

Groton Recreation



2023 Summer & Fall Community Guide



REGISTER ONLINE NOW!

Summer Concert Series

Presented by Groton Recreation

6:30pm - 9:00pm

@ Groton American Legion

Check out a great new food truck each week!
Bathrooms & seating available on site

July 7th

Crystal Vision

5-piece band with some of the most seasoned musicians in the Central New York area. They bring a variety of classic rock, blues and country that will be sure to entertain all generations.

FOOD TRUCK: Holy Smoked

July 14th

Bad Alibi

Bad Alibi brings the best in 70's and 80's classic rock - great dance favorites and lost classics.

FOOD: Caspers Dinner

July 21st

Tink Bennett & Tailor Made

Tink Bennett & Tailor Made have been performing and opening for national acts in the Central New York area and beyond for over 30 years!

FOOD TRUCK: Holy Smoked

July 28th

Donna & The Mystics

Bringing new country music and a variety of other genres, from 50/60s to Classic Rock and Southern Rock.

FOOD TRUCK:



August 4th

Major Keys

A musical trio composed of three central New York's premier long-standing musicians. The band features a surprisingly unexpected variety of classic rock selections spanning four decades

FOOD: Casper's Dinner

August 11th

Past My Bedtime

Cortland Based Oldies, Classic Rock, and Party band consisting of 2 amazing teenagers and 3 old guys. Family friendly entertainment that rocks the house and keeps people moving.

FOOD TRUCK: Fredhot's

August 18th

Freeway

The Freeway band plays music from the 1950's thru now. They feature styles from classic rock to pop and country old to country rock.

FOOD TRUCK: Holy Smoked

August 25th

Cortland Old Timers Band

The Cortland Old Timers Band is a community band which has been performing for over 45 years. They are a volunteer community band, made up of musicians of all ages and skill levels.

FOOD: Groton Fire Dept

Sponsored in part by the

COMMUNITY **ARTS** PARTNERSHIP 

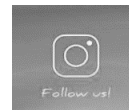


Recreation Program Guide

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Groton Recreation
PO Box 100,
143 East Cortland St.
Groton, N.Y. 13073

Director of Recreation
Becky Koenig
recreation@grotonny.org



Dear Groton Community,

As we head into another fun filled summer, I'd like to take a moment and introduce myself. My name is Becky Koenig, and I've stepped into the role of Director of Recreation for Groton in January. I have lived in Groton since 2007 and am thrilled to now work for its community members. My background is in Health/Fitness with a Masters in Recreation Management. Previous recreation experience includes working for not-for-profit organizations such as The Boys & Girls Club and Manchester YMCA. More recently, I was the Program Coordinator for Staff Development at Cornell University Fitness Centers. At Cornell I hired, trained, and supervised students working in our 5 fitness locations across campus.

Outside of work you might see me with my family hiking the trails in town, down at the pool on the hot (or even mildly sunny) summer days or relaxing at the library. We do love to explore all the creeks and gorges in the area, please share if you know of any hidden gems!

Youth programming is going strong with a variety of youth programs. There are popular classics such as basketball, art, golf, and dance as well as some new programs such as triathlon training and youth volleyball. Registration is now open for all programs online at <http://tshq.bluesombrero.com/grotonrecreation>

The Groton Memorial Pool will be opening in late June with a fresh coat of paint and a great staff of lifeguards ready to serve the community. Group and private lessons are offered to ages 6 months through adults.

Other recreational opportunities this summer include the Summer Concert Series on Friday nights, starting on July 7th at the Groton American Legion. These concerts are sponsored by the Town, Village, and grant support from the Community Arts Partnership. You can find the full summer lineup on the inside front cover of this booklet.

Looking forward to fall, you will find info about youth football, soccer, cheerleading, and cross country. All these youth sports programs rely on volunteers in the community to coach, run concession stands, and handle registrations. Please think about giving a few hours of your time this fall to help our youth programs!

I hope you enjoy summer 2023 in Groton!

Becky Koenig, Director of Recreation

recreation@grotonny.org



Groton Joint Recreation Committee

The Groton Recreation Department is the result of a shared services agreement between the Town and Village of Groton. Programs offered are open to all residents of both the Town and Village. The recreation committee is made up of representatives from the Town Board, Village Board, School Board, and community members.

Mission Statement

The mission of the Town and Village of Groton Recreation Program is to enhance the quality of life for all residents of Groton by programming a wide variety of recreation and cultural activities.

Recreation Website: <http://www.grotonny.org/park-recreation>

Facebook: <https://www.facebook.com/GrotonRecreation/>

Instagram: @grotonrecreation



Registering for Summer Programs

Online registration open until June 30th

Pre-registration is required for all programs unless otherwise indicated. Early enrollment is encouraged as registrants will be accepted on a first come first serve basis.

Registrations are due one week prior to the start of the program. You may also register with paper registration in person at the Groton Village Office at 143 East Cortland Street, Groton. Refunds will be issued if a program is cancelled. Refunds will not be issued for participants who voluntarily withdraw from camp.

Photo Disclaimer:

Registrants and participants of programs and special events implicitly permit Groton Recreation to take photos and videos of registrants and participants during Groton Recreation activities for publication in the recreation booklet, social media, web site, and promotional uses as the department deems necessary.

