



Newsletter

VOLUME 1, ISSUE 1

JANUARY—APRIL

PROGRAM REGISTRATION DATES

- January | Daddy Daughter Dance
- February 1—April 1 (or until full) Adult Softball
- February 14—March 11 Youth Baseball/Softball
- April 1—May 31 Youth Soccer
- April 1—May 12 Camp Champ
- April 1—June 1 Hershey Track & Field

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Opportunities

Kaysville Parks and Recreation proudly partners with local residents to offer opportunities to youth and adult participants.

New Outsourced Programs for 2011.....

- **Beginning Guitar Class**
Learn the basics of your instrument, note reading, chords, strumming, finger picking and TAB. Ages 14 to Adult. Classes are held Thursdays in February. For more information contact Melissa Lemon 801-593-5995 lemonfam@gmail.com

- **Learn to Knit With Amy Greenway**
This 6 week session is for beginning knitters ages 14 & up. Skills taught are casting on, knitting, purling, increasing, decreasing

and binding off. These skills will enable you to make scarves, hats, sweaters, and many more projects. For more information contact Amy 801-547-0246 amybell25@yahoo.com

- **Hershey Track & Field**
Kaysville Parks & Recreation along with Farmington Leisure Services are partnering with Davis High Track to offer this popular nationally recognized program.



Track & Field Camp
 Fee: \$35.00 (includes t-shirt)
 Dates: June 4th, 7th, 9th
 Time: 9:00 am to 10:30 am
 Ages: 8 – 14
 Location: DHS Track

Hershey Track Meet
 Fee: Free
 Date: June 11th
 Ages: 9 – 14
 Time: 9:00 am
 Locations: DHS Track
 Awards: 1st & 2nd per event
 Events:
 50-meter dash
 100-meter dash
 200-meter dash
 400-meter dash
 4x100 meter relay
 Standing long jump
 Softball throw
 Winners Advance to District!
 Register www.kaysvillerec.com

- Additional Outsourced Programs
- Shakespeare for Kids—for more information contact Shelley (801) 923-8688 shellybrownmorris@hotmail.com
 - Youth Karate 801-514-5786
 - Adult Art Classes 801-544-7040

Spring Sports

Spring soccer season will begin on Saturday April 9, 2011. Games will conclude on May 21, 2011. There will be no games on Easter weekend, April 23. Game schedules are available online at www.kaysvillerec.com after March 10.

Every year, children are injured due to lack of proper warm-up and stretching prior to the athletic activ-

ity. Warm-ups, stretching and flexibility exercises should be performed for a minimum of 10 minutes prior to the athletic activity. The purpose of warm-ups is to keep the muscles supple, increase the range of motion of joints, enhancing flexibility, improving coordination, increase heart rate, and increasing blood flow to muscles to help prevent injury.

The right way to stretch is slow and relaxed. Do not bounce. You should stretch to the point of "mild tension". If you overstretch, you will cause damage. Back off if the stretch feels painful. Hold the stretch for a minimum of 15 seconds each. Do not hold your breathe while stretching. Try to stretch a little further with each stretch. Again, only to the point of mild tension.



Utah's Hometown
In the middle of everything

Spring Sports Cont.....



We hope to knock another season out of the park in 2011!

“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world”

- Paul Dudley White



Even though the white stuff is covering our ground and the temperature is below freezing, baseball and softball sign ups are less than a month away. We are excited here at Kaysville Parks and Recreation to offer what we believe is a great opportunity for your son or daughter to get outside and participate in a fun

and challenging sport. You will have the opportunity to sign up for all types of baseball and softball clinics at the time of registration. Remember you can sign up on line at www.kaysvillerec.com or in our office at 85 North 100 East, 9-5pm M-F.

2011 Adult Softball Leagues

MEN'S MONDAY D
 MEN'S MONDAY REC
 MEN'S THURSDAY D
 MEN'S THURSDAY REC
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 COED TUESDAY REC B

League games are played evenings at Barnes Sportsplex beginning the week of April 11th.

