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PARK CITY WEST COMMUNITY CENTRE

NEWSLETTER • FALL 2016



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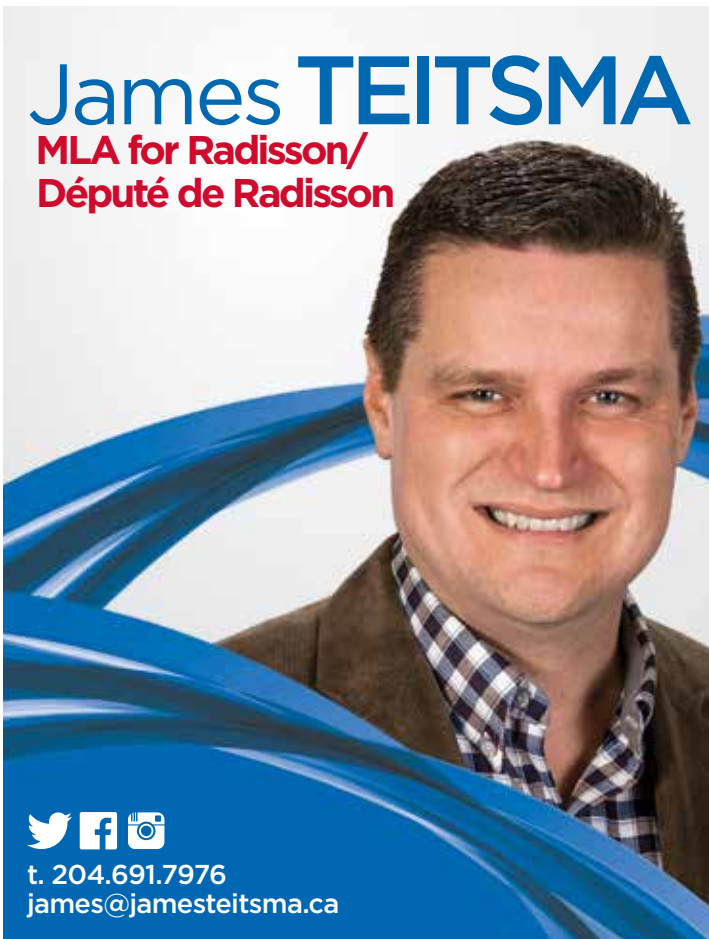
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Park City West Community Centre

115 Sanford Fleming Road, Winnipeg, MB R2C 5B8
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Website: www.pcwcc.ca
Follow us on Facebook

This publication has been produced by Write It Right
Project Manager Lori Kemp

SPORTS REGISTRATION

**ONLINE REGISTRATION WILL TAKE PLACE FROM AUGUST 25TH, 2016
TO SEPTEMBER 8TH, 2016. IN HOUSE REGISTRATION WILL TAKE PLACE
ON SEPTEMBER 8TH FROM 6:00-8:00PM. ALL REGISTRATION AFTER
SEPTEMBER 8TH WILL BE ASSESSED A \$50 LATE FEE.**

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Kurt Timchuk, STORE OWNER

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Upcoming Events

Hospitality for the Homeless Bike Ride (In Support of Siloam Mission)

Saturday, September 17, 2016

Park City West CC to Bird's Hill Park

This year the Fairmont Winnipeg is hosting our second Hospitality for the Homeless Bike Ride on Saturday, September 17th to raise money for Siloam Mission and bike programs for the underprivileged in Winnipeg.

At this event, individuals and teams cycle from Park City West Community Centre to Bird's Hill Park and back. Each team member will pledge to raise money through the sponsorship of family, friends and colleagues.

Our main goal is to ensure a safe and enjoyable cycling experience for riders of all abilities. To make this event successful, not only do we need you to participate but we also need you to fundraise. This year we hope to raise \$12,000.

For further information or to register, sponsor or volunteer please visit www.hospitalityforthehomeless.ca



Board of Directors

Executive

President – Mike Purdy
Vice President – Mark Fleming
Treasurer – Catherine Schalla
Secretary – Katie Patteson
Registrar – Mel Reimer

General Board

Buildings and Grounds – Brad Smith
Canteen – Marion Segal
Preteen Dance – Brenda Hrycyk
Special Events – Nicki Burbank
Volunteer Scheduling – VACANT

Conveners

Hardball – Trent Fettig
Hockey-8A1 & Up – Daryl Zazula
Hockey – Female – Krista Ducharme
Hockey – House League – Chris Redekop
Ringette – Mandy Silvani
Soccer Director – Les Kauk
Micro Soccer (3/4) – Deirdre Dowd
Micro Soccer (5/6) – Tabitha Bear
Soccer (7 & 8) – Jacquie Sippola
Soccer (9 & Over, Boys) – Phil VanderAa
Soccer (9 & Over, Girls) – Ed Davidson
Soccer (Indoor) – Liz Hurd
Softball – Katie Patteson

Winter Outdoor Skating 2017

Last year our outdoor skating season was a warm one. The year prior was cold and also had a lot of snow. Only time will tell what mother nature will bring us this year but nevertheless we are making plans for the upcoming outdoor season already. Flooding and maintaining our rinks is a labour of love for Park City. We are looking forward to another year with busy rinks a full club house.

