

Conway Parks and Recreation Department

2023 Conway Parks & Recreation Department

CONWAY REC



WELCOME HOME

**WINTER PROGRAM
GUIDELINES & SCHEDULES**

*Created January 6th, 2023

Conway Parks and Recreation Department

Winter Programs

Thank you for choosing to have your child participate in the Conway Parks and Recreation Department Winter Programs for the 2023 season. We are very excited to offer our first sessions of winter sports. Below is a list of guidelines to follow to help us make this season run smoothly!

Arrival: Participants should arrive 5 minutes prior to their scheduled practice time. If you arrive earlier than this, please wait in your vehicle or on the bleachers until your designated time. If arriving for a game, please follow your coaches' instructions. Unless otherwise specified, the program will take place in the Marshall Gymnasium in the Conway Recreation Facility.

Participation: Please come to practice equipped with all necessary gear as instructed by your coach. We advise that children come with a change of clothes as well as an extra pair of shoes during the winter season. If you have trouble attaining program gear, reach out to the Recreation staff and we may be able to provide the needed equipment. At the end of the season all equipment borrowed must be returned to the Recreation staff.

**Please note that boots are not allowed on the gymnasium floors. If a participant comes without sneakers, they will be unable to participate in the program.*

***Reminder to all Intramural Basketball participants, jewelry is NOT allowed! It may not be taped over and must be removed in order to participate. Thank you for understanding.*

Participants should bring their own water bottle filled. There will be a water fountain should participants need to refill their bottles.

Rec Bus: We are thrilled to announce we will once again be offering a rec bus from Pine Tree Elementary School and will pick up children from Conway Elementary School. If taking the bus, please follow all bus rules as specified by the driver.

**Only participants who have an activity immediately after school will be allowed to use these services.*

Conclusion: At the conclusion of each program, we ask that your child gather all their belongings and depart the gymnasium promptly so all incoming programs can begin on time. We would like to remind you that the Conway Recreation Department does not keep a lost and found.

Thank you in advance for following all above rules and guidelines. We look forward to seeing everyone this winter!

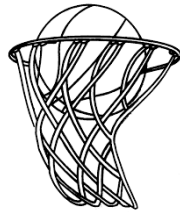
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Biddy Basketball Schedule

Saturday January 14 th	9:00-9:30 a.m.	Group A
	9:45-10:15 a.m.	Group B
	10:30-11:00 a.m.	Group C
Saturday January 21 st	9:00-9:30 a.m.	Group A
	9:45-10:15 a.m.	Group B
	10:30-11:00 a.m.	Group C
Saturday January 28 th	9:00-9:30 a.m.	Group A
	9:45-10:15 a.m.	Group B
	10:30-11:00 a.m.	Group C
Saturday February 4 th	9:00-9:30 a.m.	Group A
	9:45-10:15 a.m.	Group B
	10:30-11:00 a.m.	Group C
Saturday February 11 th	NO BIDDY BASKETBALL	
Saturday February 18 th	9:00-9:30 a.m.	Group A
	9:45-10:15 a.m.	Group B
	10:30-11:00 a.m.	Group C

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2-3 Co-Ed Intramural Basketball Rosters

Black Bears	Wildcats	Catamounts	Minutemen
Kinzly Bergstrom	Ave Clanton	Mackenzie Fallen	Vera Genest
Paisley Spaulding	Lorelei Osetek	Calliope Haley	Bristol Shaw
Celia Pomerleau	Adaleigh Voelbel	Finley Pickering	John Laine
Jamesen Demers	Bodey Bernier	Beckett Mills	Keegan Lebel
Shawn Baldwin	Gabriel Hall	Luke Stowe	Ryan McCracken
Aiden Hogan	Griffin Osetek	Oliver Flanagan	Rowen Robinson
Kasen Hardy	Greyson James	Knox Torch	Henry Devito
Brantley Shackford	Nolan Lacroix	Rowan Burke	Chase Lebel-Hayes
Liam Hughey	Nolan Bailey	Aksel Burkett	Jaiden Pelletier
Freya Nairn			

