th.

**SRA TAX ID NUMBER: 23-6005663**

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## CONCUSSION POLICY

All Swarthmore Recreation Association (SRA) coaches, parents, and players are encouraged to educate themselves on the signs and symptoms of a concussion and actively manage an athlete who may be at risk for having suffered a concussion.

We encourage parents and coaches to watch the video on our Soccer Website to learn more.

Prior to each season, all SRA coaches will be provided resources from the Centers for Disease Control (CDC) program "Heads Up: Concussion in Youth Sports."

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## New! Volunteer Coach Background Checks

Pennsylvania law mandates that certain individuals who work or volunteer with children are required to obtain up to three clearances from state or federal agencies. These include:

Pennsylvania Child Abuse History Clearance  
Pennsylvania State Police Criminal Record Check  
FBI Criminal Background Check

SRA is requiring ALL current or prospective volunteer coaches to undergo the background checks in order to become eligible for volunteer opportunities.

These checks, which will be good for five years, can be completed online for free.

Eastern Pennsylvania Youth Soccer has an easy-to-understand graphic about the required checks:

[http://www.epysa.org/membership/pa\\_child\\_protection\\_laws\\_\\_clearances/](http://www.epysa.org/membership/pa_child_protection_laws__clearances/)

You may also learn more by visiting the state website:

<http://keepkidssafe.pa.gov/clearances/>

Volunteers are the lifeblood of SRA.

Please take the time to complete this important process.

# NETHER SWARTHMORE HOOPS

EST. 2013

## Youth Basketball Program November 21, 2015 – February 28, 2016

Nether Swarthmore Hoops is a joint organization combining SRA's traditional strength in developmental programs for younger kids and NPAA's history of serving recreational players all the way through high school. In the third year of our merger, Nether Swarthmore Hoops Youth Basketball Program offers opportunities for boys and girls grades K - 12 to develop skills and a love of a game that can last a lifetime.

**Online Registration: OCTOBER 20 - NOVEMBER 18**  
*Go to [SwarthmoreRecreation.org](http://SwarthmoreRecreation.org) and click on "Registration"*

### *The Scoop on NSHoops:*

- Teams will have one practice during the week and a game on Saturday or Sunday
- The regular season will last 8 weeks with playoffs
- Playoffs will be February 20-21 and 27-28
- Tournament Team Evals on Saturday, Nov 14
- Team placement evaluations will take place on November 21-22 for grades 2-12
- Team selection by blind draft
- Practices will begin on Dec. 1
- Teams will play or practice game on Dec. 5
- No games February 12-15; schools closed
- Teams will be coached by Volunteer parents
- Program held at SRS, SHMS, CADES, NPE, WES
- Coach Clinic TBD SRS Gym 6:00 – 8:00 pm with Coach Landry, Swarthmore College Men's Basketball. All parents invited to attend.



### ONLINE REGISTRATION

October 20 - November 18

[www.swarthmorerecreation.org](http://www.swarthmorerecreation.org)

\$70 grades K - 1

\$90 grades 2 - 12

Family Maximum of \$200

Please contact Linda McCullough at [lindamccullough17@gmail.com](mailto:lindamccullough17@gmail.com) for family maximum registration instructions.

You must use a computer to register. No phone app yet.

**No Late Registrations Without Commissioner Approval**  
Financial Aid is also available for any family, contact Linda McCullough.

### WE NEED COACHING VOLUNTEERS!

NS Hoops is a volunteer parent run organization and we will need parents to volunteer to be Head Coach, Assistant Coach, help at practices and run the timer during games. When you register online, you will be prompted to choose a volunteer position. All coaches will need to go through the State PA Background Checks for volunteers.

### Tournament Teams

NS Hoops is organizing Tournament Teams for the 2015-16 season. Evaluations will be held in Saturday, November 14th and depending on the number of players interested, teams will be created for U9-U12 or for Grades 4-7. Players selected for a tournament team are required to participate on their League team with an additional practice one night a week with the tournament team. Tournament teams will participate in at least 2 local tournaments. There is no cost for evaluations although an additional fee of \$125 will be required for tournament team players. The goal is to provide advanced basketball training to more serious players and prepare players for middle school and high school level competition.

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Co-Ed	Grade K - 1	Sundays 3pm, 4pm or 5pm
Girls	Grades 2 - 3	no playoffs, 9 week program
Boys	Grades 2 - 3	no playoffs, 9 week program
Girls	Grades 4 - 5	
Boys	Grades 4 - 5	
Girls	Grades 6 - 10	* depending on registration
Boys	Grades 6 - 7	
Boys	Grades 8 - 9	
Boys	Grades 10 - 12	(no varsity)

\* Girls Grades 6 - 10 depending on registration numbers, this league might be 6-8 and 9-10 if we have enough girls registered to form 4 teams in each group

## Youth Programs

### INDOOR SOCCER

Saturday, **January 10** thru February 28 (not 2/14)  
Swarthmore-Rutledge School Gym  
U-K Soccer clinics and games.

