

**TEWKSBURY PUBLIC SCHOOLS  
CHILDREN'S SUMMER PROGRAMS  
2007**

*Full and Half Day Extended Day Grades 1-4  
Full and Half Day Adventure Program Grades 5-9  
Weekly Enrichment Classes*

**"NEW THIS SUMMER"**

*CREATIVE WRITING*

*WEB DESIGN FOR KIDS*

*CARNIVALS AROUND THE WORLD*

*MASKS UNLIMITED*

*MUSICAL THEATRE WORKSHOPS*

*The Twelve Dancing Princesses (Entering Grades 2-4)*

*The Wizard of Oz (Entering Grades 5-8)*

*A Midsummer Night's Dream (Entering Grades 9-12)*

*WEIGHT TRAINING AND CONDITIONING FOR BOYS*

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**SUMMER 2007 CALENDAR**

	M	T	W	TH	F
<b>June</b>	25	26	27	28	29
<b>July</b>	2	3	X	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31			
<b>August</b>			1	2	3
	6	7	8	9	10
	13	14	15	16	17

Cover reproduced from artwork done by Lauren Maura, an 8th grade Art student in Mrs. Hamilton's class at the John Wynn Middle School.

## ***Introduction:***

### **SUMMER EXTENDED DAY (For Students entering Grades 1-4)**

Tewksbury Public Schools is pleased to announce the continuation of our Full and Half Day Extended Day Summer Program for students residing in Tewksbury and entering Grades 1-4. We offer your child a full compliment of enriching activities in a safe, well-supervised environment. Daily enrichment activities will include arts and crafts, a recreation/game room, outside water/sprinkler activities, playground, computers, and gym. Each Thursday will feature a special event, play, or other activity. One day per week we will travel to Shawsheen Tech for swimming. There will be field trips available for an additional fee to cover the cost of transportation and/or admission charge.

### **ADVENTURE PROGRAM (For Students entering Grades 5-9)**

Tewksbury Public Schools is pleased to announce that the Full and Half Day Extended Day Summer Program for students residing in Tewksbury and entering Grades 5-9 will continue. Each day will feature cooperative games, leadership activities, team and adventure sports, and arts and crafts. There will be field trips available one day per week for an additional fee to cover the cost of transportation and/or admission charge. One day per week we will travel to Shawsheen Tech for swimming.

### **WEEKLY ENRICHMENT CLASSES**

In addition to the Summer Extended Day Programs, Tewksbury Community Services Division of Tewksbury Public Schools is pleased to provide Weekly Enrichment Classes for children of Tewksbury residents only. These enrichment classes are in the areas of Academics, Creative Arts, Fine Arts, and Sports. For a complete listing of the classes offered, please refer to pages 8-15. Classes will be held at Tewksbury Memorial High School, unless otherwise noted. Each participant will receive a T-shirt. Please circle your child's shirt size on the registration form. **Course specific T-shirts are ordered 10 days before each class starts. After that time, participants will receive a comparable T-shirt.**

## ***Summer Program Procedures:***

### **BEFORE SCHOOL PROGRAM PROCEDURES**

- Parents/Guardians must provide transportation to all of the Summer Programs and Courses.

### **SUMMER PROGRAM PROCEDURES (continued)**

- Children must be walked into the school each morning/afternoon.
- All parents must sign-in upon arrival.

### **AFTER SCHOOL PROGRAM PROCEDURES**

- Parents/Guardians must provide transportation home from all of the Summer Programs and Courses.
- Parents/Guardians must sign-out each day and let the staff know that you and your child are leaving.

### **PICK-UP**

It is important that your child is picked up promptly. Parents/Guardians arriving late will be charged a late fee of \$5.00 for every five (5) minutes they are late after the end of a session. **Continual abuse of this pick-up policy may result in exclusion from the program.**

### **PROCEDURES FOR PICKING UP YOUR CHILD**

Only a child's parent/guardian or a person designated **IN WRITING** by the child's parent/guardian will be allowed to pick up the child. **No child will be released to anyone other than a parent/guardian without the signed permission of the parent/guardian.** Please be aware that if the staff does not know the person you have designated to pick-up your child, that person will be asked for photo identification.