Winter Sports Registration for Hockey, Ringette and Indoor Soccer

PCWCC Sports registration is done online via our website www.pcwcc.ca. Follow the Pointstreak link to create a family account or access your existing family account. Here you can add/edit your family

members, register children, sign up for coaching, pay by credit card, and print out your receipt for tax time – all from the comfort of your home! Cash payment arrangements can be made by contacting the office, the registrar or the appropriate sports convener.

Please ensure you receive a receipt and keep it for your records. Information on registration and fees will appear on our website as soon as it is available. August 25th – September 8th (In House Sept 8th).

Park City West Preteen Dances

Pre-teen dances are for kids aged 8-12 years old. Dances run once per month from September to June. The cost is \$3.50 per child. They run from 6:30 to 9:30pm. Kids will have fun hanging out with friends, dancing, winning prizes and enjoying treats from the canteen. These dances are only possible with the help of volunteers...come and help out.



Sports News

Congratulations to the Park City West Devils 7/8 Hockey Team who won gold in the East End Winter Carnival. This team went undefeated in this tournament and beat the Red River Wild #1 in a thrilling gold medal championship game.

Congratulations to the Park City West U12 girls soccer team who were undefeated in their regular season and won the Silver medal in the 2016 Slurpee Cup Final.

The Park City West Mosquito A baseball team had another great season. They won the Silver medal in the City Final Championship. The final score was 9-8.

The Park City West U16 girls' soccer team won the Gold medal in the Boston Pizza Players Cup Tournament held at the John Blumberg Sportsplex.

Park City West hosted its biggest Mini-Soccer Jamboree yet. The rain held off and players and families enjoyed a day of activities, soccer games and trophies.

U9-U18 Boys Soccer

This year Park City West was fortunate to host 8 teams from the U9-U16 age groups. With the exception of the U13 age group, we hosted teams in every age group including two U11 teams. With the help of our district club, Phoenix, we have been focusing on player development; ball handling skills and agility.

Coaching a recreational team poses its challenges as we have players of all different skill levels. Our coaches have worked very hard to make sure all of the players develop while at the same time making sure the players all have fun. I want to thank all of



our coaches for all time and effort they have put in to their teams this year. They are all volunteers and deserve to be thanked. I also want to thank our parents who came out to the games despite the wet weather that we had this year.

This fall, Phoenix will be hosting tournament style playoffs for our U9-U12 teams. The U13 and up playoffs will be scheduled through WYSA in the fall. Good luck to all out teams in their respective playoff runs.

Thanks again and see you on the pitch!

Phil Vander Aa

PCWCC U9-U18 Boys Convener

PCWCC Micro Soccer

Park City West six and under soccer had another record breaking year. We had a total of 30 teams playing or 240 kids! A big thank you to all the coaches, it is you guys who volunteer your time to make this program happen. Without coaches there would be no way to run the program. Every year we need more coaches so consider helping out next year- just mark your registration using the volunteer option or by writing in the comments box.

Our jamboree was a huge success this year. On top of all the soccer, the kids enjoyed bouncers, pony rides, and balloon animals. Every player this year received a soccer ball from Tim Hortons! A very special thank you to the Park City staff and board members who organized and help run the events that day. The community is lucky to have a group of such dedicated volunteers to run this and many other programs. Mini soccer registration will take place in late February or early March 2017.

Tabitha and Deirdre



Player Profile

Leonardo Phelps

Age: 8

Team: Park City Wild Cats Soccer

Number: 13

Favourite team:
Southampton Saints

Favourite player: Lionel Messi

Leo's favourite position is forward (striker). His favourite soccer moments is scoring 8 goals in 1 game last year. He also enjoys doing awesome headers across the pitch.

Park City West Community Centre Mission Statement

We will commit to be a leading community organization, focused on the needs of the community, through safe, flexible, self-sufficient and accessible services and programs for all ages. In delivering recreational, educational and leisure programs, we will foster pride and respect in the centre and the community we serve.

Park City West Community Centre has many volunteer opportunities for those who wish to give back to their community. If you are interested in volunteering for the board, or would like to know what opportunities are available, please contact us via our website, or feel free to come to one of the regular board meetings. We meet in the board room at Park City West Community Centre the third Tuesday of each month, September through June. All meetings start at 7:00pm.



