

CONWAY REC



WELCOME HOME

Spring PROGRAM

WEEK 9

NEWSLETTER

June, 9th 2023

We have come to the end of Spring programs with the exception of our Track and Field program which will continue until June 17th. This group will have their first meet next Tuesday (June 13th), at 5:00 p.m., when they travel to Fryeburg Academy to compete against the Lovell Rec. Track and Field program. After that meet they will be gearing up for the Granite State Track meet which will be held on Saturday, June 17th (Please check p.4 of this newsletter for more info). We would like to wish all those who are going to the meet the best of luck! Tee-Ball came to an end last Saturday with the ever popular final day extravaganza! The day included a full fledged game of Tee-Ball, certificates, medals and the long awaited "popsicles for all" at the very end (Great pictures on p. 3 of the newsletter). Our 2-3 grade rookie softball program will be coming to an end tomorrow (Sat. June 10th), when they travel to Fryeburg for the season ending playoff. The Conway teams will combine to represent the Rec. Dept. as one squad for this event. The Conway team will open up against the Brownfield team at 9:30 a.m. in the morning at the Fryeburg

Field of Dreams. Last but not least, the 4-6 grade Girls Softball program came to a close on Saturday, June 3rd when the L E Auto Body team from Fryeburg, defeated Team USA, also from Fryeburg, in the finals by a score of 12-11. We want to give a special thanks to Rick Buzzell and the Fryeburg Recreation Department for all their hard work getting the fields ready for the playoffs. Rick and his coaches made this season run smooth for us, and we congratulate them on their playoff results.



SPRING

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Championship Game results:

L E Auto Body 12

Team USA 11



The Week Ahead

June 10th – June 16th

Saturday, June 10th Rookie Softball Tournament

First game is 9:30 a.m. on field 3 at the Fryeburg Field of Dreams

Sunday, June 11th— No programs

Monday, June 12th— No programs

Tues, 13th— Track & Field Meet @ Fryeburg Academy 5:00 p.m. p.m.

Grade 5-6 Summer Softball tryouts 5:00 p.m. CR field

Wednesday, June 14th – No programs

Thursday, June 15th— 5-6 Summer Softball Practice 5:00 p.m. p.m.

Friday, June 16th

No scheduled programs.



Track and Field

Track and Field June 13th Track Meet!

The Track and Field program has been going very well and we are just two weeks left in the season. I think it's important for these guys to get onto an actual track and get a real feel for the program. We will be going to our first meet at Fryeburg Academy on June 13th. Meet begins at 5:00pm and I ask that you guys arrive by 4:45pm with your track shirt. No Rec Bus Available.

Granite State Track and Field Meet

June 17th Winnisquam High School, Tilton NH

<https://lebanonnh.gov/FormCenter/Recreation-and-Parks-11/Granite-State-TF-Individual-Athlete-Regi-172>

Please Follow the link above and sign the Granite State Track and Field Meet Waiver/Form

Held on Saturday, June 17 at Winnisquam High School, Tilton, NH. The fee per athlete this year is \$8. This will help us offset some of the costs needed to run the program. The State Meet will begin with a parade of athletes at 9:30 am. I ask that everyone be at the high school by 9:00 am so we can get organized as a team. PLEASE WEAR YOUR TRACK AND FIELD T-SHIRT THAT WAS HANDED OUT AT THE BEGINNING OF THE YEAR. The rec bus will be available for those who need it.

IMPORTANT INFORMATION

Athletes will compete in age groups according to their age on December 31, 2023

Field Events:

1) Softball Throw

2)* Standing Long Jump ---- Only for Boys and Girls born in 2013-2014 (9-10 years old)

3)* Running Long Jump ----- Boys and Girls 11 years old and up!

Running Events:

1) *50 Meter Dash---- Only for Boys and Girls born in 2013-2014 (9-10 years old)*

2)*100 Meter Dash*

3) *200 Meter Dash*

4) 400 Meter Dash

5) 800 Meter Run

* These sprint events will have both preliminary heats and a finals heat at the State Meet

Athletes may compete in one (1) field event and two (2) running events and the relay;

or

Athletes may compete in two (2) field events and one (1) running event and the relay for a total of four events

The top 8 athletes in each event will receive a t-shirt. State Champions win a special champion shirt.

Call Robby if you have any questions. 901-1139 or email robby@conwayrec.com

Attention 5th and 6th grade softball players!!!

The Conway Parks & Recreation Department will be offering an extended softball season for any 5th and 6th grade girls who would like to play games with live pitching. The first practice will be on Tuesday June 13th at 5:00 p.m. We will also have practice on Thursday nights once the program has begun. June 20th will be the first game night. (See schedule on the next page).

We will be playing against the Fryeburg team and games will be played here at the Conway Rec. and also in Fryeburg at the field of dreams. There will be a \$15.00 registration and you must register on-line.

The players on the team will wear the current uniform that they have from the past season. As we stated, this is an additional chance to play more games but we ask that if you are interested and commit to playing that you attend the games and practices so that we are not left short handed. Mike and Todd look forward to the chance to coach you ladies so we can get back into the fun as well.

Schedule for the Summer Softball program:

Tuesday, June 13th Tryout/Practice 5:00 p.m.

Thursday, June 15th Practice 5:00 p.m.

Tuesday, June 20th Game @ CR vs Fryeburg 5:30pm.

Thursday, June 22nd Practice 5:00 p.m.

Tuesday, June 27th Practice 5:00 p.m.

Thursday, June 29th Game @ Fryeburg 5:30 p.m.

No games or practice the week of July 3rd-7th

Tuesday July 11th Practice 5:00 p.m.

Thursday, July 13th Game @ CR vs Fryeburg 5:30 p.m.

Tuesday July 18th Game @ Fryeburg 5:30 p.m.

All practices will be held at the Conway Rec. field.