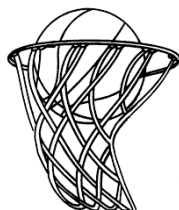
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2-3 Co-Ed Intramural Basketball Schedule

Date	Practice/Game	Time	Team 1		Team 2
Tuesday January 3 rd	EVALUATIONS	3:45 p.m.	All Participants		
Tuesday January 10 th	Practice	3:45 p.m.	Minutemen	&	Catamounts
		4:30 p.m.	Black Bears	&	Wildcats
Tuesday January 17 th	Game	3:45 p.m.	Wildcats	vs	Black Bears
		4:30 p.m.	Catamounts	vs	Minutemen
Tuesday January 24 th	Game	3:45 p.m.	Minutemen	vs	Wildcats
		4:30 p.m.	Black Bears	vs	Catamounts
Tuesday January 31 st	Game	3:45 p.m.	Black Bears	vs	Minutemen
		4:30 p.m.	Wildcats	vs	Catamounts
Tuesday February 7 th	Game	3:45 p.m.	Minutemen	vs	Catamounts
		4:30 p.m.	Black Bears	vs	Wildcats
Tuesday February 14 th	Game	3:45 p.m.	Catamounts	vs	Black Bears
		4:30 p.m.	Wildcats	vs	Minutemen
Tuesday February 21 st	NO INTRAMURAL BASKETBALL (VACATION)				
Tuesday February 28 th	Game	3:45 p.m.	Catamounts	vs	Wildcats
		4:30 p.m.	Minutemen	vs	Black Bears
Tuesday March 7 th	ALL SKILLS CHALLENGE	3:45 p.m.	All Participants		

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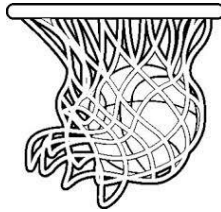


2-3 Co-Ed Intramural Basketball Rules

This program will follow all NHIAA Basketball rules with the following exceptions:

- **NO JEWELRY!!!**
- **Two 12-minute running time halves with stop time ONLY in the last minute of the game.**
- **Each team will have two (2) timeouts per game.**
- **No full court presses or defense beyond midcourt.**
- **No three-pointers.**
- **Five (5) team fouls bring team to the bonus (1 and 1 bonus only, no double bonus).**
- **No 3 second or 10 second violations.**
- **No jump balls, visiting team starts with possession**
- **OVERTIME: 1 minute and 30 seconds of run time (repeated until there is a victor).**

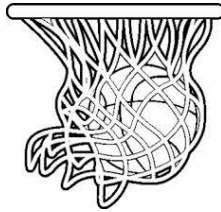
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4-6 Boys Intramural Basketball Rosters

Johnson's Tire Tar Heels	Frechette Tire Spartans	Albany Service Center Cardinals
<u>Coach</u> Ed Alkalay	<u>Coach</u>	<u>Coach</u> Amelia McCarthy
John Alkalay	Jaxson Snow	Hunter Graves
Jude Clanton	Gabriel Stowe	Abraham Kelsch
Harrison Lacroix	Jon Gadomski	Cullen Fowler
Liam Fallen	Calden Mculty	Finn Wilkey
Niles Culver	Gaius Wadsworth	Jacob Lubchansky
Jacoby Stanley	Blair Lynch	Trenton Lundrigan
Jay Smith	Michael Markos-Ouellette	Logan Hughey
Tucker Day	Beckett MacMillan	Chance White
Bentley Gile		

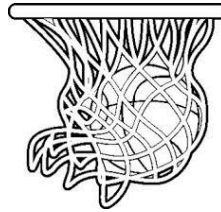
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4-6 Boys Intramural Basketball Schedule