Summer Youth Programs

REGISTER ONLINE BY JUNE 30th! <http://tshq.bluesombrero.com/grotonrecreation>

ARTS & CRAFTS IN THE PARK

Mon.-Fri. 9:00am-12:00pm
July 5th - August 11th

Create unique and creative artwork this summer with Groton Recreation staff at the Arts and Craft table near the pool. Make tie-dyes, paintings, sun-catchers, bracelets and more! Sign-out games and sports equipment here too. There will be a different craft activity each day! *We will also be offering some take home crafts for those who do not want to complete a craft onsite.*

PARENTS: YOUNG CHILDREN SHOULD NOT BE LEFT AT GROTON MEMORIAL PARK WITHOUT PROPER SUPERVISION.



****No fee or registration required -
Open to all everyday****

BASKETBALL BASICS

Learn and practice basic basketball skills that will help you become a better player with the help of GCS JV and Varsity players. Work on ball handling skills, shooting, passing, rebounding, dribbling, footwork, and defensive skills as well as sportsmanship, teamwork, and character building too. Learn from experienced players and dedicated coaches. Listen to guest speakers, set goals, and have fun! **Bring a water bottle, and packed lunch each day.**

Dates: June 26th- 29th (Tues-Thurs)

Time: 9:00am-11:00pm

Ages: 7-12

Fee: Free

Location: Groton High School Gym

Instructors: Girls & Boys Varsity and
JV Basketball Coaches & Players



HIKING & WILDERNESS SURVIVAL

HIKING & WILDERNESS SURVIVAL Do you love the outdoors? Want to start hiking? What about backpacking? What happens if you lose your way, get lost, or the weather changes and you can't continue as planned? Be prepared! This course will give you the basics that will instill the confidence to enjoy the great outdoors, being safe, and being prepared as you venture out. Lots of physical activity and walking.

Dates: July 3rd- 7th

Time: 9:00am- 11:00am

Ages: 8-12

Fee: \$20.00

Max: 20 Participants

Instructor: Scott Weeks

Location: Monday at Groton Memorial Park Pavilion.
Meeting location change throughout the week.



TRACK AND FIELD

Track and Field camp offers youth an opportunity to learn and participate in various events. We will focus on teaching the fundamentals of track and field in a fun and competitive manner. We will cover sprints, jumps, throws and relays (contesting the Shot Put, 55 Meter Dash, 100 Meter Dash, 200 Meter Dash, Long Jump, and High Jump). We will even hold a mini track meet on Friday! This camp is an extension of the Groton Project and so will be followed by a large Track & Field meet in Ithaca on July 22.

Dates: July 10th - 14th

Time: 9:00am-11:00am

Ages: 5-13

Fee: \$25.00

Max: 30 Participants

Location: Groton High School Track

Instructors: Groton Coach Scott Weeks, Varsity Athletes, and field experts.



Summer Youth Programs

REGISTER ONLINE BY JUNE 30th! <http://tshq.bluesombrero.com/grotonrecreation>

NEW

ADVANCED TRACK AND FIELD

This camp is for youth that have either: completed at least 2 years of Summer Track & Field Camp AND is in 6th-8th grade OR has competed in at least one year of Modified Track & Field at the Jr. High School level. There will be more advanced instruction in Hurdles, Sprint Starts, Long Jump & Triple Jump, Shot Put & Discus, High Jump, and Relays. Friday will be a Mini Track & Field Meet. Camp is an extension of the Groton Project and will be followed by a Track & Field meet in Ithaca on July 22.

Dates: July 10th - 14th

Time: 4:00-5:30pm

Ages: 10-13

Fee: \$25.00

Max: 30 Participants

Location: Groton High School Track

Instructors: Groton Coach Scott Weeks, Varsity Athletes, and field experts

ARCHERY

Klein's Archery of Dryden will be in Groton to offer proper shooting instruction. Topics cover archery safety, skill building, target practice, introduction to the compound and re-curve bow. All equipment provided. (Max. of 12 youth per session.) Bringing a water bottle and sunscreen recommended. This camp fills up fast, please register early.

Dates: July 17th - 22nd

Session 1: 9:00am -10:00am

Ages: 8-10

Session 2: 10:30am -11:30am

Ages: 11 - 14

Fee: \$30.00

Max: 12 Participants per session

Location: Elementary Lower Soccer Field

Instructor: Joe Guernsey



GOLF BASICS

This program is for beginner golfers to learn the basics of golf. Personal instruction and group practice time on the putting green and at the driving range will be given. Participants will learn proper grip, stance, swing, ball placement, safety and scoring.

Please bring a water bottle and clubs if you have them. Some clubs are available.

Dates: July 17th- July 21st

Time: 10am - 11am

Ages: 6 - 17

Fee: \$30.00

Location: Stonehenge's Golf Course, Stevens Rd., Groton

Instructors: Eliza Vitale & Mike Holl



ADVENTURE ART

If you like to get your hands dirty, come create and explore the world of art during a week of art boot camp! Join Mrs. Costa for a week packed with exploring art using a variety of art materials, colors, techniques, and even art in the great outdoors.

