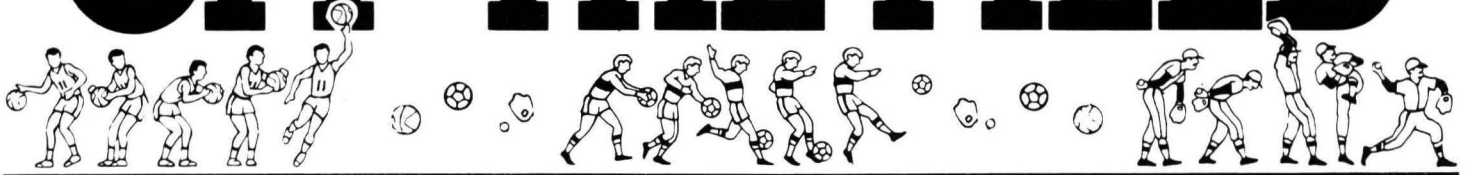

OFF THE FIELD



VOLUME 2 No. 1

ALLENDALE RECREATION COMMISSION

SPRING 1991

LEE MEMORIAL LIBRARY
500 W. CRESCENT AVE.
ALLENDALE, NJ 07401

President's Message

We're back again with a town sports update and many thanks to all the new folks who have come forward to help out with A.R.C. in the past few months.

The baseball/softball/kickball season got off to a great start due to the efforts of Bill Kempey and Bob Roth and their grade level commissioners and coaches. They have spent many hours in preparation for the season. Please let your child's coach know how much you appreciate his/her efforts.

Dan Davis Sr., and Dan Davis Jr. are to be saluted for their excellent job of coordinating umpires. Numerous rainouts have made this even more of a challenge.

Our first Team Picture Day was extremely successful due to the efforts of Lorraine Michels and her helpers, John Cebak and his patience, and all of the coaches who rallied their teams at the appointed time. 285 children turned out. Thank you all for your support and efforts.

Thanks to Mary Meyer who worked on trophy preparations.

We look forward to welcoming Don Dinallo as Baseball League Director in September. Don is taking over for Bill Kempey who has given so much of his time over the past two years. Thanks for everything that you have done, Bill.

Rich Brennen will be serving as Vice-President of the organization, overseeing insurance and N.Y.S.C.A. Coaches' clinics.

In the Soccer Department . . . We are deeply indebted to Roger and Beverly De La Bruyere for overhauling the soccer uniforms. They have been very active sorting, laundering, inspecting, packaging, and reordering uniforms for the fall.

Joe Lawless has been busy computerizing our soccer registration rosters and equipment lists. Lynn Gaydosh has already held soccer registration and is our new League Director. Craig McKim will be referee coordinator again, and Ed Lhotak will be directing field maintenance. Nora Oliver, Secretary of the Northwest Bergen Soccer Association, will assist in an advisory capacity. Many thanks to Gary Smeal for all of his past help.

Since we began working together in September 1990, Jack Kilgallen and Beverly Mellick have worked tirelessly for the organization. As treasurer, Jack has worked on our non-profit status with the I.R.S. and has acquired sales-tax exemption for us on the state level. Jack's persistence in recruiting team sponsors resulted in 43 sponsors (individual, corporate, and local) that will enable us to upgrade equipment and uniforms. Beverly has done an outstanding job on publicity and recruitment of helpers in addition to her numerous secretarial duties. Rick Rosa is also to be commended for the outstanding job he did as Vice-President - insurance.

I'm pleased to say that we are building a strong network of volunteers. We're always looking for new ideas and new people so give us a call if you are interested in participating.

Last spring, the Borough purchased a ball diamond machine to facilitate grooming of the fields. This has made an appreciable difference in field conditions and we wish to thank the Council and especially Hal Marine, former Borough Administrator, for his input. We look forward to working with his successor, Tom Carroll, in the areas of field drainage, heavy equipment, and maintenance programs. Thanks to George Higbie and his crew for the installation of back-stop screens and equipment lockers.

