

PALATINE ATHLETIC NEWS

May 2015

Palatine Affiliate Groups!

Palatine Park District works with many groups to offer recreational programs for patrons. All the groups are important and offer wonderful opportunities. The affiliates that offer youth athletics have a large role in the community of Palatine serving over 5,000 participants. This athletic newsletter will be focusing on youth athletic groups as well as providing articles about sports or sports related information for parents.

YOU have received this newsletter because you are a parent/guardian of a child in one or more of the **Palatine Affiliate programs or Park District Athletic Leagues**. Spring is here and it is time to head outdoors for Baseball, Lacrosse, Rugby and Soccer.



PALATINE PICKLEBALL CLUB HAS SURPASSED 100 MEMBERS

This new club is a month old. This shows just how popular the sport is.

- **Celtic Soccer**, Jen DeFranco - President
- **Palatine Amateur Football Association**, Mike Pastore -President
- **Palatine Baseball Association**, Tim Storm - President
- **Palatine Youth Baseball/Softball Association**, Joanne Wojcik -President
- **Palatine Rugby Club**, Alan Burton - President
- **Palatine Penguins Boys Lacrosse** Ken Kiesler - President

LINKS TO AFFILIATE WEBSITE

Celtic Soccer www.palatinecelticsc.com

Palatine Amateur Football Association www.palatinepanthers.com

Palatine Baseball Association www.pbabaseballsoftball.com

Palatine Youth Baseball/Softball Association www.pyb.com

Palatine Rugby Club www.palatinerugby.com

Palatine Penguins Boys Lacrosse www.penguinslax.com

OUTDOOR READY

The snow is gone and spring is here. Parks are ready for practices and games. Two baseball fields at Hamilton/Ron Gbur Sports Fields had fencing added to provide warm-up pitching and on-deck batting areas.

Strike Guard Lightning Warning System

We are using a Lightning Detection System to provide early-warning of lightning throughout our parks, pools, golf course and stables. Familiarize yourself with the warning unit in a park near you. Each location will have signs explaining the Lightning Procedures. For further information on this system visit Palatine Park District website at: www.palatineparks.org. Reminder: if lightning is seen or thunder heard and the siren has not sounded, seek shelter immediately!



PALATINE PENGUINS BOYS YOUTH LACROSSE (PPBYL)

The 2015 Spring Lacrosse season for the Penguins just kicked off. Registration is up again in numbers with 226 kids and 11 teams, which is great considering three years ago enrollment was around 30 kids and two teams. Of the 226 kids in the program, 80 of them are new to lacrosse this year. The program consists of players from Palatine, Arlington Heights, Buffalo Grove, Rolling Meadows, Hoffman Estates, Inverness and other surrounding communities. Palatine Penguins joined a new league this year to enhance the overall level of play for our organization. There are about 30 programs in the lacrosse league. Palatine Penguins are the second largest group in Illinois Boys Youth Lacrosse.

Penguins Lacrosse games are played on Saturdays and Sundays at Falcon, Osage and Sycamore so please check out one of their fast-paced and exciting games.

As the program grows, the biggest issue is lack of availability from the coaches. To help work through this we have recruited a number of volunteers (without a child on the team) who played lacrosse in the past and want to be a part of the organization. The Penguin's Lacrosse board has brought in an experienced coach to help with practice plans and overall player and coach development. In addition, current coaches have had the opportunity to attend some extensive classes to improve their knowledge.

The Penguins season runs through June 7th. For the second year, the board is planning on entering teams in tournaments during the summer, which will allow the kids to get more experience.

Please visit our Facebook page at www.facebook.com/palatinepenguins or website at www.penguinslax.com

Ken Kiesler
Penguins President

PALATINE CELTIC SOCCER PALATINE CELTIC SOCCER CLUB SPRING SEASON

The Spring 2015 House season games begin April 18 with practices starting early April, weather and field conditions permitting.

Beginning in fall of 2015 the Celtic Soccer House program will have **two separate seasons** available – one in the fall and one in the spring. The fall season will run from mid-August through late October. The spring season will run from mid-April through early June. Registration for the Fall 2015 season opens soon. Please watch our website at www.palatinecelticsc.com for announcements.

PALATINE CELTIC SOCCER CLUB TRAVEL TRYOUTS

Tryouts for the 2015-16 Celtic Soccer Travel season will be held in late May and early June. The schedule for travel tryouts will be posted soon at www.celtictryouts.com and also at www.palatinecelticsc.com.