### **EMERGENCY PHONE NUMBERS**

Make sure that the Summer Program staff knows where to contact you **AT ALL TIMES** while your child is attending the program. If you are not going to be at your usual number, please let the staff know where they can reach you in the case of an emergency. If you are going to be out of town, let the staff know whom to contact in your place. All parents/guardians are asked to provide the names and phone numbers of at least two **local** people to call if the parent/guardian cannot be reached. It is your responsibility to complete the accident/illness form and to keep all information up-to-date.

### **LUNCH/SNACKS**

Since there are no cafeteria staff on duty in the summer, you must provide lunch/snacks, water, and juices for your children. Also, please keep in mind that there is no refrigeration available for lunch storage.

## ***Tuition Policies:***

1. Tuition payments for the **Summer Extended Day Program** and the **Adventure Program** are to be made on each Friday prior to the week

## TUITION POLICIES (continued)

your child will be attending. Early payments will be gladly accepted. **Times for both programs:** **Full days** are 7:30AM to 5:30PM and **Half Days** are 7:30AM to 12:30PM or 12:30PM to 5:30PM.

2. Tuition payment, with the exception of the initial registration for the **Extended Day Summer Programs**, should be submitted to the Site Director at the North Street School or Wynn Middle School. Payments for the **Weekly Enrichment Classes** should be made at the time of registration.
3. **Late payments:** A late fee of \$15 will be assessed on any **Extended Day** tuition paid after the due date. Missing two consecutive payments will result in your child being excluded from the program.
4. **Sibling Discount:** A discounted tuition rate of 10% off the second child and 15% off the third child in the family will be applied to students attending the **Full Week, 5 Day, Full Day, Extended Day Summer Program or Adventure Program**.

With the exception of Golf, there is a \$5.00 discount for a **second** sibling taking the same course in the **Weekly Enrichment Classes**. There are no other sibling discounts.

5. **Absences:** No refunds will be made for any absences due to illness, family commitments, etc.
6. Tuition payments for the **Weekly Enrichment Classes** are to be made at the time of the registration. Refer to pages 8-15 for a listing of the courses offered.
7. **Cash payments will not be accepted.** Checks or money orders should be made payable to "Town of Tewksbury".
8. **Please include your child's name and program on the memo line of your check.** This will assist in processing, and will insure that your check will be credited to your account.
9. **Returned Checks:** Checks that are returned by your bank for any reason will be subject to a \$25 returned check fee. A returned check must be replaced by a money order in the amount of the check plus the \$25 fee.

## TUITION POLICIES (continued)

Failure to resolve this matter within 30 days will result in a status change to "**Money Order Only**" which means checks will no longer be accepted as forms of payment.

10. **Late Pick-up Fee:** A fee of \$5.00 for every five (5) minutes after 5:30 p.m., (or 12:30 p.m. for the AM half-day program or at the end of the enrichment class) will be charged for each late pick-up. **Continual abuse of this pick-up time may result in exclusion from the Program.**

## *Accident/Illness Form and Consent/Release Form:*

It is imperative that we have an updated Accident/Illness Form for each child that is registered in our summer programs. Registrations **WILL NOT BE ACCEPTED** without a completed Accident/Illness Form and a completed Consent/Release Form. You will find these forms in the Center Pull Out Section.

## *Office and Cell Phone Numbers:*

### COMMUNITY SERVICES

*Cynthia A. Basteri, Director*  
*Judith A. Colman, Assistant*  
**Office: (978) 640-7831**

*David Libby, Treasurer*  
**Office: (978) 640-7816**

### NORTH STREET SCHOOL

**(978) 640-7811**

### WYNN MIDDLE SCHOOL

**Office: (978) 640-7846 (not  
always available)**  
**Cell: (978) 821-3054**

## *Student Discipline Guidelines:*

In the case of inappropriate behavior, parents and/or guardians will be notified verbally and in writing by staff. In the case of repeated infractions, students will be suspended. Continued violation of rules will result in expulsion from the program.