Winter In Kaysville Parks

Did you know that you can take advantage of several city maintained properties and get out and experience a refreshing walk or hike during our homebound winter months? Our Parks & Recreation Department is committed in keeping clear of snow the following walking areas for your benefit:

- Angel Street Soccer Complex -200 South Angel Street. 3/4 of a mile of lighted perimeter concrete 8 foot wide sidewalk. Day or night use until 11:00pm. Restrooms closed. Parking lot is currently not plowed.

- Barnes Park—900 West 200 North Over 3 miles of concrete sidewalks. Choose from a variety of routes that meander throughout our beautiful 45-acre park. Day time use. Restrooms closed. Parking lots are not currently plowed.

- Cemetery—500 E. Crestwood Rd., Just under 3/4 of a mile of perimeter asphalt roadways. Daytime use. (please don't use if roadways are being plowed). Restrooms closed. You may park inside the cemetery.

- City Hall Block—Main Street and Center Street. All concrete sidewalks are cleared of snow. Day and night time use. Restrooms are open during normal business hours at City Hall, County Library and our Recreation Center. Parking lots are plowed.

- East Mountain Wilderness Park—East of HWY 89 on 200 North (trailhead adjacent to county's animal shelter) Hike, snowshoe or cross-country ski our 1.5 mile circular trail.

Day time use. Always use with a companion. No restrooms available. Gravel parking lot located at trailhead is not plowed.

- Heritage Park—150 North Fairfield Rd. 1/3 mile lighted walkway. Day or night use until 11pm. Temporary parking lot is located on the south end of park.

- Rail Trail—4.2 Mile long asphalt trail running from Layton boarder to the Farmington boarder. The DRGRW Trailway. (old abandoned railway trail in the west area) No restrooms available. Gravel parking lot located at trailhead. Corner of Flint and Webb.

- Rotary Club Walkway—Begins at Ponds Park (50 W. Burton Lane, North parking lot). Just under 1 mile of 8ft wide concrete asphalt walkway that follows Interstate 15. Our walkway continues from the Farmington border to Shepard Lane overpass for another 1/2 mile. Day time use. Restrooms closed. Parking lots are not currently plowed.

Enjoy!



East Mountain Wilderness Park

“Unknown Gem”

Kaysville City's East Mountain Wilderness Park is located on the foothills of the Wasatch Front, just north of the Davis County Public Works and Animal & Control facilities. The Davis County firing range is located to the south and east of the park as well.

This park contains 140 acres of undisturbed wilderness. There are

numerous hiking, biking, horse-back riding, and walking trails. The Bonneville Shoreline Trail is accessible from this park. No water or restroom facilities are provided. At no other park in Kaysville do you have the opportunity to experience nature as you do here. The views of the valley are breath taking. If you have not had the opportunity to visit this wonderful park,

please take the time to visit. Discover on your own what a gem this is for the residence of Kaysville City. To obtain permission for camping please call Kaysville Parks and Recreation at 801-544-1788, not all requests will be granted. No unauthorized camping is permitted.

Please take time this year to get out and visit all the parks in Kaysville City. Whether it is for organized sports or just to recreate, come and enjoy what our parks system has to offer. Park locations are available at www.kaysvillerec.com.



Economic Benefits of Trees and Shrubs

The economic benefits of trees can be both direct and indirect. Direct economic benefits are usually associated with energy costs. Air-conditioning costs are lower in a tree-shaded home. Heating costs are reduced when a home has a windbreak. Trees increase in value from the time they are planted until they mature. Trees are a wise

investment of funds because landscaped homes are more valuable than non-landscaped homes. The savings in energy costs and the increase in property value directly benefit each home owner.

The indirect economic benefits of trees are even greater. These benefits are available to the community or region. Lowered electricity bills are paid by customers when power companies are able to use less water in their cooling towers, build fewer new facilities to meet peak demands, use reduced amounts of fossil fuel in their fur-

naces, and use fewer measures to control air pollution. Communities also can save money if fewer facilities must be built to control storm water in the region. To the individual, these savings are small, but to the community, reductions in these expenses are often in the thousands of dollars.

Kaysville Parks and Recreation invest a lot of time, money, and labor into the Trees that are in our city's parks and in other municipal building grounds. Please help us in educating those around you that we need to take care of our Trees by not pulling or hanging on branches, stripping away the bark on trunks, nailing signs or other décor into them. Our Trees are our legacy, help us preserve that. We'll see you at the Parks this coming spring.