Dates: July 31sth - August 4th

Time: 11:00am-1:00pm

Ages: 7 - 12

Fee: \$30.00

Max: 25 Participants

Location: Groton Elementary School Art Room

Instructor: Julianne Costa- Elementary Art Teacher



Summer Youth Programs

REGISTER ONLINE BY JUNE 30TH!

JUNIOR FIREFIGHTER

Enjoy fun games and activities with the Groton Fire Department designed to educate youngsters about firefighting and ambulance. Children will learn how to dress like a firefighter, tie knots, compete in a "Bucket Brigade", crawl through a "smoke" room to rescue victims, and more! Be sure to wear your sneakers or water shoes (no open toed shoes please) and prepare to get wet! **Pre-Registration is required!!**

Dates: July 11th - July 13th (Mon-Wed)

Time: 6:00pm -8:00pm

Ages: 5 - 12

Fee: FREE to Groton Residents!
Donations Welcome!

Location: Groton Memorial Park

Instructors: Groton Fire Department



INTRO TO SEWING

Sewing camp is a fun environment where kids can learn a valuable, life-long skill of sewing. Perfect for beginner level students. Students will make fun projects to take home. They will gain self-confidence and explore their creative side with personalized projects. Students will be learning hand sewing and some machine use. Come create with us!

Dates: July 24th-July 27th

Time: 10:00pm-12:00pm

Ages: 8-12 years

Fee: \$25.00

Max: 12 Participants

Location: TBA

Instructor: Flo Allen



PHOTOGRAPHY

Obsessed with taking photos? Then this is the summer photography camp you've been looking for!

We will explore and share ideas for taking photographs of people, places, animals, weather, plants, and flowers. Each participant will take home two matted photographs to enter in the contest or display at home.

Required: Participants must bring a digital camera or camera phone to use and take photos. Participants must already know the basic operation of their camera or camera phone.

Dates: Wednesdays June 21 - July 26th

Time: 5:00pm-6:30pm

Ages: 8-14 years

Fee: \$35.00

Max: 20 Participants

Location: Location will vary each week around the town of Groton

Instructors: Adrian Mitchell from Old Stage Photo



ISLAND FUN WITH MAUI AND MOANA

No previous dance experience necessary. Join Moana and Maui in a fun upbeat discovery of traditional Polynesian dances, ballet, tap, and interpretive dance, as well as working with various props including Kala'au dance sticks, leis, scarves, ribbon streamers, over-sized flowers, ocean billows, etc. and creating tropical dance crafts. On Friday share your new and growing skills with family and friends in a short presentation in costume!

Dates: July 31st-Aug 4th

Time: 9:30am-11:30am

Ages: 4-14 years

Fee: \$30.00

Location: Groton Elementary School Gym

Instructor: Camille Viglietta



Summer Youth Programs

REGISTER ONLINE BY JUNE 30TH!

NEW

TRY A TRI

Come to Sykes Park/pool to learn the basics of competing in a triathlon (Swim, bike, run race). Learn some fundamentals in each of the three, and then participate in a mini triathlon event on Friday. The following items are needed each day: bike, helmet, water bottle, swim gear, sneakers. Open to ages 8-14. Space is very limited.

Dates: July 24th - July 28th

Time: 12:00pm-1:30pm

Ages: 8-14 years

Fee: \$30.00

Max: 15 Participants

Location: Sykes Park

Instructors: Shana Snyder and Kate Hovey



NEW

Volleyball Skills Camp

This camp is designed to keep kids moving, engaged, and learning new skills. Campers will be taught fundamentals of volleyball while developing their hand-eye coordination, agility, and overall athletic skills. Players will work to improve fundamentals of volleyball: setting, bumping, and serving. The focus is to improve large motor skills and to have fun!

Dates: August 14-18th

Time:

5:30pm-6:30pm (4th-6th grade)

6:30pm-7:30pm (7th & 8th grade)

Fee: \$20

Max: 25 per group

Location: Groton High School Gym

Instructors: Becky Koenig & volunteers



LIFEGUARD IN TRAINING

Participants will gain a wide variety of skills, knowledge and valuable experience which builds self-confidence and skills for life. Program topics include basic first aid, CPR, water rescue techniques, cooperation, competition techniques and lifesaving methods. Bring towel, suit, goggles, and sunscreen. All students must be able to pass a deep end swim test on the first day. (Age/ability levels will be divided at camp)

Dates: August 7th - 10th Mon-Thurs

Time: 9:00am -10:30am

Ages: 8-16

Fee: \$25.00

Max: 20 Participants

Location: Groton Memorial Pool

Instructors: Groton Pool Lifeguards



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Photo Disclaimer:

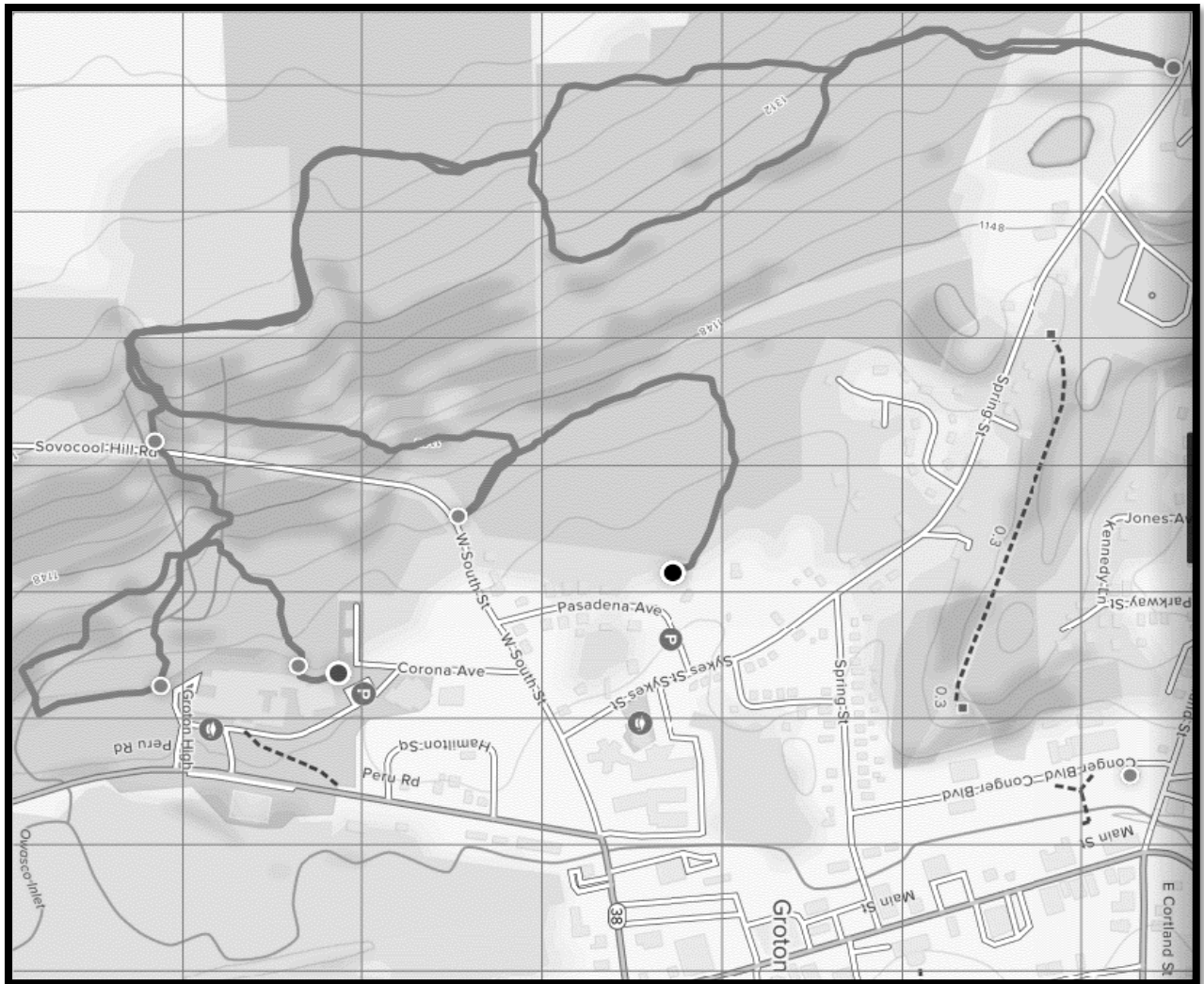
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GROTON TRAIL SYSTEM



**Find the Groton Trails
on the AllTrails.com
website or the
AllTrails app**

www.grotonny.org/trails



GROTON MEMORIAL PARK

170 Pasadena Ave

Daily Park Hours: Dawn to Dusk



Playground
Gaga Ball Pit
Seasonal Pool
Small Pavilions
Open Field Area
Seasonal Bathrooms
Groton Trailhead Access
Children's Farmer Market
(Seasonal by Groton Harvest)
Large Pavilion
(Available to Rent)

Park Rules:

- *Overnight stay is prohibited in park/trail area*
- *Dogs must be leashed and under control by the owner at all times*
- *No smoking/vaping of any kind is allowed on park or trail property.*
- *Glass beverage containers are prohibited. Beer and wine are not permitted.*
- *Fires are permitted only in existing fireplace grills using charcoal. No fire shall be left unattended; and any fire must be completely extinguished prior to leaving the area.*
- *Motorized vehicles must always remain on designated roadways and parking areas.*
- *All trash, litter or refuse is to be placed in the provided trash receptacles. No dumping allowed.*
- *Amplification systems are prohibited, except with prior written authorization.*
- *Hazardous Activities – It shall be unlawful for any person to engage in any activity on any park lands which constitutes a hazard to the safety of self or other persons.*
- *It is unlawful to conduct any commercial activity or provide any service or activity for which a fee is charged, without prior written authorization from the village.*
- *It is unlawful to remove, damage, destroy, deface, or otherwise vandalize any park property, structure, sign, or vegetation.*

Groton Memorial Park Pavilion Reservations

*Birthdays, Family Picnics, Special Events, and more!
Call the Groton Village Office at 607-898-3966, to
reserve that special date. You will need to sign an
agreement and pay a deposit.*



GROTON MEMORIAL POOL

Tentative Pool Opening:

June 24th

*(Look for official notice on Facebook
and the Main Street Sign)*

HOURS OF OPERATION

Open 7 Days per week

AM Swim Lessons

Mon-Fri

9:00am, 9:30am, 10:00am

Day Camp Lessons

10:30am-12:00pm

Lap Swim Everyday:

12:00-1:00pm

Open Swim:

Mon-Fri

1:00pm-5:00pm

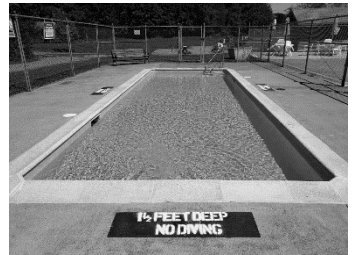
Sat & Sun

1:00pm-6:00pm

PM Lesson Times

Mon-Fri

5:00pm & 5:30pm



REMINDERS:

No personal floatation devices allowed in the pool. Only USCG approved lifejackets are permitted.

Swimmers must wear swim wear. No cotton. If your child is not potty-trained, they must wear a swim diaper.

Only registered members are permitted in the pool area.

Registration can be completed at the front window. Residency is not required for the 2022 season. Memberships from previous years will be updated with any changes.

Additional guests may be signed in by members at the front window.

All users are required to sign in at the front window.

For more information call the pool at 607-898-9508 after June 20th

GROTON MEMORIAL POOL SWIM LESSONS

*Group Lessons
&
Private Lessons*

SWIM LESSONS BEGIN JUNE 27th

Group lessons & private lessons are available for ages 6 months & up. Registration dates are listed below.



Six weeks of lessons from June 26th- Aug 4th

Lesson times are offered Monday through Friday in the AM & PM (see pool schedule times above). Lessons are 30 minutes long and cost \$12 per week. You can select weeks and time slots that work with your schedule, pending availability. Youth can start lessons at six months of age to adult. There will be testing at the end of each week. Children will advance to the next class when they are ready. A certificate will be issued to each child upon the completion of a class or on their last day of swim lessons. Refunds are not available once registered.

Register online:

<http://tshq.bluesombrero.com/grotonrecreation>

ONLINE SWIM LESSON REGISTRATION

CLOSES ON JUNE 24TH

If you miss the online registration deadline or if you decide to add additional weeks, you may sign up in person at the pool.

For more information call the pool at 607-898-9508 after June 20th

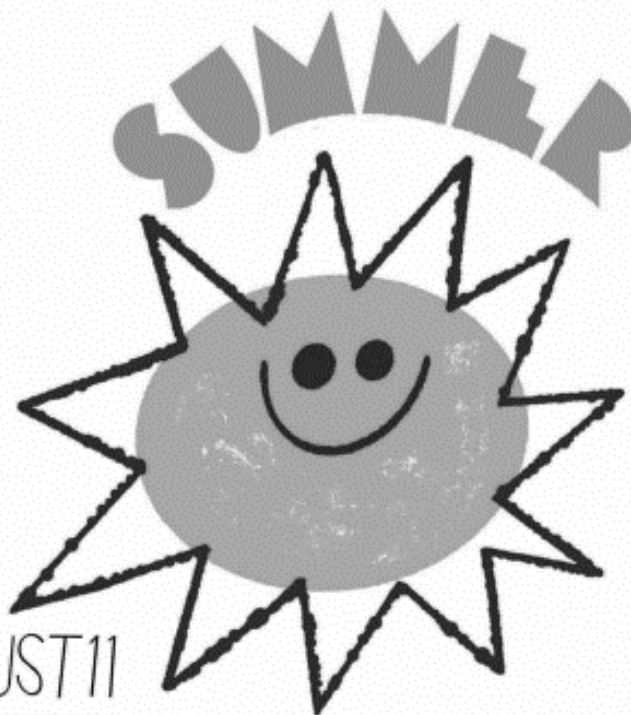
GROTON YOUTH SERVICES

REGISTER



HERE

<http://bit.ly/411RZO0>



AGES 5-12 * JULY 3 - AUGUST 11

BREAKFAST * SNACK * LUNCH
OUTDOOR ACTIVITIES * GAMES
WEEKLY THEMES * NATURE TIME
SWIMMING * ARTS * CRAFTS

CAMP
2023



FOR MORE INFORMATION
PLEASE CONTACT CHAD AT
cmh276@cornell.edu



4-H GROWS HERE

Cornell Cooperative Extension
Tompkins County



CORNELL IS AN EQUAL OPPORTUNITY, AFFIRMATIVE ACTION EDUCATOR AND EMPLOYER

Community Events and Announcements

FOURTH OF JULY CELEBRATION FIREWORKS

SPONSORED BY THE GROTON FIRE
DEPARTMENT

Friday, June 30th
Groton Elementary School



Groton Memorial Park Pavilion Reservations

*Birthdays, Family Picnics, Special
Events, and More!*

*Call our office at 898-3966, to reserve for
that special date. You will need to sign an
agreement and pay a deposit.*



*C.R. Pavilion on Main Street is also
available to non-profit organizations.*

Groton Alumni Association

25th Annual

All-School Reunion

August 5, 2023



The Groton Alumni Association is planning the 25th Annual All-school reunion on August 5, 2023. The newsletter will be mailed to all Alumni mid-May. We have a website: <https://grotonnyalumni.com/>

We have a Facebook page, search Groton Alumni Association. We are always looking for volunteers to help plan and implement this event!

