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PARK CITY WEST COMMUNITY CENTRE

NEWSLETTER • SPRING 2016



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This publication is mailed directly to every
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the Spring issue, call Lori at
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Building Community

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Park City West Community Centre

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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

Smart phone users can scan the code on the front of the newsletter and be automatically directed to Park City West Community Centre's website.

SPRING SPORTS REGISTRATION WILL BE FROM: WEDNESDAY, FEBRUARY 24TH TO WEDNESDAY, MARCH 9TH

PCWCC SPORTS REGISTRATION IS DONE ONLINE VIA OUR WEBSITE WWW.PCWCC.CA

ANY REGISTRATIONS AFTER MARCH 10TH WILL BE ASSESSED A LATE FEE.

WWW.PCWCC.CA



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Park City West Planned Improvements for 2016

Park City is growing & changing and it will be a very busy Spring in 2016. As some of you may know, we are in the midst of a large undertaking and upgrading at the club. As it stands today club enhancements are scheduled to commence in Spring 2016. These will include:

Phase 1

Construction of a brand new Splash Pad and a new toddler play park

Resurfacing of the tennis courts and introduction of a basketball court and pickle ball court into the tennis court area

Enhanced site drainage and improvement to our pathway system

Funding for Phase 1 is 100% in place and is hoped to be completed by the end of 2016.

Future phases of improvement are planned and include:

The complete replacement and reconstruction of three outdoor rinks including new surfaces for all seasons use; new security cameras in and around the building and improved lighting around the grounds

Improvements to the baseball diamond and further enhancements to the pathway system

Funding for these second and third phases remains a work in progress and still needs to be secured. However with involvement from the federal, provincial and municipal governments we feel we are in an excellent position to secure funding for Phase 2 & 3 and keep growing our community club.



Hospitality for the Homeless

Park City West Community Centre was pleased to be involved with the First Annual Hospitality for the Homeless Bike Ride. It was an amazing fun filled day.

In its inaugural year, a team of 20 cyclists from the Fairmont Winnipeg and their friends and family cycled 50km from Park West Community Centre to Bird's Hill Park and back to raise money for Siloam Mission and the city's homeless.

The event was a huge success and the team raised over \$6,000.00.

It is hoped that the event will run annually and continue to grow in numbers and support.

Our Annual General Meeting will be held on Tuesday, April 19, 2016 at 7:00 at PCWCC. We will be looking to fill vacant Executive and General Board Positions.

Spring Sports Registration 2016

Spring registration 2016 for Soccer, Softball and Hardball will begin on Wednesday, February 24th and will end on Wednesday, March 9th. Late fees will be applied to any registration



taking place March 10th or later.

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. In House registration to assist with subsidy applications or take cash payments is March 8th 7-9 pm.

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. Keep checking the website for information on sports registration and other events and announcements at the club. Cat

Breakfast with Santa (and friends)

On the menu we had pancakes, fruit platters, mini cupcakes and hot chocolate. Santa called in some help from his friends, Mick E Moose, Elsa



and Anna. The four of them walked the gym talking to kids, taking pictures with them and spreading cheer. Unfortunately due to a warmer weather the rinks had no ice and we were unable to skate. We made up for it inside the gym with the bouncer and other little activities. This event would not be possible if it wasn't for the very generous volunteers that came very early that morning to get a head start on the pancakes. Thank you so much.

Park City West Brightens Up

With grant money from the City of Winnipeg's Community Centre Renovation Fund we upgraded our exterior lighting, replacing old halogen lamps with brighter, and more energy efficient lights. We hope to do the same with our outdoor rink and grounds lights and in the near future.

WE refaced our aging sign with our brand new logo and replaced old fluorescent lighting with brighter energy efficient LED'S

Halloween Family Fun Night

This year we hosted Mr.Ken (the magician) to put on a one hour Halloween show. The gym was packed with Princesses, Superheros, monsters and minions while Mr.Ken dropped the lights and started his show. Best part of the act was at the end he allowed all the kids to meet his pet rabbit that he made appear. Before the show guests were given a punch card and were invited to pick up a bag of popcorn, a juice box, some candy and a prize. Over all we are very



happy with the results of this special event and look forward to more nights like this. Thank you to all the volunteers that came out to help and to the community for their support.