Athletic Impact on Sports Turf

Kaysville City Parks and Recreation takes pride in providing the very best sports turf and playing surfaces possible. This is one of our toughest tasks due to the amount of teams and different programs using our playing and practice fields. Once the turf has been worn or damaged it takes a long time to develop that surface back to a safe and

playable condition. A few things coaches, players, and any other users can do to help are;

Rotating drills and practices. Practicing and running drills over and over again in the same area damages the turf very rapidly. Rotating allows the turf to wear evenly or show little wear at all. This makes for

a more safe playable condition.

- **Refrain from playing in wet conditions.** When the turf is wet it allows the player cleats to penetrate the soil much further causing the turf to divot and compact at a much higher rate than when the conditions are dry.

“Kaysville City Parks and Recreation takes pride in providing the very best sports turf and playing surfaces possible.”

Volunteer

Volunteer coaches are the backbone of youth sports in America. Without the thousands of parents signing up to coach youth sports every season, the youth sports world would come to a screeching halt!

The question is who are these volunteers? Are they an ex-high school or college athlete trying to re-live their sports experiences? Are they a parent of a reluctant

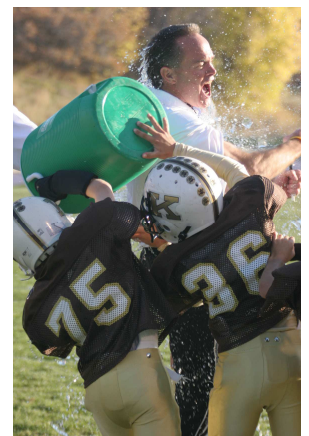
child trying to give their child the same great experience that they had as a child? Or are they the mother or father of a child who was told, "If you don't volunteer, we don't have enough coaches!"

The truth is that all of these scenarios are pretty likely in the average volunteer-based youth sports league.

Here at Kaysville Parks & Recreation we believe that whatever

your motives for coaching are, you as the parent are the most qualified volunteer.

As a volunteer coach you will soon realize it is the hardest most time consuming job you will ever love!





Kaysville Parks & Recreation

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Kaysville, Utah 84037

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E-mail: recreation@kaysvillecity.com

www.kaysvillerec.com

Providing Leisure Space and Activities!

Parks and Recreation Mission Statement:

Provide and maintain quality in parks, recreation programs and activities, open spaces, cemetery, and buildings for the benefit and use of our community.

Objectives

Maintain and implement the Parks and Recreation Master Plan, increasing City-owned properties, programs and resources as planned.

Develop, plan and implement diversified year round recreational opportunities and programs for the citizens of Kaysville that will enhance their quality of life.

Serve the youth of Kaysville by keeping in mind the true attitude of recreational sports. Pass on to coaches and parents their obligation to promote sportsmanship.

Follow contemporary and innovative landscape, field maintenance, custodial practices and procedures by well-trained staff using proper and well cared for equipment and materials.

Provide an efficient cemetery with sound record keeping, cost effective perpetual maintenance, and well cared for interments.

Promote active City-wide volunteer participation (i.e., Eagle Scout service projects, group work projects, coaching, etc.) for the benefit of City properties and programs.

Work to the benefit of all City departments through the cooperative use of employees, volunteers, equipment and other City resources

Celebrate Heritage Park Project

2011 is the year to see community events at Heritage Park!

Thank you to our volunteers that are helping with this project:

Chris Castro

Ruth Jones

Don Keaton

Kristi Merrill

Carolyn Pearson

Pete VanWynen

For volunteer information please email Kris Willey
kwilley@kaysvillecity.com.

- June 18, 2011—Art and Music in the Park. This annual festival will feature sunrise Zumba; vendors; booths; Art Show; Quilt Show; Artists in action; Kids Corner; Musicians; and the evening will end with a family movie.
- October 15—Dutch Oven Cook Off. Showcase your favorite Chili, Entrée or Dessert at our 1st Annual Dutch Oven Cook Off. City Council as well as guest judges will sample and judge your delicious entries. The public may taste entries for a minimal entrance fee to the event.

For vendor or event information please email
kwilley@kaysvillecity.com

