

**April 2017**



# 2017 Sadaquada Summer Sports League (SSSL)

**Important!  
See below  
for details  
on Early Bird  
option and  
deadline!**

## *Message from Sports League Director Michelle Gaspa*

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Spring is here and it's time to sign up for the Summer Sports League. It is a very exciting time for the Sadaquada Club, we offer a wonderful program with many activities for your kids to enjoy.

I am honored to return this year to head up the SSSL and work with your child(ren)!

As a certified elementary teacher, with a background in group fitness and a mother of 3, whose children have participated in the SSSL, I know first hand what an excellent program it is. I'm excited to build upon the past success and enhance it moving forward.

The league will run in 2 week sessions this year. Continuity and consistency will be a huge benefit to this new format. Additional tennis and golf times will also be part of the program. We are also excited to have our new PGA pro, Jim Ironside, working with us. The staff and I promise to have your child(ren) engaged in activity that will benefit them now and for years to come. The program has been designed to ensure a healthy, fun, and safe environment. I look forward to the upcoming season. Please don't hesitate to contact me.



### **EARLY BIRD OPTION!**

(members only)

- **DEADLINE FOR EARLY BIRD REGISTRATION IS JUNE 9th**
- **MUST COMMIT TO AT LEAST TWO WEEKS FOR EACH CHILD.**
- **NO REFUNDS!**
- **\$160 PER SESSION PER CHILD**
  - **\$5 discount per child**
- **COMPLETED FORMS AND PAYMENT DUE BY JUNE 9th**
- **Space is limited!**

**DON'T WAIT!!**

All participants are asked to refrain from using cell phones, electronic games, iPods, toys, etc, during league time. Thank you for your support.

## Checklist & Attire for Summer Sports League

### Everyday List -

- ⇒ Bottled Water
- ⇒ Healthy Snack
- ⇒ Bathing Suit
- ⇒ Goggles
- ⇒ Towel
- ⇒ Sunscreen
- ⇒ If needed, ear plugs
- ⇒ Yoga Mat (you can leave the yoga mat at the club)

### Tennis List -

- ⇒ Tennis Racket
- ⇒ Tennis shoes or sneaks
- ⇒ White
- ⇒ Athletic top or collared top (white preferred)
- ⇒ Skort or appropriate length shorts
- ⇒ Tennis Dress
- ⇒ No T-shirts, denim or cargo shorts

### Golf List -

- ⇒ Golf Clubs
- ⇒ Golf shoes or sneaks
- ⇒ Collared shirt or golf shirt
- ⇒ Skort or appropriate length shorts
- ⇒ No T-shirts, denim or cargo shorts

## Levels of Self-Responsibility - Participants are asked to be at a level 3

12 Participants per group and 3 participants for Jr. Program

### AGE GROUPS

**\*5-6**

**7-8**

**9-10**

**11-12**

**13-15**

(Limit 3 - Jr. Counselor's)

See details to the right for 13-15 year age group program!

**\*If you have a child who will be turning 5 during the summer contact Michelle to discuss if the program would be suitable.**

**Level 4: Caring** Students at Level 4, in addition to respecting others, participating, and being self-directed, are motivated to extend their sense of responsibility beyond themselves by cooperating, giving support, showing concern, and helping.

**Level 3: Self-direction** Students at Level 3 not only show respect and participation but also are able to work without direct supervision. They can identify their own needs and begin to plan and carry out their physical education programs.

**Level 2: Participation** Students at Level 2 not only show at least minimal respect for others but also willingly play, accept challenges, practice motor skills, and train for fitness under the teacher's supervision.

**Level 1: Respect** (Students at Level 1 may not participate in daily activities or show much mastery or improvement, but they are able to control their behavior enough that they don't interfere with other students' right to learn or the teacher's right to teach. They do this without much prompting by the teacher and without constant supervision.

**Level Zero: Irresponsibility** (Students who operate at Level Zero make excuses, blame others for their behavior, and deny personal responsibility for what they do or fail to do.

## Junior Camp Counselor Program Overview

Program for 13-15 year olds! Participants will be involved in all activities but will take on a more active role, such as learning how to teach younger kids to play tennis, golf, cooperative games, plus more. This group will learn the tools of the trade and what it takes to become a camp counselor and/or instructor. They will have hands on opportunities to experience the day to day organization needed to create a safe, healthy and happy environment for all. They will be under the supervision of the pros and the counselors. Same fee structure applies for this program. This age group may opt to participate in the league.