Contact Association president Betty Conger,
email conger.betty@gmail.com. Come and join the fun!

Groton Scouting Groups

Groton Girl Scouts

Ready, set, let's go! Groton Girl Scouts are looking for new girls to join our troops. Whether it is camping, arts and crafts, hiking, earning badges or volunteering in our community, you are sure to find an adventure that is perfect for you!



Daisies: Grades K - 1

Brownies: Grades 2 - 3

Juniors: Grades 4 - 5

Cadettes: Grades 6- 8

Seniors: Grades 9 – 10

Ambassadors: Grades 11 – 12



Visit www.gsnypenn.org to register or learn more about Girl Scouts of NYPENN Pathways.

The Scouting Adventure is for Boys & Girls

*Make new friends, experience fun in and outdoors & enjoy limitless opportunities!
The BSA provides a safe & friendly environment for building friendships & learning skills that
will benefit you for life. Youth-led, adult supervised!*



Cub Scouts

(Boys & Girls K to 5th grades)

Groton Pack 10

**Meets at the
Groton Elementary School**

For more information:

Contact Committee Chair

Shana Snyder @
(607) 591-9565

Visit them on Facebook:

Groton Cub Scouts Pack 10

E-mail:

grotonnycubscoutspack10@gmail.com



Scouts BSA

Groton Troop 77

(Boys, Ages 11-17)

**Meets at the*

Groton Fire Hall

Mondays 6:30-7:30pm

For more information:

Contact Scoutmaster

Kristen Likel 607-591-5509

Visit them on Facebook:

Groton Troop 77 Boy Scouts

E-mail:

GrotonBSATroop77@gmail.com



Venturing, Sea Scouts and Exploring

(Co-Ed, Ages 14-21)

Venturing Crew 25 and Sea Scout Ship 25

@ Ithaca Coast Guard, Most Fridays
at 6:30pm Schedule and info at
ithacaseascouts.org

Jim Graney 327-1226,
jgraney@twcny.rr.com

Aviation Post 62 @ East Hill Flying
Club Meets monthly Second Sunday
at 3:00pm. Mike Brown 844-8584,
Post62@TCScouts.org

Communications Post 24 (Media
Focus) Jim Graney 327-1226,
jgraney@twcny.rr.com

Boy Scouts of America

Need more Info? www.tcscouts.org

"No one gets cut in Scouting"

GROTON PUBLIC LIBRARY

2023 SUMMER READING KICK-OFF

Thurs ~June 29 ~ Starting @ Noon (w/cookies)

Tween Night ~ Thurs ~ June 29 ~ 5-9PM

With a D&D Tournament, Gaming PCs & Pizza

Name: _____

Phone: _____

Age/Grade Level you will be entering in the fall:

Age: _____ Grade: _____

Library Card: Yes _____ No _____



- ❖ Sign up in-person at the library anytime during the summer.
- ❖ Adopt a Pet to read to for the summer and beyond.
- ❖ Free Books just for signing up. More free books by completing Bingo, Reading Logs, the Wall Board Game, & Playing Battleship.
- ❖ Join us this summer with Dan the Snake Man, the Traveling Lantern Theatre Co., Captain Jack, Tom Knight, Perry Ground, & so much more.
- ❖ To register contact the library at 607-898-5055, ask for Pat or Ryan and we'll get you started.
- ❖ Tween Programs include Scavenger Hunts, Nerf Wars, Movies, Science Experiments and more!

These programs are made possible by grant support from:

COMMUNITY **ARTS** PARTNERSHIP 



For more information contact:
Groton Public Library
112 East Cortland Street
(607) 898-5055
Grotonpubliclibrary.net
libraryassistant@grotonpubliclibrary.org

Groton Public Library Summer Reading Program

Bingo Reading Challenge

Name: _____ Phone: _____

Return this Bingo game to the Library filled out and receive a free book!

<p>Read in a Fort</p> 	<p>Read a Magazine</p> 	<p>Read an Audio Book</p> 	<p>Read in bed with a flashlight</p> 	<p>Read a book or movie review</p> 
<p>Read by a campfire</p> 	<p>Read a mystery</p> 	<p>Try a recipe or craft from a recipe/craft book</p> 	<p>Read your favorite book again</p> 	<p>Read under a tree for more than 20 minutes</p> 
<p>Read in your parent's bed (with permission)</p> 	<p>Swap a book with a friend/relative</p> 		<p>Read a joke book with an accent to a family member</p> 	<p>Read a book in the car</p> 
<p>Read a book about Togetherness</p> 	<p>Read a Poetry Book</p> 	<p>Read a book in the closet</p> 	<p>Read outside with a pet or stuffed animal</p> 	<p>Call us to Sign Up for Summer Reading</p> 
<p>Read on a Rainy Day</p> 	<p>Read a book with a green cover</p> 	<p>Read a book with a number in the title</p> 	<p>Read the directions to a game</p> 	<p>Read in a rocking chair</p> 



Color Run June 10th 2023

Run to start and end at the Jr/Sr High School. Early bird registration on or before 5/10/23 in order to be guaranteed a shirt and a color packet.

