



KIDS FITNESS CHALLENGE AWARDS FOUR MASSACHUSETTS SCHOOLS WITH \$500 GRANTS

The Bay State Games' fitness program provides commonwealth schools with valuable funding

WOBURN - The Massachusetts Amateur Sports Foundation (MASF), organizers of the Bay State Games, are excited to name the winners of the Kids Fitness Challenge for November 2009. The four recipients of a \$500 grant are Alice B. Beal School (Springfield, MA), Arlington Elementary School (Lawrence, MA), Stony Brook Elementary School (Brewster, MA) and Woburn Street School (Wilmington, MA).

"Once again we had a blast," said Mary Genoio, physical education teacher at Stony Brook Elementary School, which is a veteran to the Challenge. "My whole school is talking about what a great way it was to start the day! We danced the Virginia Reel in the cafeteria, participated in ball relays in the gym, and walked the halls of the school with some very enthusiastic 'tour guides.' We moved for a continuous 30 minutes, and trust me, many of the staff as well as the kids were worn out by the end."

In total, 21,228 kids from schools across the commonwealth took part in the fall edition of the Kids Fitness Challenge. This was the largest number of participants in the three year history of the program with the total representing a 25 percent increase from the previous high in the fall of 2008. Schools from Bourne to Swampscott and Boston to Pittsfield took advantage of the program, making it a true state-wide event.

The Kids Fitness Challenge, presented by the Bay State Games with contributing funds from the Boston Bruins Foundation, is a free program designed exclusively for Massachusetts elementary and middle school students. Participating schools and students engage in a 30 minute segment of physical activity on a selected day the week of November 16. After the schools completed their activity with 100 percent student participation, each was entered into a drawing to win one of four \$500 grants. The grant is awarded to the winning school to support health and physical education programs.

Since November of 2006, the Kids Fitness Challenge has attracted nearly 100,000 elementary and middle school students from across the commonwealth with \$12,000 in cash grants distributed to selected schools that participated.

The Bay State Games will hold the next Kids Fitness Challenge in April of 2010. For your school to receive more information about the Kids Fitness Challenge, please visit BayStateGames.org, call Peter Cohenno at the Bay State Games office at (781) 932-6555 or e-mail peter@baystategames.org.

The Standard-Times

Recreation Calendar

November 26, 2009 12:00 AM

BAY STATE WINTER GAMES REGISTRATION: Underway for 25th-annual event, being held Jan. 22-24 in northern Berkshire County. Events include alpine skiing, figure skating and masters ice hockey, open to almost all ages. For more, visit baystategames.org, e-mail info@baystategames.org or call (781) 932-6555.

Regional sports notebook

Wed Dec 02, 2009, 11:04 AM EST

Bay State Winter Games

Registration for the 2010 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 25th year in Northern Berkshire County. From Friday, Jan. 22 to Sunday, Jan. 24, 2010, individual competitions in alpine skiing and figure skating, and team competition in masters ice hockey will take place.

Since its inception, the Berkshires have played host of all the events in the Bay State Winter Games. Athletes participating in the Winter Games represent over 200 Massachusetts communities, and range in age from 8 to over 60.

"We are very excited about celebrating the silver anniversary of the Winter Games in 2010," said Kevin Cummings, Bay State Games executive director. "Since 1985, the Winter Games have showcased thousands of winter sports enthusiasts from Massachusetts; some of whom have gone on to compete in the Winter Olympics, including figure skaters Nancy Kerrigan, Paul Wylie and Tiffany Scott, and alpine skiers Krista Schmidinger and Nikki Stone."

The 2010 figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown and features both ISI and UFSF competition for males and females. Masters ice hockey will be played in two divisions, age 40 plus and 50 plus, at the Vietnam Veterans Memorial Skating Arena in North Adams. Alpine Skiing, with scholastic, open and masters divisions, will be held at Bousquet Ski Area in Pittsfield.

On Saturday, Jan. 23 at 7:30 p.m., the Bay State Skate Figure Skating Show will take place at Williams College. The show will feature Bay State Games gold medal winners, regional figure skating champions and a special feature skater. Tickets for the event are \$10 and can be purchased at local Berkshire businesses or by contacting the Bay State Games' office. All other skating competitions are free of charge for spectators.

For more information regarding the Bay State Winter Games including schedule of events, how to become a volunteer, and to register, visit www.baystategames.org, e-mail info@baystategames.org or call the Bay State Games' office at 781-932-6555.

Wilmington school a winner in fitness challenge

Mon Dec 07, 2009, 02:00 PM EST

Wilmington - The Woburn Street School in Wilmington has been named a winner in the Bay State Games' Kids Fitness Challenge for November 2009.