Programs

Zumba



Zumba Fitness is so much fun! Every class is an irresistible party and will leave you feeling exhilarated and full of positive energy. I welcome people of all ages and fitness levels. No dance experience required. As long as you are moving and having fun, then you are doing it right. Your first class is free to try and you are welcome to come anytime. My goal is to introduce you to the long term benefits of fitness and joy and I invite you to come see for yourself that exercise be fun! Thursdays, 7:00 pm, January 14th to February 25th. For more information, please contact me at 204-292-1741 or email me at: vgrycko@shaw.ca

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! If you have not yet experienced a class, you are missing out! Give it a try and know that when the workout is over, you will leave being better and healthier than when



Wildcat Profile

Derrick Smith

What sport do you play?

Hockey, Baseball, & Curling

Team?

Currently in the 9A2 Park City West Wildcats

What position?

Defense

Favorite memory playing sport?

February 19, 2011, this is the date Derrick scored his first goal.

Who's your favorite player?

Zdeno Chara & Bobby Orr

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.

Board of Directors

Executive

President - Mike Purdy
Vice President - Mark Fleming
Treasurer - Ken Mann
Secretary - Katie Patteson
Registrar - Catherine Schalla
Registrar - Neil Ajudhia

Board Positions

Buildings and Grounds - Brad Smith
Canteen - Marion Segal
Preteen Dance - Brenda Hrycyk
Special Events - Julie Chapko
Volunteer Scheduling - VACANT

Conveners

Hardball - Trent Fettig
Hockey - Female - Krista Ducharme
Hockey-SA1 & Up - Daryl Zazula
Hockey House League - Chris Redekop
Ringette - Aynsley Smith
Soccer Director - Les Kauk
Soccer (3&Under) - Deirdre Dowd
Soccer (6&Under) - Tabitha Bear
Soccer (7&8) - Liz Hurd
Soccer (9&over, Boys) - Phil VanderAa
Soccer (9&over, Girls) - Ed Davidson
Soccer (Indoor) - Liz Hurd
Softball - Katie Patteson

A SPECIAL THANK YOU TO ALL OUR ADVERTISERS

The Park City West Community Centre wishes to thank the many businesses who purchased an advertisement to make this publication possible. Your ad helped us to defer all costs relating to this newsletter. We value your support and gratefully acknowledge your participation.



Top 10 pieces of Advice for Parents in the Stands...

(From Dan Spring Baseball coach and former Detroit Tiger. Article courtesy of theseason.gc.ca)

If you are the parent of a young player, it's easy to let the hectic nature of a season get in the way of the big picture. Below are 10 tips for parents to follow for each game:

- 1) Celebrate your child's effort and sportsmanship, above results such as winning and losing.
- 2) Do not coach from the stands.
- 3) Never yell at the ump.
- 4) Never yell at the other team or their coaches.
- 5) Stay away from the dugouts during the game.
- 6) The umpire is human and will make mistakes.
- 7) Cheer positively.
- 8) Root for the whole team, not just your son or daughter.
- 9) HAVE FUN!
- 10) "Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting."



you first walked in! Come join us at Park City Tuesdays from 6:30pm -7:30pm. Pricing: 10 class passes-\$80 or drop in rate-\$10.00. Visit www.winnipegturbo.com for more information! See YOU in class!

Yoga

Yoga has its origins from India and is now widely practised with people wanting to experience the benefits of it. For an outsider yoga is just about the stretches that make it look like it's for fitness only. Yet that is only part of the process and yoga is more than just stretching. Yes the muscles do stretch and the overall effect is to find the balance in each part of the body through the breathing that accompanies each pose. In fact yoga is about balance overall both physically and mentally. The breathing is what enable the student to find the balance just by being aware of the breath. There has been an increase in those practising yoga because of the positive benefits it has on one's health overall. Breathing deep enough does help to relax the body and that is what yoga is about. It's the process of breathing through each pose that enables the body and mind to relax which then allows the body to stretch further one breath at a time. Under the guidance of an experienced instructor the students are able to learn the breathing that is beneficial for each of us to let go of the tension and relax into the pose and over time the student can see the benefits by remaining focused on the breath. Come join us at Park City West on Thursday nights at 6:15 pm. 10 class pass is \$80 or drop in is \$10 per class. Email countrygirl1@mymts.net



Taekwondo

TAEKWONDO 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 anyone acquire a new sense of confidence, concentration and self-esteem. It will give them the advantage of increasing their ability for patience and discipline, as well as giving them the benefits of regular exercise & stress relief. Provided in a fun and safe environment, we always encourage good sportsman-like conduct, and emphasize the importance that what we learn in Taekwondo, we must act with it responsibly.