Also, in the case of any behavior that creates an unsafe environment for students and/or staff, the student will be suspended or expelled immediately from the program.

## ***ACADEMICS***

### **ACADEMIC SUPPORT PROGRAM**

This program is designed to assist students **entering grades 3 through 8** who are in need of English Language Arts and Mathematics support. The program will operate for three (3) weeks. Children will receive instruction in both subject areas. A pre-and-post test will be administered to determine the student's academic need. Small class size will enable our staff to provide individual, small group and whole group instruction. Progress reports will be provided weekly. This is a great opportunity for students to gain confidence, improve skills, and receive an extra academic boost before returning to school in late August. **Transportation will be the responsibility of the parents/guardians.** (Please be sure to enter the grade your child will be entering in the fall of 2007 at the top of the registration form.)

**Course #101** - Date: July 10th - July 26th 8:15 a.m.-10:45 a.m.

Tuesday through Thursday only (classes do not operate on Monday or Friday)

**Location: John F. Ryan School Tuition: \$95.00**

### **CREATIVE WRITING**

Ms. Pat Whitehouse, of the Community Education staff, will offer a one-week course in creative writing. In this class, students will create a newspaper containing news articles, book reviews, recipes, etc. Using Microsoft Word, they will compile all their work into a unique newsletter that they can bring home and share with their families and friends. For students **entering grades 3 and 4.** **(Class limit is 12.)**

**Course #102** - Date: July 30th – August 3rd 9:00 a.m.-12:00 noon

**Location: High School Room C-9 Tuition: \$75.00**

### **WEB DESIGN FOR KIDS**

Mr. Daniel DiCenso, of the Community Education staff, will offer a one-week course in web design. Web design can be fun! Using Notepad, Front Page, and HTML, students can learn how to create their own web site with images, links, and their imagination! For students **entering grades 8 through 12.** **Students should bring a notebook, pen or pencil, and a storage media (floppy disks, CD-R, flash drive, etc.).**

**Course #103** - Date: June 25th – June 29th 10:00 a.m.-12:00 noon

**Location: High School Room C-9 Tuition: \$65.00**

## ***CREATIVE ARTS***

### **CAKE DECORATING (Grades 4-6)**

Ms. Jane Singleton, of the Community Education staff, will offer a one-week course in cake decorating for students **entering grades 4 through 6.** Children will learn how to use a cake decorating bag, color frosting, make drop flowers, leaves, and stars, how to print on a cake, transfer a pattern onto a cake, and decorate cookies. They will also learn how to mold sugar, figure pipe some vegetables, clowns, and bear faces, and do border work. Participants will receive a list of household items that should be brought to class in a covered box with their name on it. There is also an additional fee of \$30.00 for supplies that need to be purchased from the teacher. **(Class limit is 12.)**

**Course #104** - Date: July 23rd – July 27th 9:00 a.m.-12:00 noon

**Location: High School Cafeteria Tuition: \$75.00**

### **CAKE DECORATING (Grades 7-8)**

Ms. Jane Singleton, of the Community Education staff, will offer a one-week course in cake decorating for students **entering grades 7 and 8.** Children will learn how to color frosting, fill decorating bags, make drop flowers, leaves, and stars, how to print on a cake, transfer a pattern onto a cake, and decorate cookies. They will also learn how to mold sugar, figure pipe some vegetables, clowns, and bear faces, and do some border work. Participants will receive a list of household items that should be brought to class in a covered box with their name on it. There is also an additional fee of \$30.00 for supplies that need to be purchased from the teacher. **(Class limit is 12.)**

