

Greendell Park Community Centre Newsletter

The Falcon E-News

Sports Are More Then Just Fun



Volume 3 Issue 3

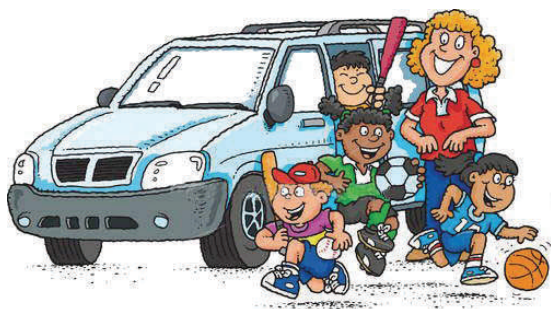
March 2010

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Playing sports is an important element in the lives of many children. More than 45 million kids between the ages of six and 17-both male and female-participate in athletics in North America. Most engage in sports to simply have fun, but the benefits of such activities go far beyond the love of the game. Some benefits can be seen, others felt, while several occur without even being noticed at all.

The health benefits of sports are numerous, especially for kids. In 1997, the CDC (Centers for Disease Control) published the "Guidelines for Schools and Communities for Promoting Lifelong Physical Activity," where the agency noted that regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.



Children who are actively involved in a sport are more likely to describe themselves as being in good physical health than students who do not participate in sports, according to a 2006 article published in the "Journal of Community Health." A 2006 article published in the "Journal of School Health" found that the interaction a child has with her coach helps to improve self-esteem as well as lower the chance of depression.

Social responsibility and leadership skills are two other reasons why sports are good for children. According to "Youth Sports in America: An Overview," sports can provide excellent educational opportunities for social development because many of the social and moral requirements for participation in sports are parallels to how individuals must function in a law-abiding society. The "Handbook of Research on Sports Psychology" states that understanding the competitive process entails an appreciation of the social nature of competition, particularly with regard to the cooperative and strategic aspects of sports and an awareness of the nature of individual roles within a cooperating group.

Kids can also show the benefits of sports in the classroom. A 2002 study published in "Sociology of Education" concluded that participating in athletics helps high school students perform well academically more than any other extracurricular activity. A 2007 study published in "Educational Psychological Review" stated that systematic exercise programs may actually enhance the development of specific types of mental processing known to be important for meeting challenges encountered both in academics and later in life.

The benefits of kids' participation in sports can long outlast their youth. Some can parlay their athletic prowess into scholarships for private schools and colleges. There are also the lucky few who are able to use their particular talent for sports as a career. Many adults credit their ongoing participation in sports to the love of the game they cultivated as kids.

If you're still not quite convinced just check the smiles on the faces of the young athletes who appear each month on the last page of our newsletter.

Greendell Mission Statement

Our goal is to provide affordable, quality programs for all ages; equal access and participation; and a safe enjoyable environment.

We will strive to be sensitive to the expectations of members and residents; and open and accountable in our administration.

We encourage active participation by our members as volunteers.

We advocate Fair Play.

2010 Late Registration Date

This year's Late Spring Registration to be held at the Greendell Park Community Centre is set for the following date and time:

Tuesday March 16 from 7:00 PM till 8:30 PM

Programs available for 2010 are:

- Baseball - Ages 7 to 18
- Basketball Spring League - (Co-ed Ages 5 - 7 or Boys & Girls Ages 8 - 18) - May and June Saturdays or Sundays
- Boys Soccer (Youth) - Ages 9 and up (1992 - 2001) - Various Locations
- Girls Soccer (Youth) - Ages 9 and up (1992 - 2001) - Various Locations
- Soccer (Mini) - Ages 7 & 8 (Game Days Monday and Wednesday)
- Soccer (Tots) - Ages 5 & 6 (Game Days Tuesday and Thursday) - 6:30 PM - 7:30 PM St. Vital Park
- Softball - (Co-ed Ages 7 & 8 or Girls Ages 9 - 19)

Registration Fees were not available a time of printing.

- All programs are registered on a first come first serve basis
- All programs are subject to change or cancellation if minimum registration is not met.
- Financial assistance is available for registration fees upon approval. 2009 Income Tax documentation must be provided at time of registration.
- Payment is accepted by cash, cheque or debit

A LATE FEE of \$20.00 will be applied to ALL registrations after March 6, 2010.

- NO EXCEPTIONS. All late registrations must be done at the administration office. Late registrations WILL NOT be accepted after March 31, 2010 unless the sports convenor has verified an opening.