The National Youth Sports Coaches Association clinics have been well-attended this year by 38 men and women. To date, over 100 coaches have been certified. By the way, being a parent is not necessarily a prerequisite for coaching. Any college student, aunt, uncle, or senior is welcome to apply.

This year, there were requests by parents for their children to play baseball at higher grade levels based on their skills. Permitting this would involve a very subjective type of rating system resulting in wide-spread inequities. In the interest of fairness to all, the ARC Board will continue to endorse a standard policy for baseball and softball players, that is, by appropriate grade level. The Northwest Bergen Soccer Association governs age requirements for each division in soccer.

We hope all children, coaches, and parents enjoyed a satisfying baseball, softball, and kickball season. The key words are: fun, skill-building, and safety. Certainly, games are competitive by nature but we all need to remember to make the distinction between pressure to win and encouragement to do your best.

Have a great summer.

Ed Ducey - 825-3293

**ALLENDALE RECREATION COMMISSION
OFFICERS**

President ED DUCEY
 Vice-President (Insurance) RICK ROSA
 Treasurer JACK KILGALLEN
 Secretary BEVERLY MELLICK

LEAGUE DIRECTORS

Baseball/Kickball BILL KEMPEY
 Softball BOB ROTH
 Soccer GARY SMEAL
 Basketball CHUCK DOMBECK

OFF THE FIELD

Editor SALLYANN COSGROVE
 Art Director KATHLEEN GRAFF

SECRETARY'S REPORT

Beverly Mellick - 934-1443

A.R.C. GENERAL MEETING:

SEPTEMBER 18, 1991 - 8:00 P.M.
 BOROUGH HALL.

WE ENCOURAGE YOU TO ATTEND.

We would like to welcome Tom Carroll, our new Borough Administrator. We look forward to working with you Tom.

We would also like to welcome Kathleen Graff who has joined our Newsletter staff as Art Director. Thank you Kathleen for your wonderful logo and design projects. We also appreciate the efforts of Sallyann Cosgrove who is Editor of the Newsletter. The efforts and cooperation of Avenue Printing is also appreciated.

Mike Healy is also to be commended for the wonderful pre-season Baseball Clinics.

The NOMINATING COMMITTEE is pleased to announce the new A.R.C. OFFICERS whose terms will begin SEPTEMBER 1991.

PRESIDENT ED DUCEY
 VICE-PRESIDENT RICH BRENNEN
 TREASURER JACK KILGALLEN
 SECRETARY BEVERLY MELLICK
 SOFTBALL/KICKBALL BOB ROTH
 BASEBALL DON DINALLO
 BASKETBALL CHUCK DOMBECK
 SOCCER LYNN GAYDOSH

***Pleasure or Pressure?**

By Cara Nelsen

There is a growing concern among parents, coaches and kids about the increasing pressure inflicted on children in all sports, ranging from little league to high school football.

Richard Bakker is the executive director of the National Youth Sports Coaches Association. All coaches involved in NYSCA are trained and certified in the areas of the psychological and emotional needs of children, safety, first aid, conditioning, nutrition, teaching proper sport techniques and drug education.

Bakker says, "A lot of people don't realize that the reason most kids are successful in sports at an early age is simple maturation. At the age of twelve, you can have the same kind of numerical age but you can be physically different by four to five years. When they get to be around twelve to fourteen years of age, the early maturers tend to slow down, the later maturers tend to speed up. The kids who were superstars at the age of eight are no longer superstars, and now they start feeling the pressure."

Because of the pressure that is placed on kids by parents and coaches, there is approximately a 75% drop-out rate for children thirteen years of age in sports. This sort of pressure includes all sports where there is a competitive edge. "There's nothing wrong with the competition," says Bakker. "It's the win-at-all-cost attitude that's passed on from parents and coaches to the kids, where effort isn't nearly as important as the outcome. We fail to realize sometimes that the important part of sports programs is to give the kids a positive experience, not a winning experience. Winning is an extra benefit."

When asked about advice for parents, regarding pressuring their kids in sports, Bakker replied, "Parents should try to put themselves in the mind-set of the children. Don't think that because they're playing baseball, they're a little Don Mattingly or Darryl Strawberry. Very often their lack of success is not due to their lack of trying, it's just simply a lack of skill or a lack of maturation."