**Course #105** - Date: July 30th – August 3rd 9:00 a.m.-12:00 noon

**Location: High School Cafeteria Tuition: \$75.00**

### **CARNIVALS AROUND THE WORLD**

Ms. Evelina Kolchinsky, of the Community Education staff, will have a dynamic hands-on workshop and an interactive presentation of carnival and Mardi Gras cultures around the world. Participants learn through technique, demonstrations, slide show, and a narrative. Participants write stories, create character masks and costumes, and showcase their characters in short presentations. The workshop will culminate in a carnival parade. Emphasis is on creativity and teamwork. You will take home a finished mask and lots of new skills to make many more in the future. There is also an additional fee of \$24.00, plus tax, for supplies that need to be purchased from the teacher. For students **entering grades 6 through 8.** **(Class limit is 15.)**

**Course #106** - Date: July 16th - July 20th 9:00 a.m.- 11:00 a.m.

**Location: High School Room D-21 Tuition: \$65.00**

## JEWELRY DESIGN

Ms. Evelina Kolchinsky, of the Community Education staff, will offer a one-week class on the fun and easy way of making your own jewelry. Your creativity and sense of adventure is all that you need to design bracelets, earrings, and many other beautiful accessories. No experience is necessary. The emphasis is on bonding and fun while working in a creative environment. You will take home a finished piece of your own design at the end of each class. Learn how to create one-of-a-kind earrings, chokers, and wired pendants from almost anything. Next time you find an exquisite pebble or shell, turn it into a piece of jewelry. Please bring to class a white towel, flat nose and round nose pliers, and wire cutters (you can buy them at any craft shop). If you know how to crochet, bring your hook. There is also an additional fee of \$30.00, plus tax, for supplies that need to be purchased from the teacher. **(Class limit is 15 each session.)**

**Students must be entering grades 5 and 6**

**Course #107** - Date: July 9th - July 13th 11:00 a.m.-1:00 p.m.

**Students must be entering grades 7 and 8**

**Course #108** - Date: July 16th - July 20th 11:00 a.m.-1:00 p.m.

**Location: High School Room D-21 Tuition: \$65.00**

## MASKS UNLIMITED

Ms. Evelina Kolchinsky, of the Community Education staff, will have a dynamic hands-on class with an emphasis on the creative process from sketches to performance. Learn how to make a mask of your own face! We will explore masks as powerful tools of self-expression and social interaction. Each participant will showcase their creation in a mini-performance for parents and friends. There will be lots of hands-on creative work with plaster, paper, and paints. Make your masks now and wear them for Halloween. You will take home a finished mask and lots of new skills to make many more in the future. There is also an additional fee of \$24.00, plus tax, for supplies that need to be purchased from the teacher. For students **entering grades 5 through 7. (Class limit is 15.)**

**Course #109** - Date: July 9th - July 13th 9:00 a.m.-11:00 a.m.

**Location: High School Room D-21 Tuition: \$65.00**

## TELEVISION PRODUCTION CLINIC

Mr. Joe Dermody, of the High School staff, will instruct students **entering grades 7 and 8** in proper handling of their video camera equipment and techniques. Each student should bring their own home video equipment, as well as a blank tape.

**Course #110** - Date: July 23rd - July 27th 9:00 a.m.-12:00 noon

**Location: High School Media Room Tuition: \$75.00**

## WORKING WITH CLAY

Ms. Gail Hamilton, of the Middle School staff, will offer a two-week course for students **entering grades 3 through 6**. Students will learn techniques of coil and slab working with clay. They will have two finished pieces at the end of the 2 weeks. **(Class limit is 15.)** Tuition includes cost of materials.

