



Play Flag Football with Parks and Recreation!

Flag Football is a program for children 5 yrs–11 yrs of age. This program is for both boys and girls. Players will be put on teams coached by parent volunteers. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and sportsmanship, with an emphasis on fundamentals including game play.

All players will receive a jersey, flag belt – for use during the season, and a mouthpiece. **New this season**, there will be a pre-season football skills camp. See below for more information.

WHEN: Monday's & Tuesday's from 8/31 – 10/13 (except 9/7)

Practices will be held on Monday's and games will be held on Tuesday's beginning September 15 (All Jersey's will be handed out prior to game play)

WHERE: SCORE 4-Plex

TIME: 6:00-8:00 p.m. (Game schedule will be handed out at a later date)

FEE: \$44.00 (**Early Bird -Checks Payable to Nevada Parks and Recreation)

Additional fees apply for name across back of jersey.

EARLY BIRD REGISTRATION DEADLINE IS AUGUST 14.

AFTER AUGUST 14 REGISTRATION FEE IS \$50.00.

NO REGISTRATIONS WILL BE ACCEPTED AFTER AUGUST 27.

Football Summer Skills Camp

Sponsored by: Dr. Jason Grimm
Nevada Family Chiropractic

Get ready for the upcoming Flag Football season by participating in Football Skills Camp. This camp is for students ages 5-11. Various skills will be introduced including agilities, proper position/pursuit, passing routes, passing, catching, and more. Volunteer parent coaches are strongly encouraged to attend camp and help with various skills and drills.

Camp Dates: August 11, 12, 13

5-6 year olds: 6:00-7:00 p.m. Tuesday and Thursday, August 11 & 13

7-11 year olds: 7:00 - 8:30 p.m. Tuesday and Thursday, August 11 & 13
and 6:00-8:00 p.m. Wednesday, August 12

Location: SCORE 4-Plex

Fee: No Fee – Camp is open to all participants registered for Flag Football

Registration: Turn in your Flag Football Registration Form prior to camp on August 11

Fawcett Family Aquatic Center Information

Pool admission after 5:30 p.m. will be \$2.00/person and all season passes will be ½ price for the remainder of the 2009 season.

Please remember the Aquatic Center closes for the season Sunday, August 23.

Older Iowan's Day at the Iowa State Fair

Parks and Recreation will be offering a trip to the Iowa State Fair on Wednesday, August 19. The bus will leave from Gates Memorial Hall at 8:00 a.m. and return at 5:00 p.m. Fee is \$12.00/person and includes admission and transportation. To register, please call Parks and Recreation at 382-4352 prior to August 17.



Meeting Schedule

- **Council: August 10 and 24, City Hall Council Chambers 5:30 p.m.**
- **Planning and Zoning: August 3, City Hall Council Chambers 6:15 p.m.**
- **Cemetery Board: August 6, Cemetery Sexton's Office 9:00 a.m.**
- **Library: August 17, Library Meeting Room 4:30 p.m.**
- **Parks and Rec. Board: August 19, Gates Hall 5:15 p.m.**

“Geek the Library”

The Bill and Melinda Gates Foundation is supporting a library marketing campaign through OCLC to encourage financial support of public libraries. In this case “Geek” is a verb meaning passion or interest in something. For instance, I geek books or I geek sports. No matter what your passion or interest is, the library can assist you in pursuing it. Stop by the Lincoln Highway Days booth and let us know what you “geek”. Browse at geekthelibrary.org for more information and ideas on ways you can support your local library.

Library Story Time

The library staff is starting to plan for the fall sessions of Story Time. There will be programs for children from newborns through 5th grade. You may register your child for the fall story times which will run weekly from September 28 through December 11. Call the library for details at 382-2628.

Back to School Safety Reminders

With the first day of school being on August 24, 2009, the Nevada Police Department is urging motorists to be alert for children. Drivers should be particularly careful around schools, bus stops, and in residential areas.