Hardwood floor gym - sneakers, no cleats.  
Shin guards recommended.

Must turn 4yrs. old by February 28, 2015

Group I	Pre-K	ages 4-5	8:30 - 9:30 a.m.
Group II	Girls	ages 6-7-8	9:30 - 10:30 a.m.
Group III	Boys	ages 6-7-8	10:30 - 11:30 a.m.

Director: Terry Lynch [terence.lynch@gmail.com](mailto:terence.lynch@gmail.com)  
Cell phone: 610-745-1529

**Registration Fee: \$80**

## Adult Programs

### ADULT VOLLEYBALL

Wednesday, **January 7** thru June 10 (not April 1)  
Swarthmore - Rutledge School Gym, 6:00 - 8:00 p.m.  
30 players on a first-come basis. If you paid the annual fee, you are all set through June.

Coordinators: Eric Van Der Vlugt 610-544-3024  
John Kennedy 610-544-4014

**Registration Fee: \$50**

### WOMEN'S INDOOR SOCCER PICK UP

Thursday, **January 8** thru March 12  
CADES Lower Gym, 6:30 - 8:00 p.m.  
Ten sessions for pick up. Beginners welcome.

Coordinators: Mary McTernan 610-543-5682

**Registration Fee: \$25**

## WINTER 2015-16 REGISTRATION DATES

Registration runs October 20 - November 30  
Late fee of \$10 after 11/30.

## Basketball Registration ends 11/18

Register on-line at  
[SwarthmoreRecreation.org](http://SwarthmoreRecreation.org)

## SRA NEW YEAR'S DAY RACE



New Year's Day, Friday, **January 1, 2016 10:30 am**

The race will be held rain or snow.  
Swarthmore College Field House

In the event of rain or snow, the kids' races will be held in the Swarthmore College Field House on inside track.

### Schedule for Race Day:

9:00 - 10:15	Registration: Field House Indoor Track Check in, sign waiver, get bib / tshirt
10:30	5K Race Start Time Outside Track
11:30	Awards Ceremony
11:45	Kids' Fun Run Ages 2 - 4 half lap race Ages 5 - 7 half lap race Ages 8 - 10 full lap race Ages 11 - 13 full lap race

Children will need to be registered and ready to go at 11:45 right after the Awards Ceremony ends. We will organize the children by age groups starting with the youngest first and working up to the older runners.

Prizes: Overall winner male and female, age groups, medals to first and second place winners.

Registration will be through Run The Day Website at [runtheday.com](http://runtheday.com)

Long sleeved tech shirt to all preregistered runners.

Information for online registration will be located on the main page of our [SwarthmoreRecreation.org](http://SwarthmoreRecreation.org) website.

**Online Early Registration Fee: \$25 5K Race**

**Race Day Registration is \$30 for 5K Race**

**Kids' Fun Run Fee: \$5  
Family Maximum Fee: \$100**

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## SNOW DAYS

If school is closed because of snow or ice, all SRA activities will be cancelled for that day. This would also be true if school is dismissed early because of poor weather.

When it snows on the weekend, check the SRA voice mail at 610 - 715 - 0647 or the web site for the notice of cancellation.

[www.SwarthmoreRecreation.org](http://www.SwarthmoreRecreation.org)

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## REGISTRATION

October 20th through November 30th  
(Basketball Registration ends 11/18)

**SRA encourages you to register  
using the on-line system.**

**It is quick and easy.**

**Once you have registered, all your  
information is saved for the next  
season.**

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## CANCELLATION OR REFUND POLICY

We reserve the right to close registration or cancel an activity at any time. Late registrations after November 30 are subject to late fees.

**Nether Swarthmore Basketball  
Registration ENDS Wednesday, Nov. 18th.  
Basketball Evaluations Saturday, Nov. 21st.**

All other SRA Winter Programs  
Registration ends November 30th.

Cancellation and refund policy: you may receive a refund if you cancel in writing before the first day of the activity; the refund will be minus \$10 for an administrative charge.

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## SRA BOARD MEMBERS

Dave Murphy - President  
Carlin McCoy - Vice President  
Mary McCabe - Secretary  
John Hubbell - Treasurer  
Deanna Benner  
Brandon Lausch  
Chuck Lowry  
Carin Newsome  
Dave Caputo  
Bob Dawes  
Monica Kruse  
Jean Steinke

If you would like to become an SRA Board Member please contact Linda McCullough. It is a fun, rewarding volunteer position with 10-12 meetings a year and several ways to get involved with community events and youth recreation.