**Course #111** - Date: July 9th – July 20th 9:00 a.m.-11:00 a.m.

**Location: Wynn Middle School Rm. 213 Tuition: \$105.00**

## *FINE ARTS*

### MUSICAL THEATRE WORKSHOP (Entering Grades 2-4)

#### The Twelve Dancing Princesses

Ms. Lauren Sprague, of the Community Education staff and director of the drama program at TMHS, will offer a musical theatre workshop. Students will learn songs, dances, memorize lines, and help to create scenery, costumes, and props for a fully staged and costumed musical theatre production. They're lovely, they're charming, and man...they sure can cut a rug! Come and join the twelve dancing princesses and the clever Thomas Brandfire as we dance our hearts out in this lively fairytale musical! For students **entering grades 2 through 4. (Class limit is 25 each session.)**

**Course #112** - Date: June 25th – June 29th 9:00 a.m.-12:00 noon

**Course #113** - Date: June 25th – June 29th 12:30 p.m.- 3:30 p.m.

**Location: North Street School Auditorium Tuition: \$75.00**

### MUSICAL THEATRE WORKSHOP (Entering Grades 5-8)

#### The Wizard of Oz

Ms. Lauren Sprague, of the Community Education staff and director of the drama program at TMHS, will offer a musical theatre workshop. Students will learn songs, dances, memorize lines, and help to create scenery, costumes, and props for a fully staged and costumed musical theatre production. There's no place like home Toto, but we're off to see the Wizard with Dorothy and all her friends! Come along with the Scarecrow, the Tin Man, the Lion, Glinda, the Munchkins, and the Wicked Witch for this exciting musical production! For students **entering grades 5 through 8. (Class limit is 25 each session.)**

**Course #114** - Date: August 6th – August 10th 9:00 a.m.-12:00 noon

**Course #115** - Date: August 6th – August 10th 12:30 p.m.- 3:30 p.m.

**Location: Wynn Middle School Auditorium Tuition: \$75.00**

## **MUSICAL THEATRE WORKSHOP (Entering Grades 9-12)**

### **A Midsummer Night's Dream**

Ms. Lauren Sprague, of the Community Education staff and director of the drama program at TMHS, will offer a musical theatre workshop. High school aged students are invited to join us for this production of Shakespeare's charming play. This romantic comedy by William Shakespeare, written sometime in the late-1500s, portrays the adventures of four young Athenian lovers, as well as a group of amateur actors in a moonlit forest and their interactions with the Duke of the Athenians and the fairies. Today, the play is one of Shakespeare's most popular and is widely performed across the world. In this advanced acting workshop, students will explore a variety of methods of creative expression and storytelling including interpretive movement, puppetry, musical improvisation, and composition as they work together to create a full staged and costumed performance of the fantastic adaptation. This workshop will be an excellent introduction for students to this classic play. For students **entering grades 9 through 12. (Class limit is 25 each session.)**

**Course #116** - Date: August 13th – August 17th 9:00 a.m.-12:00 noon

**Course #117** - Date: August 13th – August 17th 12:30 p.m.- 3:30 p.m.

**Location: High School Auditorium Tuition: \$75.00**

**Please Note:** Musical Theatre Workshop morning sessions run from 9:00 a.m.-12:00 noon, Monday-Friday, with a fully staged and costumed musical theatre performance on Friday at 11:00 a.m. The afternoon sessions run from 12:30 p.m.-3:30 p.m., Monday-Friday, with a fully staged and costumed musical theatre performance on Friday at 2:30 p.m.

## ***SPORTS***

### **BASEBALL SCHOOL**

Coach Ron Drouin, of the Ryan School staff, will be conducting the baseball school for two exciting weeks. This school has been designed to provide individual interaction, accentuated by skill improvement for players **entering grades 1 through 8**. Each youngster will be given instructions with the emphasis on fundamentals and improvement. Fundamentals stressed will be hitting, bunting, fielding, hitting strategies, catching, pitching, equipment care, throwing, and conditioning in/off season. Participants should **bring a lunch, drinks, and snacks.**