In an effort to help children travel to and from school safely, the Nevada Police Department will be increasing traffic enforcement efforts in and around school zones. Officers will be watching for a variety of traffic violations including motorists speeding through school zones, vehicles driving through school bus warning devices, and seat belt use.

Drivers are reminded to:

- Obey all traffic signs; stop signs, red lights, speed limit signs, etc.
- Watch for clues that indicate children may be in the area; i.e. the presence of safety patrols, adult crossing guards, school buses, school zone signs and bus stops.
- Give the right of way to pedestrians crossing the street.
- Share the roadway with bicyclists.
- Buckle seat belts and restrain your children in appropriate child safety seats.
- If you are picking your child up from school, designate an appropriate pick-up point. Avoid blocking streets and backing up traffic when picking up your child.
- Be alert for children in or around the roadway. **ALWAYS BE PREPARED TO STOP.**

It is also important for parents and students to take proper safety precautions. Parents are encouraged to teach their children how to get to and from school safely by:

- Knowing the route to and from school and walk on the sidewalk when available. Walk on the far left side of the street, facing traffic, if there is no sidewalk and it is necessary to walk in the roadway.
- Using crosswalks and designated school crossings whenever possible. Obey the crossing guard or safety patrol person.
- Obeying all traffic laws and wearing a helmet when riding a bicycle.
- Knowing where your child's designated bus stop is and teaching your child which bus they should get on.
- Teach your children to always follow the pre-arranged plan for getting home. Children should not go home with a classmate or someone else without prior approval from their parents. Children should go straight home or to the pre-arranged location for after school care.
- Parents should know how long it takes their child to get to and from school. Parents should check in with their child to make sure they made it home from school safely.
- Parents should know who their children's friends are and where they live.
- **TEACH YOUR CHILDREN TO NOT GO HOME WITH ANYONE WITHOUT PARENT'S PRIOR KNOWLEDGE AND APPROVAL.** This includes people who your child knows.
- **CHILDREN SHOULD NEVER GET IN A VEHICLE TO GO ANYWHERE WITH ANYONE WITHOUT PARENT'S PRIOR KNOWLEDGE AND APPROVAL.**

Parks and Recreation Youth Volleyball

New this season - participants will be put on teams of 8-10 players coached by paid parks and recreation staff. Volleyball fundamentals will be emphasized. Program will be held on Tuesday's and Thursday's August 27 – October 8 between the hours of 6:00 and 8:00 p.m. for \$30.00/participant at the Middle School or Elementary gym.

1st Organizational session will be Thursday, August 27 at the Middle School Gym. 3rd- 4th Graders (6:00 p.m.), 5th- 6th Graders (7:15 p.m.) After that session, teams, coaches and practice times will be emailed out to participants.

Cardio Kicks Registration Deadline is August 17

Cardio Kicks will improve your cardiovascular fitness, burn fat, tone and shape your muscles, AND improve flexibility. You'll be breaking a serious sweat while having fun. High intensity music keeps participants punching and kicking to the beat. Participants will workout out on bags for strength training which will help shape and tone muscles. Gloves required and can be purchased for \$50.00. All classes are at City Hall.

Class 2: Monday, Wednesday, Friday from 6:10-7:10 a.m. August 24-October 16 (8 weeks) - Cost \$85.60

Class 3: Monday, Wednesday, Friday from 5:30-6:30 p.m. September 14-November 20 (10 weeks) - Cost \$107.00

Contacts: Monika Hinson (AM Classes) monikahinson@yahoo.com, Jo Hinson (PM Class) jahinson@cirmail.com

Library News

The Nevada Public Library Reading Group will meet on Thursday, August 27 at 1:30 p.m. to discuss [Cry the Beloved Country](#) by Alan Paton. It is a novel of South Africa, first published during the Apartheid era. Copies of the book are available at the main desk.

Telescope Training will be held on Wednesday, August 26 at 7 p.m. at the library.