\$25 for Adult

\$20 for Students

\$10 for Children under 5

Additional color packets and sunglasses for purchase race day.

Pre order food from Ice
Cream Caboose BBQ Chicken

Go to <https://grotonpto.square.site>
or FaceBook to register



Groton Jr/sr Parent Teacher Organization



Program: 8, 12, & 16 week training plans that will not require the participant to have done anything at all (hence the “couch”) prior to beginning this program.

Purpose: To help you successfully complete a 5K road race no matter what your exercise background.

Cost: This is a **free** program sponsored and coordinated by the new Groton Project Running and Track & Field Club, Groton Recreation, and the 21st Century Grant provided by the Groton Central School District

Benefits & Goals: *Free, *Knowledgeable Coaches, *People to train with, *Option to be part of the Groton Project, *Ready for the 25th Annual Groton Labor Day 5K, Start a program & join us any time up to July 1st.

Program Dates: May 1-August 31 (Sundays @ 3:00) @ the High School Track

Coaches: Jennifer Jones, Simon Moll, Josh Plumeau, Scott Weeks

Registration: bluesombrero.com/grotonrecreation

24th Annual Groton Labor Day 5K & 1 Mile Fun Run



grotonlaborday5k.com

September 4, 2023



Schedule:

7:30-8:45	Race Day Registration
9:00	1 Mile Fun Run
9:30	5K Race

Course:

The course follows village streets (2.5 miles), an old railroad bed (.5 miles), and finishes on the high school track. Some flat terrain, with a few steady inclines and declines, and one short, steep hill just before the mile.

Course Records:

Male 16:06 Stephen Getman 17:03 Adam Engst ('12)/ Casey Calstrom ('06)
Female 18:46 Murphee Hayes 20:19 Charlene Lyford

Sponsoring Organization:

This race is sponsored by, and is a fund raiser for the Groton Cross Country Programs & the Groton Project. All proceeds benefit the Girls' and Boys' Cross Country Teams.



SITE:

Groton High School
400 Peru Rd.
Groton, NY 13073

Only Online Registration accepted on day of race

Online Registration Recommended @

RunSignUp.com Search "Groton Labor Day 5K"

Awards:

- : Ribbons to every finisher in the 5K & Fun Run
- : Top 3 & Youngest in the Mile Fun Run
- : Plaque to top 3 male & Female in 5K
- : Plaque to top Masters male & female
- : \$25 Gift Certificate to top male & female in 5K
- : Medals to the top 3 in each age group (<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- : FREE T-shirts to first 100 entries

Please stay for awards

Entry Fees:

Prior to Aug. 27...\$15 for students, \$20 for adults

After Aug. 27\$20 for students, \$25 for adults

****No Paper Registrations after Aug. 27th**

1 mile fun run (FREE).

Location:

Groton Central School
400 Peru Rd.
Groton, NY 13073

Make Checks Payable to:

“Groton Sports Booster
Cross Country”

Send Application to:

Scott Weeks, Race Coordinator
Groton Central School
400 Peru Road
Groton, NY 13073

QUESTIONS: Contact Scott Weeks @ School Address or sweeks@groton.cnyric.org

Cut Here

Check One: **1 Mile Fun Run** _____ **5K Race** _____
Check One: **T-Shirt** **Sm.** _____ **Med.** _____ **Lg.** _____ **XL** _____

Name (Print Clearly): _____

Address: _____

City, State _____ Zip _____

Phone _____

Age (Race Day) _____ Gender _____

Email Address: _____

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Village of Groton, Property owners, Groton Central School and it’s officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or traveling to or from the Groton Labor Day races. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature _____ **Date** _____

Signature of parent or guardian (if under 18) _____

Fall Youth Programs

Registering for Fall Youth Programs:

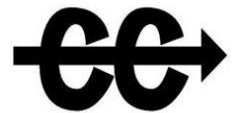
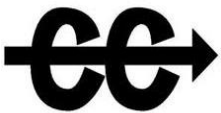
Please read specific registration directions for fall youth programs on program information pages in this booklet.

(Youth football, cheer, soccer, and cross country)



Extra registration forms can be downloaded from the Village of Groton's web site at www.grotonny.org - Click on the Park/Rec. link and go to summer brochure.

Groton Youth Cross-Country



FOR STUDENTS IN GRADES 3-6

Do you like to RUN? Want to learn?

The goal of this youth program is to promote fitness, fun, and to help instill a love of running and exercise. It is a non-competitive, introductory program to let youth experience the sport of x-country. All running will take place at the Groton Elementary School in the Cafeteria. Practice may be cancelled depending on weather. This program is separate from the Youth XC race series, but students are encouraged to participate. Race Dates are TBD. Groton plans to host a race!!

WATCH FOR REGISTRATION FORMS TO GO HOME FROM SCHOOL IN THE FALL!



Groton Youth Soccer

The season starts in September and runs until mid-October.

Three levels of play available:

Age Divisions:

U7 (Kindergarten – 1st)

U9 (2nd & 3rd)

U12 (4th, 5th, and 6th)

For more information, please send an email to grotonnysoccerclub@gmail.com
or call/text Jared McCormick at (607) 345-7050

Team shirts will be provided to all players.