**Course #118** - Date: July 16th - July 20th 9:00 a.m.-1:30 p.m.

**Course #119** - Date: July 23rd - July 27th 9:00 a.m.-1:30 p.m.

**Location: High School, Strong Field Tuition: \$90.00**

### **BASKETBALL CLINIC FOR BOYS (Session I)**

Coach Jeff Nelson, of the Community Education staff, along with assistant Dick DiMare, will conduct a fun week of basketball skills and drills. The purpose of the clinic is to provide young players **entering grades 2 through 9** an opportunity to learn how to play the game the correct way. Players will be shown correct shooting form, ball handling drills, and offensive footwork. Small groups by age and ability will be used to ensure individualized instruction. Basketball clothes are **required**. There will be lectures by guest speakers, daily contests, and prize giveaways. Participants should **bring a lunch, drinks, snacks, and plenty of water.**

**Course #120** - Date: July 9th - July 13th

9:00 a.m.-2:00 p.m.

**Location: High School Gym**

**Tuition: \$90.00**

### **BASKETBALL CLINIC FOR BOYS (Session II)**

Coach Jim Sullivan, of the High School staff, along with his assistant Dave Libby and members of the Boys Basketball Program, will be offering a great week of basketball. The program will provide players **entering grades 2 through 9** with the opportunity to learn basketball fundamentals. Offensive concepts, including dribbling and shooting, as well as over defensive concepts, including both individual and team defense, will be taught. Players will be grouped by age and ability to provide for the greatest learning possibility. Daily activities will include individualized instruction and scrimmage games that will provide students with the opportunity to try new skills. Awards for academic excellence will also be given. Basketball clothes and footwear are **required**. Participants should **bring a lunch, drinks, snacks, and plenty of water.**

**Course #121** - Date: August 13th – August 17th

9:00 a.m.-2:00 p.m.

**Location: High School Gym**

**Tuition: \$90.00**

### **BASKETBALL CLINIC FOR GIRLS**

Coach Pat Whitehouse, of the Community Education staff, will sponsor a great week of basketball. The purpose of this clinic is to provide young players **entering grades 2 through 8** an opportunity to learn fundamentals and improve individual skills. Players will be taught proper shooting techniques, ball handling drills, game skills, and rules of the game. Participants should **bring sneakers, drinks, snacks, and plenty of water.**

**Course #122** - Date: June 25th - June 29th

9:00 a.m.-12:00 noon

**Course #123** - Date: July 16th – July 20th

9:00 a.m.-12:00 noon

**Location: Ryan School Gym**

**Tuition: \$75.00**

### **FIELD HOCKEY CLINIC FOR GIRLS**

Coach Pat Ryser, of the High School staff, will offer a field hockey clinic for girls **entering grades 4 through 9**. This five-day clinic will cover rules, fundamentals, and strategies through skill progression drills and simulated game competition. **Mouth guards and shin guards are required. Bring cleats if you have them. Sticks will be available.**

**Course #124** - Date: June 25th - June 29th 9:00 a.m.-11:30 a.m.  
**Location: Wynn Middle School Field Tuition: \$70.00**

### **GOLF CLINIC FOR GIRLS**

Barrie Bruce and his staff at the Country Club of Billerica will offer a Golf Clinic for teenage girls which will feature five 1½ hour lessons on topics which include safety, address position, swing, short game, practice techniques, drills, and on the course experience. This course is designed to promote and sustain female golfers through high school and is taught by women instructors to develop confidence and self-esteem in golf. Equipment and practice balls will be provided.

**Course #125** - Date: June 25th - June 29th 8:00 a.m.-9:30 a.m.  
**Course #126** - Date: July 30th – August 3rd 8:00 a.m.-9:30 a.m.  
**Location: Country Club of Billerica Tuition: \$85.00**

### **JUNIOR GOLF CLINIC**

Barrie Bruce and his staff at the Country Club of Billerica will offer a Junior Golf Clinic for students **6 through 12 years of age** which will feature five 1½ hour lessons on topics which include address position, swing, short game, safety, etiquette, practice techniques, and drills. Equipment and practice balls will be provided.