Offered on Wednesday nights* (6:15-7:15pm), the K. Saunders Taekwondo program, is challenging everyone to come and try two FREE weeks of Taekwondo. Think you're up for the challenge? You have nothing to lose. Call or email us to get more information. Phone 204-952-3176 Email: KSTA.academy@gmail.com. Family Discount available for those with 3 or more members.

Hall Rentals

Our recently renovated hall is ideal for any small or large gatherings, such as birthday parties, socials, weddings, showers, meetings, and more.

- Hall Capacity: 250 guests



Features:

- Air conditioned
- Wheelchair accessible
- Ample parking
- Big Kitchen!
- Sound System
- Sports equipment

****Bouncer available for an additional charge****

Hockey News

The Park City West Wildcats 9A2 won the gold medal in the Richmond/Gateway Christmas Challenge - 9A2 Minor Atom division.

The team finished 1st in Pool A of the round robin. PCW Wildcats played the Lord Selkirk (White) Steelers in the gold medal game and won 6 to 4. The players had a lot of fun and enjoying playing hockey. Here is the list of the players on the team:

Aiden Poseluzney (G), Hayden Bartecki (G), Cole Lawton, Lukas Campos, Derrick Smith, Jeremy Pancoe, Matthew Thomas, Lucas Lyons, Myles McCaw, Tyson Copple, Presley Ostlund, John Pelletier, Nathan Hiebert, Rene Saks, Thomas Turner. The coaching staff is Brad Smith (HC), Scott Lyons (AC), JP Pelletier (AC), Thomas Raynbird (AC), Maria Campos (M).

Congratulations to the U10PCW Boys Soccer Team

The boys played an exciting game during a windstorm in late September and showed amazing skill, teamwork and sportsmanship.



Special thanks to head coach Luis Cornejo and assistant coaches James Hogue, Shawn McChesney and manager Kristen Hepworth.

Our PCW Boys team included:

Connor Cornejo, Carter Osiowy, Kyle Offenloch, Ethan Robertson, Aidan Loria, Aiden Neufeld, Eric Sontag, Kevin Weland, Nathan Nicholson, Ambrei Torres, Will Chaban and Kaedyn Wicheranko

Birchwood Ford Drives Community Spirit!

Thanks again for a second year to the generosity of Birchwood Ford on Regent we have brand new jerseys for our boy's hockey teams! Thank You for your ongoing support!

Preteen Dances for 2016

Held once a month (check our website pcwcc.ca for upcoming dances)

6:30 - 9:30 pm

DJ and canteen

Suitable for 8-12 year olds

The dance is supervised by parent volunteers

(Thank You!) Feel free to stay or drop your child off

****Check website for possible cancellations**

Outdoor Skating

Outdoor skating season off to a slushy start this year.

December 21st 2015 Rink 1 opened...37 days later than last year!

Two words outdoor ice makers don't want to hear..."El Nino" (see pics below)



Wildcat Profile

Profile: Jacqueline Midford – Player, coach and referee

Sport: Ringette

Team: Park City Wild Cats u16 A

As player: This is my 10th year playing. I am a forward this year but I have played centre most of my life and I was a goalie for 4 years. My favorite memory so far was getting on the A team I have tried so hard to get on for the last 3 years.

As coach: I've been an apprentice coach for 2 years. I started because I enjoy interacting with others younger than me and I like passing on my knowledge and helping them achieve success. I really enjoy watching others find success from my advice and help. I've liked best watching the girls grow and strengthen in the sport.

As referee: This is my first year being a referee and I like it because I am the one making the calls. I don't like that I could mess up which would make parents and coaches angry. If I make a really bad call I can talk to the coaches and explain what happened or if it's not that bad I can give the ring back to the team who had the ring etc. All in all everyone has been good and no one has argued with me (yet).

GO WILDCATS GO!