Date	Practice/Game	Time	Team 1		Team 2
Wednesday January 4 th	EVALUATIONS	3:45 p.m.	All Participants		
Wednesday January 11 th	Practice	3:45 p.m.	Tar Heels	&	Cardinals
		4:30 p.m.	Spartans		
Friday January 13 th	Practice	3:45 p.m.	Spartans	&	Tar Heels
		4:30 p.m.	Cardinals		
Wednesday January 18 th	Game	3:45 p.m.	Cardinals	vs	Spartans
		4:30 p.m.	Tar Heels	vs	Cardinals
Friday January 20 th <i>Postponed to Feb 17th</i>	Games Postponed	3:45 p.m.	Tar Heels	vs	Spartans
		4:30 p.m.	Cardinals	vs	Tar Heels
Wednesday January 25 th	Game	3:45 p.m.	Spartans	vs	Cardinals
		4:30 p.m.	Tar Heels	vs	Spartans
Friday January 27 th	Game	3:45 p.m.	Cardinals	vs	Tar Heels
		4:30 p.m.	Spartans	vs	Cardinals
Wednesday February 1 st	Game	3:45 p.m.	Spartans	vs	Tar Heels
		4:30 p.m.	Tar Heels	vs	Cardinals
Friday February 3 rd	Game	3:45 p.m.	Spartans	vs	Cardinals
		4:30 p.m.	Tar Heels	vs	Spartans
Wednesday February 8 th	Game	3:45 p.m.	Tar Heels	vs	Cardinals
		4:30 p.m.	Cardinals	vs	Spartans
Friday February 10 th	Game	3:45 p.m.	Spartans	vs	Tar Heels
		4:30 p.m.	Tar Heels	vs	Cardinals

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4-6 Boys Intramural Basketball Schedule Cont.

Date	Practice/Game	Time	Team 1		Team 2
Wednesday February 15 th	Game	3:45 p.m.	Spartans	vs	Cardinals
		4:30 p.m.	Tar Heels	vs	Spartans
Friday February 17 th <i>Make-up from Jan 20th</i>	Game	3:45 p.m.	Tar Heels	vs	Spartans
		4:30 p.m.	Cardinals	vs	Tar Heels
Wednesday February 22 nd	NO INTRAMURAL BASKETBALL (VACATION)				
Friday February 24 th	NO INTRAMURAL BASKETBALL (VACATION)				
Wednesday March 1 st	<i>PLAYOFFS</i>	4:00 p.m.	Seed #3	vs	Seed #2
Friday March 3 rd	<i>FINALS</i>	4:00 p.m.	Winner #3 vs #2	vs	Seed #1

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4-6 Boys Intramural Basketball Rules

This program will follow all NHIAA Basketball rules with the following exceptions:

- **NO JEWELRY!!!**
- **Two 15-minute running time halves with stop time ONLY in the last two minutes of the game. If in the second half the lead is 15 points or more, the clock will continue to run.**
- **Each team will have three (3) timeouts per game.**
- **On a score, teams must play half-court defense. In the final minute of the game a team may press full court.**
- **Five (5) fouls put a team in the bonus (1 and 1). Eight (8) fouls put a team in the double bonus (2 shots).**
- **CBA Foul-Out Rule: There will be no disqualifications after a fifth foul. Any additional foul will result in two (2) free throws and possession for the opposing team.**
- **All players will shoot free throws from the yellow line in the paint.**
- **Teams must play man to man defense.**
- **Shirts are not required to be tucked in.**
- **No jump balls, visiting team starts with possession.**
- **OVERTIME: Two (2) minutes stop time. Each team will receive one (1) timeout. Each overtime beyond the first will be two minutes stop time. Teams only get one timeout for the entire overtime length. (Timeouts from regulation may not be carried over into overtime).**

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4-6 Girls Intramural Basketball Rosters

Northeast Autobody Huskies	Kevin's Auto Lady Vols	Progressive Auto Aggies
<u>Coach</u> Nate Infinger	<u>Coach</u> Justin Lettre	<u>Coach</u> Mike Lane
Taylor Fecteau	Izabelle Elliott	Denali Shellhamer
Bailey Infinger	Brylie Wallace	Araya Drew
Nytalia Royer	Alyssah Johnson	Charlotte Sanfilippo
Emma Ramsay	Grace Lettre	Noli Couture
Misha Blake	Ainsley Leavitt	Ryleigh Stearns
Siiri Burkett	Berkley Armstrong	Kendall Lane
Gabriella Beckwith	Brooklyn O'Brien	Giselle Shields
Kaylee Garland		Ella Almechatt