**Course #127** - Date: June 25th - June 29th 2:00 p.m.-3:30 p.m.  
**Course #128** - Date: July 16th – July 20th 2:00 p.m.-3:30 p.m.  
**Course #129** - Date: August 13th – August 17th 8:00 a.m.-9:30 a.m.  
**Location: Country Club of Billerica Tuition: \$85.00**

### **TEENAGE GOLF CLINIC**

Barrie Bruce and his staff at the Country Club of Billerica will offer a clinic for teenagers **ages 13 through 18**, which will feature five 1½ hour lessons at the Country Club of Billerica. Topics will include address position, short game, swing, practice techniques, and drills. Equipment and practice balls will be provided.

**Course #130** – Date: July 30th – August 3rd 8:00 a.m.-9:30 a.m.  
**Location: Country Club of Billerica Tuition: \$85.00**

### **STREET HOCKEY CLINIC**

Coach Robert Ware, of the Middle School staff, will teach students **entering grades 5 through 8** the fundamentals of street hockey. Coach Ware and his Riverhawk players will work with students on stick handling, shooting, and will coach them as they compete in exciting games everyday. Participants should have a street hockey stick, and should **bring plenty of water.**

**Course #131** -Date: July 30th – August 3rd 9:00 a.m.-12:00 noon  
**Location: Wynn Parking Lot Tuition: \$75.00**

### **TRACK AND FIELD CLINIC**

Coach Steve Levine, High School Boy's Track and Field Coach and staff member of Tewksbury High School, will introduce young athletes to many events of the sport. Enjoying the sport and striving for personal improvement will be stressed. Participants need **running shoes, water, sunscreen, and a hat.** **Students must be entering grades 5 through 9.** Anne McGregor Fay, a member of the Special Education staff at Tewksbury High School, will work with Coach Levine.

**Course #132** - Date: June 25th – June 29th 9:00 a.m.-12:00 noon  
**Location: High School Track and Gym Tuition: \$75.00**

### **WEIGHT TRAINING & CONDITIONING FOR BOYS**

Coach Steve Levine, a Physical Education staff member and 3-sport varsity coach at Tewksbury High School, will show basic weight lifting techniques attempting to help each individual set up a program according to the student's physical maturity, at the same time. This course is for students **entering grades 8 through 12**. Topics to be covered will be proper lifting, body power weight training through push-ups, pull-ups, chin-ups, sit-ups, dips, pliometrics, and medicine ball training. Aerobic and anaerobic conditioning will also be presented through the use of stationary bikes, running, rope jumping, harness training, etc. Discussions on nutrition and supplements, and common sense decisions will also take place. **Participants are asked to bring plenty of water or sport drinks.**

**Course #133** - Date: August 6th - August 10th 8:30 a.m.-10:30 a.m.  
**Location: High School Gym Tuition: \$65.00**

## ***INSTRUCTORS***

**Barrie Bruce** has a B.A. from Tufts University and an M.A. from Boston State College. He has over 50 years of golf experience. He has been the head professional at the Country Club of Billerica for over 28 years, and he has been a member of the Professional Golf Association of America for over 20 years. Barrie received the 2005 Golf Magazine's Top 50 Teachers Award and the 2004 New England PGA Teacher of the Year. He also received the Junior Golf Leader Award in 2001, presented by the Eastern Mass. Chapter of the New England PGA.

**Joe Dermody** has been the Media Specialist at TMHS for the past 15 years. He has 28 years of experience in television production in the fields of medicine, corporate, and education. He also has his B.S. from Fitchburg State College.

**Daniel DiCenso** has been the Web Design instructor in the Adult Education Program. He has a BFA cum laude from UMASS Lowell and a Webmaster Certificate from Merrimack College. He is a local freelance web designer and his work in Tewksbury includes the sites for Luna Rossa, RSK Marble and Granite, and Hill Masonry.