Seeing children perform in organized sports is a satisfying and rewarding experience for parents. However, unless the parents, coaches and others offer support instead of pressure, it is likely that their young sports stars will walk away from organized sports at a young age. ■

**Extracted from: New Jersey Kids Magazine - October 1990*

PLEASE

Clean out your attics, basements, garages and closets. Do you have uniforms stockpiled?
WE NEED THEM BACK !

REMINDER: Instructional Sports Tapes are available at Lee Memorial Library to view and enjoy.

1991 BASKETBALL

Chuck Dombeck - 327-8317

The 1991 basketball season proved to be one of the most exciting in recent memory. Participation hit an all time high as more than 600 children competed in over 400 games and weekly instructional programs.

This season was highlighted by the return of Ho-Ho-Kus and Saddle River to the program and the integration of children from Allendale and Upper Saddle River to form teams in grades 5 through 12.

Former N.J. Nets star, Mike O’Koren and other Nets’ personnel conducted an exciting clinic for 3rd and 4th grade players and Mike was overheard saying “a couple of these kids have NBA potential!”

This year we established a number of goals to improve the program and we succeeded in achieving many of them. More than 50% of the coaches are now certified by the (NYSCA). Progress was also made in applying uniform standards among the participating towns and the training of referees was enhanced. Our goals for next year will include NYSCA certification for all coaches; a more in-depth and practical referees clinic; and the establishment of an oversight committee comprised of key representatives from each of the four towns to ensure that the program offered our children is the best

possible.

The basketball program could not be run without the help of many. Special thanks to Evan Powderly and Tom Morton for supporting the use of the Brookside gym and to Fred Conrad for juggling Northern Highlands’ gym availability to meet our needs. Once again, the custodians at the seven gyms in use kept the courts clean and safe and sometimes were caught joining in the fun - thank you for all your help. A fixture in the Upper Saddle River program for over 10 years, Clark Nicholas was honored for his outstanding contributions and dedication to area basketball upon his retirement from the program. We all offer Clark our sincerest thanks and wishes for continued good luck. Finally, it is difficult to adequately thank the many coaches and referees who made the program a success and to those parents who supported their children by coming, watching and achieving.

By the way, there were divisional and playoff champs and congratulations go to each of those teams, but more importantly, all the children who participated in, learned from and hopefully enjoyed the program were all winners.

See you next year!

WHO’S WHO

We would like to CONGRATULATE the individuals who have successfully completed our recent N.Y.S.C.A. CERTIFICATION PROGRAMS — SPRING 1991.

BASEBALL

- Jeff Armstrong
- Ed Black
- Richard Brennen
- Jim Burt
- Jerry Calabrese
- Tom Cosgrove
- Larry DuVernay
- Walter Ellis
- Jake Filak
- Patrick Foreit
- John Garrison
- Kevin Jareck
- Robal Johnson
- Gary Jones
- Art Klein
- Ross LaBarr
- Chris Lewis
- Jack Lipari
- Brian Mahoney

- Tom Matarazzo
- Bill Mellick
- Paul Messina
- Bob Milhiser
- Larry Murphy
- Denise Nathan
- Jim Onesios
- Tom Oxnard
- Wiliam Palmeri
- Earl Pelio
- Larry Pinck
- William J. Rada
- Howie Ridkes
- Tony Sabino
- Rick Santry
- Bob Slang
- Gary Smeal
- Bill Smith
- Modeste Sobolta

BASKETBALL

- F. Dee Duncan
- Chris Kellar
- T. J. Reilly
- Jeff Armstrong
- Craig McKim
- Kevin Quinn
- Gary Smeal
- Bob McDowell
- Jack Epstein
- John Helenek
- Stephen Kaye
- Alan Zwillingner
- Joe Kiely
- Jack Kilgallen
- Chuck Dombeck
- Ed Ducey

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

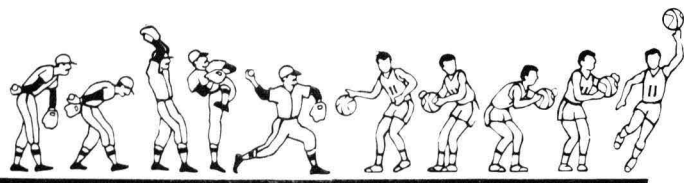
The efforts of our 1991 Baseball/Softball/Kickball Commissioners are appreciated.