PALATINE CELTIC SOCCER CLUB SUMMER CAMPS

All camps are held at the Celtic Park turf fields and are run by Celtic's professional coaching staff. Registration is open now for residents, and will open May 26 for non-residents. Please visit the Palatine Park District website at www.palatineparks.org or reference the summer catalog for registration information.

Foot Skills Camp (6-16 years old)

June 22nd-25th: 9:00AM-11:00AM

June 22nd-25th: 6:00PM-8:00PM

July 13th-16th: 9:00AM-11:00AM

July 13th-16th: 6:00PM-8:00PM

Celtic Elite Preseason Camp

August 3rd-6th: 9:00AM-11:00AM

Celtic Elite Goalkeeper Camp

August 3rd-6th: 9:00AM-11:00AM

Celtic Recreational Camp (6-14 years old)

July 20th -23rd: 6:00PM-8:00PM

Little Celtic Academy Camp (3-6 years old)

July 27th -30th: 6:00PM-6:50PM

7 Reasons to play Girls Softball

Softball is the one sport anyone can play every year without having to be part of a travel program or play for a school team. It is a sport that girls always have as an option to play. They have girl only leagues when they are young, but also as they get older, girls can play on all women or coed teams. Almost every college/university or town has access to at least one softball team or league. Softball is a sport that helps develop many life skills. The following are 7 benefits to playing girls softball.

1. Encourages a Healthy Lifestyle: Exercise is an important part of staying healthy. Softball requires girls to practice running, develop better eye hand coordination, increase agility, and perform bending and stretching movements.

2. Promotes Self Esteem: In just one season of softball, girls will see tangible skill improvement. They get a sense of accomplishment as they gain confidence in their catching, hitting and throwing skills.

3. Learn Goal Setting: Girls have an opportunity to set a goal for themselves. There are many facets of softball that allow girls to set goals for themselves. With all the facets of softball, it is easy for a girl to set at least one goal. The goals are very individual and related to a player's ability. The goals can range from getting one hit to hitting a home run, or stealing a base or throwing out a base runner, catching a high fly to diving for a ball.

4. Experience Teamwork: So much of life revolves around the concept of teamwork. People must work together in the workplace and even at home when dealing with family issues. Softball provides an environment where success is accomplished through teamwork. Girls have to learn to work together with teammates while playing a sport they enjoy. This is an important lesson they can bring into adulthood.

5. Develop Time Management Skills: This extra-curricular activity requires girls to plan ahead and manage their time. They must prioritize their commitments and learn to balance school, life, family and sometimes work. Games and practices are held at set times. Even the games themselves are limited in time and innings. It encourages girls to keep up with the score and take advantage of play opportunities.

6. Learn to Deal with Adversity: Everyone makes mistakes, has good and bad days, or falls into a slump from time to time. In softball, we try to minimize errors, but we also recognize we are human. Mistakes happen, even to professionals. It is important to "dust off the dirt and move on." In softball, girls learn to recover from mistakes, deal with challenges, and experience the joy of a come-back.

7. HAVE FUN: Softball is a pastime and sport that is enjoyed by both genders and at all ages (even retirees). As girls graduate from school, they will encounter softball leagues wherever they live. It is a great way to enjoy leisure time, meet up with old friends and make new ones.

Palatine offers many opportunities for girls to play softball. We have a Junior High League for girls who have completed 7th and 8th grade starting in April. High School Level girls also can participate in a league. All girls who have completed Freshman through Senior years in High School are eligible to play. The High School League starts in June. The High School League encompasses teams from surrounding areas as well (Arlington Heights, Barrington, etc). Girls can register at the Palatine Park District. Additional information about our leagues can be found on the PBA website at www.pbabaseballsoftball.com

AFFILIATE REGISTRATION INFORMATION

The Palatine Park District assists most affiliates with participant registration. The park district receives registration, provides affiliates with registration lists and handles refund requests.

Celtic Soccer – Will now be taking house league registration - **NEW** beginning with fall 2015 season.

Palatine Rugby Club – Takes all player registration; accepted on a year round rolling basis.

Palatine Amateur Football Association – Park District accepts registration; currently accepting.

Palatine Baseball Association – Park District accepts registration; currently accepting for Colt and Palomino. Softball and Pony league registration deadline has passed.

Palatine Youth Baseball/Softball Association – Park District accepts registration; registration deadline has passed.

Palatine Penguins Boys Lacrosse – Park District accepts registration; registration deadline has passed.

INFORMATIONAL ARTICLES

<http://www.rootsofaction.com/playing-the-game-the-truth-about-youth-sports/>

<http://www.nationwidechildrens.org/allowing-youth-sports-to-be-childs-play>

This newsletter is a publication of
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