**Ron Drouin** is the Physical Education teacher for the fifth graders at the Ryan School and is going into his fourteenth season as the head coach for the baseball program at TMHS. His team has had MVC championships in '96, '99, '00, '01, '02, '03, and '05. Ron has a M.Ed. through Fitchburg State College and a Bachelors Degree from Salem State College. He is a member of the MBCA Executive Board.

**Gail Hamilton** has been with the Tewksbury School system for more than 30 years as an Art educator and is presently assigned to the Art Department at the Wynn Middle School. She is also the Site Director of our Extended Day After School Program at the North Street School. She graduated from Northeastern University and Brandeis University. Ms. Hamilton has a Master's Degree from Fitchburg State.

**Evelina Kolchinsky** is a former Math teacher turned designer/artisan. Evelina learned crafts and traditional techniques from many creative and ingenious artisans around the world. While traveling through towns and remote villages of Argentina, China, Guatemala, Nepal, Peru, or Tanzania, Evelina observed how many artisans passed to their students (often young children) heritage of crafts steeped in customs and tribal history. Evelina brings to her workshops "Crafts with Friends" historical and cultural elements. Students learn how to make jewelry and masks through practice

### **Evelina Kolchinsky (continued)**

and interactive video presentations. Please visit [Evelina Collection.com](http://EvelinaCollection.com) website to see her design work.

**Steven Levine** is the Boy's Head Soccer Coach and Boy's Indoor and Outdoor Track and Field Coach. He has taught Wellness (Health, Fitness, and Physical Education) for 34 years in the Tewksbury Public School System and has also been a coach in Tewksbury during those 34 years. He is a graduate of the University of Massachusetts in Amherst.

**Jeff Nelson** has been involved in coaching basketball for 25 years. He was the Boys Varsity Basketball Coach at Tewksbury Memorial High School for 5 seasons (1993 to 1998), where he was named MVC Coach of the Year in 1994. He is currently an NBA Scout for the Washington Wizards and is owner of the Northeast Basketball School in Catine, Maine. Prior to his coaching at Tewksbury High, he served as an Assistant Coach at Salem State College, Babson College, and Harvard University. Coach Nelson is also a Math Teacher at Reading High School.

**Pat Ryser** has been the Varsity Field Hockey Coach at TMHS for the past ten years. She has coached at Winchester High School. Pat is a graduate of Northeastern University and has received the "Coach of the Year" award four times from the Lowell Sun.

**Jane Singleton** is a Master Class graduate of Wilton School of Cake Decorating. Jane has been a Wilton cake-decorating instructor for over 10 years and is a member of International Cake Decorators Society. She is a shop owner and a member of BNI.

**Lauren Sprague** has directed productions at Tewksbury Memorial High School, Merrimack Valley Youth Theatre, as well as at several Centers for the Arts. She has a B.A. in Music from Boston University School for the Arts. Lauren is a soprano soloist and has appeared in many productions with various Opera Companies. She is a Cantor at her church and directs the children's choir.

**Jim Sullivan, Jr.** is the Boys Varsity Basketball coach at Tewksbury Memorial High School, entering his tenth season. He is currently the Marketing teacher at the High School.

**Robert Ware** is a former Tewksbury High School Varsity Ice Hockey coach and is currently an assistant Hockey coach for the Riverhawks at UMASS, Lowell. He received his B.A. in Mathematics from Salem State College, M.Ed. from Salem State College, and C.A.G.S. from Fitchburg State College in Educational Leadership/Management.

**Pat Whitehouse** has studied Education at Bridgewater State College. She has been coaching Tewksbury Girls' Basketball for five years, and has been involved in the Girls' Basketball clinic for the past three years. Pat also coached in Tewksbury Girls' Softball for eight years. She has played softball herself for many years, as well as basketball in high school.

**The Community Services Program's mission is to serve the needs of our community. If you have an idea for a course, or would be interested in teaching, please call our office at (978) 640-7831.**

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