

Parks & Recreation Commission
Tuesday, January 7, 2020

On Tuesday, January 7, 2020, Mayor Doyle Webster called the regular meeting of the Springdale Parks and Recreation Commission to order at 7:00pm. Members present were Daryl Dennie, Rob Hormann, Lori Merz, Josh Monson and Mike Sickinger. Also present was Parks and Recreation Director Greg Karle.

Minutes from the December 2019 meeting were approved.

Items of **Old Business** discussed were:

- **Sports Programming**

Mr. Karle stated that the basketball teams 2nd grade through high school had completed their fourth game of the season this past weekend and Instructional teams had their first game on Saturday. There are twenty teams and a total of 179 children participating in the basketball program this year. This is twenty-seven more players than last season. There are fifteen girls cheerleading this season, which is three more than last year. They cheered at the Pep Rally and will cheer at one home game each week during the season.

Spring youth sports registration began on January 2. Programs offered include Baseball, Coach Pitch, Instructional T-ball, Girls Softball, Spring Soccer, and Spring Volleyball. Mrs. Merz asked how the registration process works and asked if parents can register online and use a credit card. Mr. Karle explained that they currently cannot register online and must pay by cash or check. The Recreation Department can accept credit card transactions but youth sport registration money is accepted by staff and forwarded to the youth boosters. Additionally, it must be verified that a child being registered is a Springdale resident and member and meet any other eligibility requirements. The department software does not have that capability. Following considerable discussion by the Commission, Mayor Webster asked Mr. Karle to find a way that youth sports registrations can be accepted by credit card payment and through an online process.

The Women's Volleyball league will begin on Wednesday with four teams participating.

- **Winter Sports Pep Rally**

On Friday, January 3, the Springdale Youth Boosters held their annual Winter Sports Pep Rally and Hall of Fame induction. The Mayor, City Council, Parks & Recreation Commission, parents, coaches, and players attended to help cheer on our basketball teams. The twenty Springdale basketball teams paraded in, team-by-team, as DJ Rick got the crowd enthused. Once all teams had entered, the Springdale Police Department presented the colors for the Pledge of Allegiance. After a welcome cheer from our Springdale cheer squad, and a few introductions, Mayor Webster inducted Bill Reisenberg, Maralyn Hormann, Dave Blumberg, and Cherie Burt into the Springdale Youth Sports Memorial Hall of Fame. The focus then turned to the introductions of our teams' players and coaches. Each team was to design and present a team banner that will hang in the gym for the remainder of our season.

- **Club Rec**

Clubrec held their first ever Friday the 13th, "Freaky Friday Festivities." Elaine Hansen held her first and very successful event as our Teen Advisor. She worked hard developing

a theme that tied in both Christmas and the ever so scary Friday the 13th. The event started out with them playing a few fun and energetic icebreaker games. They then moved into room A and B where they ate loads of popcorn and watched *A Nightmare before Christmas*. There were twenty-four youth in attendance.

Club Rec Winter Extreme Games will be offered on Friday, January 31. The theme this year is “Glow in the Dark.” Children grades 5th – 8th and their guests will each paint their own glow in the dark t-shirt and sweat band. They will then wear them while playing games like “Glow in the dark Dodgeball.” The cost is \$2 for SCC members and \$4 for non-members.

- **Adult/Senior Programming**

On Thursday, the *This & That* program will present “Alaska, Beyond the Cruise.” Debbie Moy will share her 15-night road trip through south-central Alaska. It’s a great presentation for those who are considering traveling Alaska on their own, looking to extend their time after arriving in Alaska or just want to learn more about the “Last Frontier.”

Volunteers have been busy training for the AARP Income Tax Help. The free tax assistance is offered again this year beginning January 31. One-hour appointments are available every Friday morning through April 10. The program provides assistance for simple state and federal returns. Appointments may be scheduled by contacting the Community Center.

The annual Travel Expo & Party will be Friday, January 31. Joy Tour & Travel, Provident Travel, and the Senior Citizens Club will provide detailed information on the various travel opportunities for seniors in 2020. They can take advantage of day trips, multi-day tours and cruises, all reasonably priced. Light refreshments will be served.

- **Fitness**

Running from Monday, January 6 to Sunday, February 16, the Fitness Center will be providing a fun and informative program called The Challenge to help members start working towards their 2020 health and wellness goals. This year we are going to help members simplify and ease into some healthy changes one week at a time by providing the following information each week:

Week 1: Set your S.M.A.R.T. Goal (Specific, Measurable, Attainable, Realistic, and Timely)

Week 2: The Basics 101 – Monthly weigh in, Food Journal information, and learning about our Basal Metabolic Rate (how many calories do you REALLY need based on your age, height, current weight, gender, and activity).

Week 3: Get your heart pumping – What’s your max/target heart rate

Week 4: More is Better! How to get more fiber, water, and vegetables in your diet.

Week 5: Sugar Is(n’t) so Sweet – sneaky places it hides and how to cut back.

Week 6: Progress Check! Monthly weigh in and how to get off a plateau.

Beginning January 10 from 10:00 a.m. – 12:00 p.m. on Friday’s the Springdale Community Center will be offering Tiny Gym Time free to youths ages 6 months to 5 years old. Springdale residents will have the opportunity for their children to tumble, run, jump, and play on a variety of equipment that will help with balance, strength, cognitive skills, and coordination. Children will be under their parental/guardian supervision and divided into three different stations – ages 6 months to 12 months, 12 months to 24

months, and 2 years old to 5 years old. Elaine Hansen will lead programing.

- **Personnel**

Fitness Center Manager, Elizabeth Johnson delivered her first born (baby girl Lilly) on Monday. Elizabeth and Lilly are doing well. Elizabeth will be out on maternity leave until early March.

The part-time Fitness Instructor position has been filled by Matthew Coffman. He is a retired U.S. Army veteran and holds his Bachelors in Physical Education from Eastern Kentucky University and his Masters in Science from the American Public University. He has experience working at the YMCA in Richmond, KY where he worked in the Fitness Center and was responsible for giving members fitness orientations, maintaining a safe and clean environment, as well as assisting members.

Applications are being accepted for the position of Part-time Parks Maintenance Worker.

Recently, Assistant Recreation Director Charlie Wilson and Assistant Aquatic Director, Ben Carnahan visited Princeton High School during the lunch period to offer information on the various seasonal aquatics positions available at the Community Center this summer. It is anticipated that there may be a need to hire as many as ten new lifeguards as well as staff for the pool concession operations. There seemed to be an excellent response from the students with over forty expressing an interest in the positions. Staff plans to return in the months ahead to promote the seasonal Parks Maintenance opportunities as well as the aquatics positions.

Items of **New Business** discussed were:

- **Cinema Horse Races**

The Youth Boosters will present their Cinema Horse Races event on Saturday, February 29, doors open at 7pm and the first race is at 8pm. Admission is \$10. In addition to the races, they will offer Black Jack, Seven Card Stud, Money Wheel, Texas Hold'em and door prizes.

- **Martin Luther King Day**

The Community Center will be open holiday hours 1pm – 9pm on Martin Luther King Day, January 20.

- Mayor Webster shared with the Commission members the progress and process in filling the positions of Building Official, Economic Development Director and Chief of Police.