BOOSTER/MEMBERSHIP FEE is required for any sport or program.
Cost is \$50.00 per family per year -September 1, 2009 to August 31, 2010.



Greendell Falcons Football Registration

(Midget Age Group Only)

Wednesday March 24th 7:00 PM to 8:30 PM

Greendell Park Community Centre 75 Woodlawn Avenue

Molly's Shoes for Haiti

Brenda Ambrosie is on a mission to send a semi-trailer full of shoes to Haiti.

The initiative is named after Ambrosie's dog, Molly. Before passing away last month, Molly was ill and needed shoes to walk safely during the final stages of her life.

Ambrosie wanted Haitian earthquake victims to have the opportunity to walk safely, too, while they rebuild their country.

She put a bin in her driveway and an ad on a website. Before long, word had gotten around and Mark's Work Warehouse contacted Brenda about putting bins in their Winnipeg and Selkirk stores.

New or gently-used shoes will be collected until March 27. After that Brenda will be delivering the shoes to Soles 4 Souls, the organization that will distribute the shoes in Haiti.

If you'd like to make a shoe donation, a collection bin will be setup at the Greendell Park Community Centre from now till March 27th.

Greendell Park Community Centre - Board of Directors

Greendell Executive 2010

POSITION	NAME	HOME NUMBER
President	Fred Schneider	257-2921
Vice-President	Dwayne Joseph	256-1933
Treasurer	Gabrielle Marrin	255-2600
Secretary	Roy Gardiner	256-6797
Director	Monika Carswell	254-7299
Director	Dwayne Falk	253-7789
Director	Rene Poluyko	253-5274

ACTIVITY

NAME

HOME NUMBER

Football	Yvonne Hansen	253-6713
Hockey (Female)	VACANT	
Hockey (House)	Ken Sutherland	254-5854
Hockey (9 Yrs. & Up)	VACANT	
Hockey Equipment	Marc Arcand	255-7214
Magic Club	Carey Lauder	772-8837
Ringette	Kevin Deibert	255-3435
Soccer (Boys)	Linda Kozakewich	253-7601
Soccer (Girls)	VACANT	
Soccer (Mini)	Lorne Palmquist	254-6193
	Shellie Hatch	257-7128
Soccer (Tots)	Tracy Bertschinger	793-9660
Soccer Equipment	Stan Kern	257-3086
Softball	Glen Unryn	338-1967
Tae Kwon Do	Matthew Onyschak	256-0360
Tiny Tots	Julie Jacquet	257-2121
Tiny Tots Treasurer	Shelley Giesbrecht	669-4200
Sewing	Carol Williams	257-2921
Building Manager	Reg Bresch	269-8998
		799-5727 (Cell)
Administrator	Janis Desrochers	257-1211 (Office)
		257-6883 (Club)

Greendell Convenors/Contacts 2009/2010

ACTIVITY	NAME	HOME NUMBER
Badminton (Seniors)	Norman Remedios	253-9112
Baseball	Ken Goodwin	254-0760
Baseball Equipment	Joanne & Len Warelis	257-2379
Basketball	Fred Schneider	257-2921
Baton/Dance	Joyce Ormshaw	253-2737
Carnival Committee		

Greendell March 2010 Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 2010 Spring Late Registration Greendell C.C. 7:00 PM - 8:30 PM	17	18	19	20
21	22	23	24 Greendell Falcons Football Midget Only Registration Greendell C.C. 7:00 PM - 8:30 PM	25	26	27
28	29	30	31			

**Greendell Park
Community Centre**

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Winnipeg, Manitoba R2M 2P3

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Fax: (204) 254-7472

E-mail: administrator@greendell.ca

Contact Information



Late Registration



**Tuesday March 16th
7:00 PM to 8:30 PM
Greendell Park Community Centre
75 Woodlawn Avenue**

Greendell Park Community Centre - Team of the Month Greendell Park Falcons Novice Ringette Team



Back Row (L to R) Kristyn Wotherspoon (assistant), Dawn Dumontier (coach), Carole Purdom (manager),

Middle Row (L to R) Monica Barnabe (coach), Annika Purdom, Morgan Steel, Jaime Dumontier, Taylor Deibert, Emma Joyal, Shirley Dalman (manager)

Front Row (L to R) Kayla Barnabe, Brooke Gilmour, Carly McLean, Janelle Kornelson, Jessica Nissen, Sara Dalman, Julia Cornejo