Shin Guards are **REQUIRED for ALL levels of play**; kids can **NOT** play without them.

Soccer Cleats are recommended / Baseball/Softball Cleats **are not** permitted!

If there are players who cannot get shin guards or cleats on their own, please let the coach know. There is a limited supply of these items that have been donated. If anyone has outgrown cleats or shin guards that they would like to donate, please give them to your child's coach. Thank you!

3 ways to register for the Fall 2023 Season!

1. Complete the attached registration form and mail it to

Groton Youth Soccer, 143 E. Cortland Street Groton, NY 13073

2. Visit our website to register online!

<https://leagues.bluesombrero.com/grotonsc>

3. Attend our Summer Soccer Camp August 7th through August 10th.



2023 FALL SOCCER

GROTON YOUTH SOCCER REGISTRATION FORM

Due by August 10th



Name: _____

Address: _____ Cell Phone: _____

E-mail address _____

Parent/Guardian Name: _____

Male / Female Birth date _____ Age _____ Grade in Sept 2023 _____

Yrs. of Experience _____ Comments/Requests: _____

Known medical problems _____

Shirt Size: YS YM YL AS AM AL AXL

Registration fee: \$30. Checks payable to: Groton Youth Soccer

Family Discount: First child \$30, any additional Children \$25 each
\$25 fee for all returned checks. / Late Fee: \$5 late fee will be applied to all registrations received after 8/10

I, the parent/guardian of the above-named applicant for a youth soccer team, hereby give my permission for his/her participation in Groton Recreation youth soccer activities. I give permission for qualified program staff and other emergency care personnel to administer first aid or medical treatment in the event of an emergency involving my child. I understand that if an emergency contact or I cannot be reached, I hereby give permission for my child to be medically treated by a physician or medical facility as appropriate. I do hereby waive, release, absolve, indemnify, and agree to hold harmless Groton Recreation and the Groton Soccer Club organization, the organizers, sponsors, coaches, participants, and persons transporting my child to or from activities, for any claim arising out of injury to my child, whether the results of negligence or for any cause, except to the extent and in the amount covered by accident or liability insurance. I give my permission for _____ to be treated in case of emergency while participating in any Groton Soccer activity.

Signature _____ Date _____

NAME & POLICY # OF INSURANCE: _____

Registration Forms Can Be Mailed To:

**Groton Youth Soccer
 143 E. Cortland Rd
 Groton, NY 13073**

or

Register Online at

<https://leagues.bluesombrero.com/grotonsc>

or

Attend Summer Soccer Camp 8/7-8/10

VOLUNTEERS NEEDED

Name & Phone #, if you wish to volunteer:

_____ Coach _____ Assistant Coach

All coaches will receive training and help throughout the season.

_____ Help with concession stand

Youth Football and Cheerleading



“Football (Cheerleading) is a great deal like life in that it teaches that work, sacrifice, perseverance, competitive drive, selflessness, and respect for authority is the price that each and every one of us must pay to achieve any goal that is worthwhile.” Vince Lombardi

Youth sports are much more than just winning and losing, they help to start many life lessons that can be used. Any child in grades kindergarten through 8th is welcome to join youth cheerleading, and kindergarten through 6th is encouraged to join football. These programs are an organized way for children to have fun, get exercise, learn how to work hard individually and give there all for the team. It is phenomenal to watch how the children and team progress from that first practice to the last game of the season. All participants have something they bring to the team, weather you are a fanatic or brand new to the game. Sign up and become part of the sports family.

Parents and guardians, youth sports are not just for the kids. There are many new friendships for the adults that are formed because of sports. Your support is greatly appreciated. All youth programs occur because of the volunteering and guidance of the community. Please sign up to help at any level you can, many hands make light work, and it really is rewarding to be part of the outcome, win or lose.

We need a President and Vice President for the league.

Any questions, please feel free reach out.

Important Dates: (subject to change slightly)

Skills and Drills Camp: July 31st- August 3rd

Final Registration Date: Aug. 12th

Senior Tackle Practice Start Date: August 7th

Junior Tackle Practice Start Date: Aug. 14th

Olde Home Days Parade: TBD

To sign up for Camp and the Season: <http://leagues.bluesombrero.com/grotonfootballandcheer>

Groton Olde Home Days

August 24th -26th, 2023



The **CARNIVAL** is
coming back to town

Playland Amusements Carnival Midway

Midway Hours:

Thursday at 6:00PM

Friday at 6:00PM

Saturday at noon. (ride specials 1-4PM)



Balloon Artist

Magic Shows

Pony Rides

Petting Zoo

Food and Fun



**GROTON HISTORICAL
ASSOCIATION**

*Crafts and
Collectables Show
Sale*

SATURDAY

9AM to 6PM

At the Town Of Groton Barn
Conger Blvd



Saturday August 27th



Groton American Legion
*Live Music *Food
*Cold Beer *Cake Wheel

Food Vendors
Through out
All weekend

Motorcycle and
Bike Show

Ice Cold Drinks



SAUSAGE



Peppers & Onions

New shows and
excitement this year...
Watch the Facebook page
for updates!

WWW.GROTONOLDEHOMEDAYS.COM

