

HCC Community NEWSLETTER

Boys Spring Basketball practice starts the week of March 16th!
Games on Saturdays starting March 28th.
Two leagues: Grades: 5 & 6/ Grades:7.8,9
Includes 6 games and tournament



ROOKIE SPORTS

ROOKIE SPORTS is designed for boys and girls ages 2-8 years old. The instructional classes teach basic skill development through drills, games, and active play in a fun non-competitive atmosphere. Classes will provide a foundation before entering our organized team sports. Some classes include parental involvement. Registration is now open for:

Rookie Volleyball (5-8) Th.2/26-4/9/15 5:00-5:30 \$
Rookie T-Ball (3-5) 4/15-5/20/15 5-5:30 p.m. \$30
Class is held in the gym at HCC. Participation in this class will include a \$5 coupon for our Summer T-Ball League. The above classes are \$30 per class

Tea Party! Looking for a special party for a young girl? We are now offering Tea Parties. We supply the fine china, linen table coverings, food, and event host. Call Dawn to customize your party.

Tae Kwon Do 3/13-5/1/15

Beginner class for boys and girls 6 years-older: Fridays, 5:00-5:45 Cost: \$76 (includes uniform)
Payment of \$56.00 is due the first day of class for returning students.

THINK SPRING!

Opening Day is Saturday, May 30th

Our **Summerball Program** is for boys and girls ages 4-16 years old. Walk-in registration is Tues. March 10 and Thurs. March 12th from 5-7 p.m. and Sat. March 14th 9:00 a.m.-noon. **Cost: \$115** (includes T-shirt and the cost of raffle tickets that your child can sell)

We also offer registration through our website and at the office on Roosevelt.

Coaches Needed! Call Greg for more information on coaching a team.

Don't forget to add HCC to your facebook friends. We will post updates, pictures, announcements and have occasional coupons and specials on the site.

Also, please check our website regularly for programs and activities. Due to the recent Harlem School Board's decision to charge for electronic flyer distribution in the schools, we will not be sending flyers to your child's school. We appreciate your help in telling others and sharing media of our events and youth programs.

HCC Memories.....Thank you to all the Dads Grandpas, Uncles and other special fellas that brought their princesses to our annual Father-Daughter Dance on Feb. 6th.



Details coming soon on a Mother-Son Event!

Something to think about.....

Distractions in the Modern Age

Those missed moments can seem like a missed childhood years later. Families face many distractions in today's world.. There are heartbreaking conversations with children about all those beeps, buzzes, and rings that we hear every day. **These are direct quotes from children living in the 21st century:**

"My mom is on the phone all the time. She never gets off."

"My dad has a problem putting down his phone."

"My mom texts and drives."

"My mom talks on the phone the whole time she is driving. She doesn't even say 'goodbye' when I get out of the car."

"Sometimes I say something and my dad doesn't hear me because he is typing on his phone."

"My parents are so busy with their phones that they forget to feed me and put me to bed. I am forgotten a lot of the time."

"My Mom didn't see me jump in the pool at swimming class, because she was on the phone"

Be aware and don't miss those small moments that mean so much. Small changes can make a big difference:

- ◇ Hold her hand, not your phone
- ◇ Put your phone in your purse, not on the table when eating out
- ◇ Watch him and smile from the sidelines.
- ◇ Drive distraction free. Talk with her about what you see outside the windows.
- ◇ Play outside with him, leaving your phone inside.
- ◇ Let your child see you greet her first in the morning before checking your phone.
- ◇ Do not be "bothered" when he tries to get your attention while you are checking your email or facebook.
- ◇ *More information is available online on how to become "hands free" for your children.*