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4-6 Girls Intramural Basketball Schedule

Date	Practice/Game	Time	Team 1		Team 2
Thursday January 5 th	EVALUATIONS	3:45 p.m.	All Participants		
Monday January 9 th	Practice	3:45 p.m.	Lady Vols	&	Huskies
		4:30 p.m.	Aggies		
Thursday January 12 th	Practice	3:45 p.m.	Aggies	&	Lady Vols
		4:30 p.m.	Huskies		
Monday January 16 th	NO INTRAMURAL BASKETBALL (<i>HOLIDAY</i>)				
Thursday January 19 th <i>Postponed</i>	Games Postponed	3:45 p.m.	Huskies	vs	Aggies
		4:30 p.m.	Lady Vols	vs	Huskies
Monday January 23 rd <i>Postponed</i>	Games Postponed	3:45 p.m.	Lady Vols	vs	Aggies
		4:30 p.m.	Huskies	vs	Lady Vols
Thursday January 26 th	Game	3:45 p.m.	Aggies	vs	Huskies
		4:30 p.m.	Lady Vols	vs	Aggies
Monday January 30 th	Game	3:45 p.m.	Huskies	vs	Lady Vols
		4:30 p.m.	Aggies	vs	Huskies
Thursday February 2 nd <i>Make-up from Jan. 19th</i>	Game	3:45 p.m.	Aggies	vs	Lady Vols
		4:30 p.m.	Lady Vols	vs	Huskies
		5:15 p.m.	Huskies	vs	Aggies
Monday February 6 th <i>Make-up from Jan. 19th</i>	Game	3:45 p.m.	Aggies	vs	Huskies
		4:30 p.m.	Lady Vols	vs	Aggies
		5:15 p.m.	Lady Vols	vs	Huskies
Thursday February 9 th <i>Make-up from Jan. 23rd</i>	Game	3:45 p.m.	Lady Vols	vs	Huskies
		4:30 p.m.	Huskies	vs	Aggies
		5:15 p.m.	Aggies	vs	Lady Vols

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4-6 Girls Intramural Basketball Schedule Cont.

Date	Practice/Game	Time	Team 1		Team 2
Monday February 13 th	Game	3:45 p.m.	Aggies	vs	Lady Vols
		4:30 p.m.	Lady Vols	vs	Huskies
Thursday February 16 th <i>Make-up from Jan. 23rd</i>	Game	3:45 p.m.	Aggies	vs	Huskies
		4:30 p.m.	Lady Vols	vs	Aggies
		5:15 p.m.	Huskies	vs	Lady Vols
Monday February 20 th	NO INTRAMURAL BASKETBALL (VACATION)				
Thursday February 23 rd	NO INTRAMURAL BASKETBALL (VACATION)				
Monday February 27 th	<i>PLAYOFFS</i>	4:00 p.m.	Seed #3	vs	Seed #2
Thursday March 2 nd	<i>FINALS</i>	4:00 p.m.	Winner #3 vs #2	vs	Seed #1

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4-6 Girls Intramural Basketball Rules

This program will follow all NHIAA Basketball rules with the following exceptions:

- **NO JEWELRY!!!**
- **Two 15-minute running time halves with stop time ONLY in the last two minutes of the game. If in the second half the lead is 15 points or more, the clock will continue to run.**
- **Each team will have three (3) timeouts per game.**
- **On a score, teams must play half-court defense. In the final minute of the game a team may press full court.**
- **Five (5) fouls put a team in the bonus (1 and 1). Eight (8) fouls put a team in the double bonus (2 shots).**
- **CBA Foul-Out Rule: There will be no disqualifications after a fifth foul. Any additional foul will result in two (2) free throws and possession for the opposing team.**
- **All players will shoot free throws from the yellow line in the paint.**
- **Teams must play man to man defense.**
- **Shirts are not required to be tucked in.**
- **No jump balls, visiting team starts with possession.**
- **OVERTIME: Two (2) minutes stop time. Each team will receive one (1) timeout. Each overtime beyond the first will be two minutes stop time. Teams only get one timeout for the entire overtime length. (Timeouts from regulation may not be carried over into overtime).**