

# Carroll Manor Recreation Council Newsletter

Issue #37 Happy New Year!

January 2014

**Meet our January Sponsor: Need Investment Advice? Call Ron Anthony, Atlantic Advisors, Inc. (formerly for many years CMRC Karate Chair!)**

**Life Bridge and Parisi Speed and Conditioning School Offer!**

**Save the date - Bull Roast to Benefit CMRC Baseball - February 22nd!**

## In This Issue

### Pet Issue At SAP

CMRC 2014 Boys & Girls Spring Lax - NEW!! Winter Boys and Girls Lax clinic in January.

CMRC Softball and Baseball registration Spring 2014. Save the Date, Feb 22, Bull Roast to Benefit CMRC Baseball!

### CMRC Fitness

CMRC Karate - New Try it for FREE Program!

### CMRC Basketball

Girls U10 Carroll Manor Galaxy Undefeated!

CMRC Indoor Soccer (Futsal) Season Second Session Starting!

CMRC Field Hockey Shines in FIrst Tournament!

U10 BSC Rapids Win LTRC Challenge Cup and Achieve Ranking!

### CMRC Tennis

### CMRC Rollerskating

On Line Registration Policy Reminder

### Dog Obedience

### CMRC Council Meetings

Sweet Air Park Pavilion Rental

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## **CMRC 2014 Spring Boys and Girls Lax and NEW! Winter Boys and Girls Lax clinic in January.**

Check website for updates. Registration is only open now for Tyker and Clinics for both Boys and Girls Lax. **Winter Lacrosse Clinics are BACK for both the boys and girls.** These clinics will take place on Saturday mornings from January 11th through February 15th for 6 weeks at the North Baltimore Sports Complex located at 12201 Long Green Pike. Contact the program chairs if you have have questions. Register today!! [www.carrollmanor.org](http://www.carrollmanor.org)

## **CMRC Baseball and Softball Registration is in progress!**

Registration for 2014 Girls Softball is open for ages 5-18. Please contact Brian Kensing with any program questions. Click here for more information and to register for softball.

For Baseball, see baseball page or click here to register. **Save the Date for Bull Roast to benefit CMRC baseball on February 22nd.** See flyer for exciting details. See website [www.carrollmanor.org](http://www.carrollmanor.org)

## **CMRC Fitness**

Winter session starts January 5th. Classes being offered include Zumba, Pilates, Strength Training, Aerobics, and Yoga classes. Work at your own level in a comfortable, welcoming atmosphere. All classes offered have certified instructors. Come join the fun! See Fitness webpage for more information.

## **CMRC Karate - New try it for free!**

New Session Starts Jan 6. See session flyer for details. See Try It for Free flyer! See [www.carrollmanor.org](http://www.carrollmanor.org) program page for more information.

## **2013/2014 CMRC Basketball**

Teams are formed. If you are playing and are not registered, you are in violation of CMRC policies and must register before continuing play. You must be registered to play inhouse and/or travel, no exceptions. You can still register on waitlist until December 31st for all ages except for clinic. Placement on a team is a first come first serve basis based on room. There is still plenty of room in Clinic, that registration ends January 31st. If you have any questions, please contact your coach or the inhouse commissioner listed on the



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Happy New Year to All!  
If you would like a second look at your investments or have a work plan to roll over, let's talk. Lots of information at:  
[AtlanticAdvisors.net](http://AtlanticAdvisors.net)

What you will find: a small firm based here in Baldwin, I have over 30 years experience, fee only, no commissions, purely independent and a focus on long term, conservative, diversified investing on a friendly basis. IRA's a speciality. No account minimums for new accounts.

About inflation: Do you know how we have low inflation and high food and gas costs?

Thank you,

[Visit Our Sponsor](#)

## Problem Persists! Curb Your Pet!

Important SAP Issue Persists! - It has come to CMRC's attention that some dog owners are not following the rules at

website. UPDATED !! - The time for withdraw has past, it was Nov 30 to receive a full refund with the exception of clinic. We will not refund fees after November 30 for all ages except clinic. Clinic can withdraw with full refund until Jan 4. After Jan 4 there will be no refunds for all age groups and all registration will be closed.  
[www.carrollmanor.org](http://www.carrollmanor.org) or [click here to register.](#)

## CMRC Soccer - Girls U10 Carroll Manor Galaxy Undefeated!

Our girls U10 travel team led by Coach Ryan Stambaugh and Assistant Coach Stephan Szoke went undefeated this season in their CMSA division. Great achievement girls! You worked so hard throughout the season! Keep up the great work! Hope you are as proud as your coaches and parents! [Want to see the team, click here!](#)

## CMRC Indoor Soccer (Futsal) Season Second Session -

Second session at SAP begins on January 10th. Accepting applications now. Friday and Sunday evenings at Sweet Air Park. See registration form for details. [Contact Jerry Tana directly](#) if you have any questions. Jerry is still looking for boys 7-8 for indoors soccer at Freestate, please [contact Jerry directly](#) with questions. Go to [www.carrollmanor.org](http://www.carrollmanor.org) for more information.