- Kickball — Brian Mahoney
- Baseball — John Albohm - Grades 1 & 2
Chris Kellar - Grades 3 & 4
Joe Amatuzzi - Grades 5 & 6
Bob Frei Grades 7 & 8
- Softball — Bob & Donna Mayone - Grades 1 & 2
To be determined - Grades 3 & 4
U.S.R. - Grades 5, 6, 7, & 8

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



“MEMORIAL DAY PARADE”



A.R.C.

HELP WANTED

FUNDRAISING: We are seeking an energetic volunteer to chair next year's sponsorship drive. Please contact Jack Kilgallen (327-6791) for further information.

TYPING: A.R.C. Administration Needs You!!! Occasional typing assistance is required for special projects. Please call Beverly Mellick (934-1443).

SOCCER: ATTENTION HIGH SCHOOL STUDENTS!!! \$\$\$\$ EARN \$\$\$\$ LINING THE SOCCER FIELDS. CALL ED LHOTAK (327-3685).

THANK YOU FOR YOUR ASSISTANCE. WE LOOK FORWARD TO YOUR CALL.



The Allendale Recreation Commission is appreciative of the support of the following sponsors.

Please repay them with your patronage.

- Albin Gustafson Co.
- Allendale Cafe
- Allendale Chiropractic Center
- Allendale Delicatessen
- Allendale Newcomers' Club
- Allendale Pizzeria
- Allendale-Waldwick P.B.A.
- Bagels 'n' Things
- Bergen Pediatric Dental Associates
- Bradford Liva, M.D.
- Braen Stone Industry
- Brookside Racquet & Swim Club
- Central Garage
- Citizens First National Bank

- Cunningham Construction
- Degussa Corp.
- Dominics Continental
- Donaldson Lufkin Jenrette
- Finetex
- Hans Auto Body
- Il Villaggio
- Independence Bank of New Jersey
- In the Spotlight
- Junior Women's Club of Allendale
- L.C.'s Woodhouse
- Marcal Paper Mills
- Marion's Service
- McDowell Landscaping

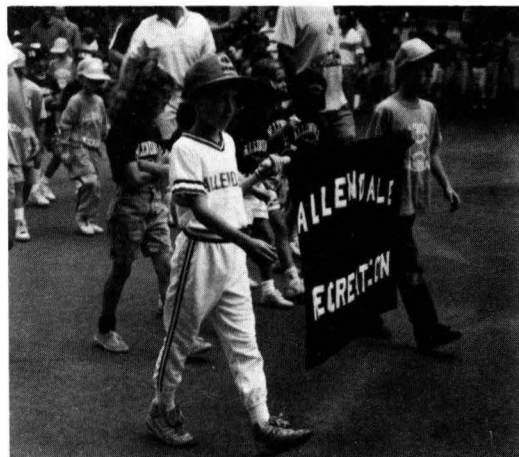
- Milford Electric
- Nicholas Publishing
- Osteonics Corp.
- Pezrow
- Premium Veal
- Richlyn Bike & Fitness
- Sequoia Lawn Care
- Sharplan Lasers, Inc.
- Shoe Connection
- Terminal Construction
- Thomas, Freeman, Giglio
- Thor Construction
- Vard Smith
- We're Sports
- Worldwide Converting Machinery Co.



THE ALLENDALE RECREATION COMMISSION

P.O. Box 333 • Allendale, New Jersey 07401

BULK RATE
U.S. POSTAGE
PAID
ALLENDALE, NJ 07401
PERMIT #16
NON-PROFIT



*Lee Memorial Library
500 W. Crescent Ave
Allendale NJ
07401*