Player and Parent Coach Profile

Kamea Mulholland and Jim Mulholland

Kamea has been playing since she was 3 years old.

Kamea is a multi positional player, she prefers midfield but never goal keeper!

This year's highlight was her first corner kick goal

Jim Mulholland: "I have been coaching 11 years since my first girl started at 3 years. I have enjoyed the last few years, being able to improve the girls' skills and watch their characters grow in the sport. A highlight or best memory for me was pregame, waiting for the rain to stop, listening to the music under my vans open tail gate, with the team dancing to Taylor Swift".

What makes a good coach?

Patience and lots of it, enthusiasm and a willingness to encourage each player to give their best effort".

Registration Fee Subsidies

Did you know we offer a subsidy program for lower income earners? The General Council of Winnipeg Community Centres and their sponsors allow qualifying families to apply for a portion of their sports registration fees to be subsidized. Please contact the registrar or the office to inquire about your eligibility and how to apply. Please note the most recent tax years' notice of assessment for each parent in the home must accompany the application.



Upgrades to Park City West CC

Park City West CC is getting some upgrades. Work started on April 25th. Some of the upgrades include a new splash pad, toddler playground, pathway improvements and restoration of our tennis courts.

Volunteer Fee

Due to the overwhelming administration involved in refunding volunteer fees, Park City West elected to remove the \$100 volunteer fee starting with our registration in Spring 2016. Volunteers are still needed to run our club. As we move forward we would still ask you to lend a hand with our sports programs and community events. We still require volunteers to act as Board Members, Sports Conveners, Team Managers and Coaches and to help out at events such as pre-teen dances, mini-soccer jamboree, Halloween and Christmas events and more.

If you have a bit of time to give click on the volunteer spot link and sign up. You can also email pcwccvolunteer@shaw.ca with any questions.

Programs

Taekwondo

Taekwondo has made it to the Olympics and now it has made its way to Park City West Community Club. Do it as a family or try it as an individual sport. Suitable for all ages, these traditional martial art classes can be enjoyed by people starting as early as the age of five. For your membership* you will learn the techniques of self defense. These techniques will help acquire a new sense of confidence, concentration and self-esteem. It will give the advantage of increasing the ability for patience and discipline, as well as getting the benefits of regular exercise & stress relief. Provided in a fun and safe environment we always encourage good sportsman-like conduct. We emphasize that what we learn in Taekwondo must be treated responsibly.

Classes are Wednesday nights from 6:15-7:15pm. The K. Saunders Taekwondo program is challenging for everyone. Come and try two FREE weeks of Taekwondo. Call (204)952-3176 or email KSTA.academy@gmail.com, Family discount available for those with 3 or more members.



Turbo Kick

Burn calories and blast fat! This addictive workout combines kickboxing, sports drills, yoga, and simple dance moves in a party atmosphere where losing weight is the side effect of having FUN! Turbo Kick is an interval based class that allows participants of any fitness level to participate and custom tailor their workouts. Bring your shoes, water and your energy. Give it a try and know that when the workout is over, you will leave being better and healthier than when you first walked in. Come join us at Park City Tuesdays from 6:30pm -7:30pm. Pricing: 10 class passes-\$80, and drop in rate-\$10.00. Visit www.winnipeg turbo.com for more information.

Zumba

Zumba is a Latin inspired dance fitness program that is moving millions of people towards fitness and joy. Zumba is sometimes referred to as "exercise in disguise" because it combines Latin rhythms and easy to follow dance moves to create a one of a kind fitness program. No previous dance experience required. It's all about having fun by feeling the rhythm and beat of the music! Zumba is not only great for the body, but it's also great for your mind and soul, and improves self-esteem and self confidence. Come find out why Zumba Fitness has become such a fun and uplifting workout. Classes are held Mondays from 7-8pm. First class is free. 10 class flex pass \$85. Email vgrycko@shaw.ca for more information.

Yoga

Yoga's origins are from India and is now widely practiced. From an outside view, yoga may seem to be just about the stretches. While there is stretching involved, the overall goal is to find the balance in each part of the body through breathing that accompanies each pose. Yoga is about balance overall- both physically and mentally. Under the guidance of an experienced instructor, students are able to learn breathing techniques that are beneficial to let go of tension. Come join us at Park City West on Wednesday nights from 6:15-7:15pm. 10 class pass is \$80 or drop in is \$10 per class. Email countrygirl1@mymts.net for more information.

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Daniel Blaikie, M.P. Elmwood-Transcona



Best wishes
for the new
school year!



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