## CMRC Girls Field Hockey Shines in First Tournament!!

Carroll Manor's 3rd/4th grade Field Hockey team competed in the Harford Hockey Fest, October 5th, and came away with a 2nd place medal for their day-long efforts against some very tough competition. Congrats girls!!! [Want to see the victorious pic! Click here!](#)

## CMRC U10 BSC Rapids Win and achieved Ranking!

The CMRC U10 BSC Rapids win Championship at LTRC Challenge Cup! Congratulations to all!! Great Job representing CMRC!! [Click here for pics and the victorious tale!](#) Also, U10 BSC RAPIDS ARE RANKED! [GOTSOCCE.com](http://GOTSOCCE.com) rankings have been released. Go to rankings, Scroll to boys,U10 and Region 1. Our very own Carroll Manor affiliated U10 BSC RAPIDS, led by Coach Jerry Tana and Assistant Chip Pierce, have been ranked #15 in the state of Maryland. The boys have achieved this ranking whilst playing in a fierce U11 Division of the Baltimore Beltway League. Excellent work boys! Keep it up!

## CMRC Tennis

To find out more go to [www.carrollmanor.org](http://www.carrollmanor.org) contact Irene Dietrich at [alanirene@aol.com](mailto:alanirene@aol.com)

## CMRC Rollerskating

Rollerskating at Carroll Manor Elementary has started. For Pre-School through 5th graders only. There will be 2 one hour sessions - 6:45 - 7:45 and 8 - 9. ALL participants MUST register BEFORE skating the first time. You can bring your own skates or use ours but NO rollerblades, Heelies, or Sneakerskates will be permitted. Go to [www.carrollmanor.org](http://www.carrollmanor.org) for registration and rules.

## On Line Registration Policy

Just a reminder about CMRC's on line registration policy. You MUST complete registration and payment on line to be rostered, placed on a team and be allowed to practice or play in the program. This is due

Sweet Air Park about keeping their dog leashed and cleaning up after their dogs. ALL DOGS MUST BE LEASHED AND MUST BE CLEANED UP AFTER WHEN USING SWEET AIR PARK. If the problem continues, then decisions will have to be made moving forward, one being considered is banning all dogs/pets from the park at all times with enforcement. We also have many walkers and seniors that use the walking path and do not wish to encounter what you and your dog leave behind. Please bring a bag with you to pick up after your dog and make sure they are leashed at all times. Please help keep our park clean and safe for everyone if you want to continue to enjoy the park with your dog or other pets.

to insurance issues, all players MUST be on the registration list, having agreed to and clicked the waiver on line .. NO exceptions. If you are not registered you cannot practice or play under any CMRC organized team scheduled practice or game. After completing payment you MUST click on "Return to CMRC.. to get your final registration and payment confirmation from CMRC and to complete your registration record. If you have any questions about registration on line, please contact the program chair or [Lisa Hosier](#)

## Dog Obedience Classes

Does your dog needs some manners! Get the advantage of learning from a trainer with years of experience. Print out registration flyer at [www.carrollmanor.org](http://www.carrollmanor.org)

## CMRC Council Meetings

Council meetings are held the second Thursday of every month at 8:15 PM at Sweet Air Park. if you would like to attend or find out how you can help.

## Sweet Air Park Pavilion Rental

Looking for a covered, outdoor space, with access to a playground to have a party or gathering. Why not book a pavilion at Sweet Air Park. All reservations must be done through the CMRC office at Sweet Air Park. Sweet Air Park is located on Sweet Air Road just east of the Sweet Air Shopping Center. Please call 410-887-8207 for more information.

## Become a CMRC Sponsor

What to spread the word about your event or business. The CMRC would like to feature a sponsor each month for our email newsletter. Reach every family in the CMRC community. To become a sponsor for future issues, please email us today for more details.

[Please email us today to get started!](#)

## CMRC has partnered with Lifebridge Health and the Parisi Speed and Conditioning School to offer all Carroll Manor Program players this exclusive training offer.

CMRC has partnered with Lifebridge Health and the Parisi Speed and Conditioning School to offer all Carroll Manor Program players this exclusive training offer. Parisi delivers a positive training experience that improves speed of movement and strength in character regardless of ability or economic status. If you are looking to get faster, stronger, and build more self-confidence, then the Parisi Speed School is the nation's number one choice to get you there. Every high level athlete needs increased agility and most of all POWER when making those movements. Parisi Speed School is a sports performance program that has proven to increase an athlete's athletic through speed and agility training. Parisi has trained everyone from 7 yd old youth soccer or lacrosse players to professional soccer, or nfl players. These training sessions will be designed to increase every athlete's ability to compete at a high level and beat the competition not just with their superior skills but with their superior speed and explosiveness.

When: 10 weeks starting 1/6

Ages: 9-12 Monday's 8:00 pm- 9:00 pm

Ages: 13-18 Wednesday's 8:00 pm- 9:00 pm

Where: Parisi Speed School 12201 Long Green Pike, Glen Arm, MD

21257 Registration: Price: \$99 for 10 weeks! (only \$9.99 a session!) [A https://parisileadtracker.com/schedule/Parisi\\_LBHF](https://parisileadtracker.com/schedule/Parisi_LBHF). Go to the link and click "camps", then the session of choice. Please feel free to contact [Robert Bowman](#) if you have any questions.

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**Carroll Manor Recreation Office at Sweet Air Park (410) 887-8207**

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**Quick Links**  
[Our Website](#)

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Join Our Mailing List!

[Forward email](#)



*Try it FREE today.*

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