### Dates

Session #1: July 10-14 and July 17-21

Session #2: July 24-28 and July 31-Aug. 4

Session #3: Aug. 7-11 and Aug 14-18

**\*Awards Banquet Wednesday August 16th!**

### ***Fee Schedule:***

All participants need to submit a completed registration and remittance form prior to activity

**Early Bird by June 9th** (members only) - \$160/per session per child.

\$5 Discount 2nd child = \$155; \$5 discount for 3rd child = \$150; discount for 4th child = \$145

Early Bird must commit for a minimum of 2 weeks (1 session) per child. Completed registration and remittance forms along with payment submitted by June 9th. No refunds.

**Members** (after Early Bird Deadline) - \$200/per session per child

**Non-Members** - \$300/per session per child

**\*\*1 week available if needed: Member \$110/week Non-member \$175/week**

**Lunch: \$50 per session (10 lunches) 12:30 pickup or \$7 per day**

**Please fill in the requested information of the registration and remittance forms and return it along with your payment to:**

**Att: Michelle Gaspa  
Sadaquada Golf Club  
PO Box 556  
New Hartford NY 13413**

If you prefer, stop by the Club and drop off your forms/payment or fax it to 315-736-4289 and mark :

Att: SSSL Director Michelle Gaspa

## Message from the President

Dear Members,

We are looking forward to another successful season of the Sadaquada Summer Sports League. We are so pleased to welcome back, Michelle Gaspa, and her staff of new and veteran coaches. As you know, Michelle is very well qualified and brings great training as well as her experience as a teacher and an SSSL parent.

The SSSL is an outstanding program that aims to not only teach our children the fundamentals of golf, tennis, and swimming but also sportsmanship, teamwork, and respect for others.

It's been our experience that our program fills to capacity quite quickly so I urge you to register your child(ren) early.

**John F. Collis**

**Tell me and I forget  
Teach me, I remember**

**Involve me, I learn  
-Ben Franklin**





**Contact Michelle Gaspa, Sports League Director**

(315) 723-8041 or mgaspa@lfcscd.org

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:40-8:55am	<b>Drop off</b>	<b>Drop off</b>	<b>Drop off</b>	<b>Drop off</b>	<b>Drop off</b>	
9-9:15am	<b>Yoga</b> – all age groups, pros, and counselors all	<b>Yoga</b> – all age groups, pros, and counselors all week!	<b>Yoga</b> – all age groups, pros, and counselors all week!	<b>Yoga</b> – all age groups, pros, and counselors all week!	<b>Yoga</b> – all age groups, pros, and counselors all week!	
<b>Ages 11-12</b>						
9:30 – 10:30am	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>All Age Groups:</b> Competitive and non competitive swimming, tennis & golf matches 9am - noon	
10:45 – 11:45am	<b>Tennis</b>	<b>Tennis</b>	<b>Golf</b>	<b>Golf</b>		
<b>Ages 9-10</b>						
9:15 – 9:45am	<b>Tennis</b>	<b>Tennis</b>	<b>Golf</b>	<b>Golf</b>		
10:15 – 10:50am	<b>Fitness Activities</b>	<b>Fitness Activities</b>	<b>Tennis</b>	<b>Tennis</b>		
<b>Ages 5-6 and Ages 7-8 Will Flip Flop</b>						
9:15 – 9:45am	<b>Fun Activities</b>	<b>Fun Activities</b>	<b>Tennis</b>	<b>Tennis</b>		
9:45 – 10:45am	<b>Tennis</b>	<b>Tennis</b>	<b>Golf</b>	<b>Golf</b>		
<b>Ages 5-10</b>						
11-11:45am	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>		
11:50 – noon	<b>Closing Stretch</b> – Breathing and relaxation, with all age groups, all week					
<b>Noon</b>	<b>Pick up - Thanks for being on time! If your child has not been picked up by 12:15pm they will join the others in the Club House for lunch. Parents will be charged accordingly.</b>					
<p><i>To ensure the safety and effectiveness of the program each child must be able to put on own their shoes and clothes after swimming. Camp Counselors will assist if necessary.</i></p>			<p><b>All participants need to submit a completed registration and remittance form prior to activity</b></p>			