The Massachusetts Amateur Sports Foundation (MASF), organizers of the Bay State Games, announced the four winners this week, each receiving a \$500 grant. The other three winners are the Alice B. Beal School in Springfield, Arlington Elementary School in Lawrence, and Stony Brook Elementary School.

"Once again we had a blast," said Mary Genoio, physical education teacher at Stony Brook Elementary School, which is a veteran to the challenge. "My whole school is talking about what a great way it was to start the day. We danced in the cafeteria, participated in ball relays in the gym, and walked the halls of the school with some very enthusiastic 'tour guides.' We moved for a continuous 30 minutes, and trust me, many of the staff as well as the kids were worn out by the end."

In total, 21,228 kids from schools across the commonwealth took part in the fall edition of the Kids Fitness Challenge. This was the largest number of participants in the three-year history of the program with the total representing a 25 percent increase from the previous high in the fall of 2008. Schools from Bourne to Swampscott and Boston to Pittsfield took advantage of the program, making it a statewide event.

The Kids Fitness Challenge, presented by the Bay State Games with contributing funds from the Boston Bruins Foundation, is a free program designed exclusively for Massachusetts elementary and middle school students. Participating schools and students engage in a 30-minute segment of physical activity on a selected day the week of Nov. 16. After the schools completed their activity with 100 percent student participation, each was entered into a drawing to win one of four \$500 grants. The grant is awarded to the winning school to support health and physical education programs.

Since November of 2006, the Kids Fitness Challenge has attracted nearly 100,000 elementary and middle school students from across the commonwealth with \$12,000 in cash grants distributed to selected schools that participated.

The Bay State Games will hold the next Kids Fitness Challenge in April of 2010. For more information about the Kids Fitness Challenge, visit www.BayStateGames.org.



SPORTS NOTEBOOK: week of Nov. 25

Thursday, December 3, 2009

Bay State Games registration underway

Registration for the 2010 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 25th year in Northern Berkshire County. From Friday, Jan. 22-Sunday, Jan.

24, 2010, individual competitions in alpine skiing and figure skating, and team competition in masters ice hockey will take place.

The 2010 figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females.

On Saturday, Jan. 23 at 7:30 p.m., the Bay State Skate Figure Skating Show will take place at Williams College. The show will feature Bay State Games gold medal winners, regional figure skating champions and a special feature skater. Tickets for the event are \$10 and can be purchased at local Berkshire businesses or by contacting the Bay State Games' office. All other competitions are free of charge for spectators.



Wilmington school full of fit students

12/12/2009 06:36:07 AM EST

WOBURN -- The Massachusetts Amateur Sports Foundation, organizers of the Bay State Games, named four winners of the Kids Fitness Challenge for November -- and one is a Wilmington school.

One of the recipients of a \$500 grant was the Woburn Street School.

Also winning were the Alice B. Beal School (Springfield), Arlington Elementary School (Lawrence) and Stony Brook Elementary School (Brewster).

The Standard-Times

SouthCoast recreation calendar

December 17, 2009 12:00 AM

BAY STATE WINTER GAMES REGISTRATION: Underway for 25th-annual event, being held Jan. 22-24 in northern Berkshire County. Events include alpine skiing, figure skating and masters ice hockey, open to almost all ages. For more, visit baystategames.org, e-mail info@baystategames.org or call (781) 932-6555.



Dover-Sherborn Sports Notes (Dec. 17)

Wed Dec 16, 2009, 12:30 PM EST

Bay State Winter Games dates announced

The Massachusetts Amateur Sports Foundation announces the competition dates for the 2010 Bay State Winter Games. The 25th anniversary of the annual Olympic-style amateur sporting event takes place Jan. 22 to 24, 2010, in the Northern Berkshire region of Massachusetts.

"We are very pleased to be returning to the Northern Berkshires, host of every Winter Games since its inception," said Kevin Cummings, Bay State Games executive director. Registration for the Winter Games opened on Oct. 26. The games features individual competitions in alpine skiing and figure skating, and team competition in masters ice hockey. The figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females. Masters ice hockey will be played in two divisions, 40 plus and 50 plus, at the Vietnam Veterans Memorial Skating Arena in North Adams. Alpine skiing, with open and masters divisions for athletes 19 to 35, and 36 and older, respectively, as well as a scholastic division for participants in grades nine through 12 as of the 2009 to 2010 academic year, will be hosted at Bousquet Ski Area in Pittsfield.

Since its inception, the Berkshires have played host for all events in the Bay State Winter Games. Athletes participating in the games represent more than 200 Massachusetts communities, and range in age from 8 to 60.

For more information, visit www.baystategames.org or call the Bay State Games' office at 781-932-6555.



Registration open for 25th annual Bay State Winter Games

Thu Dec 17, 2009, 06:12 PM EST

Registration for the 2010 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 25th year in Northern Berkshire County. From Friday, Jan. 22-24, 2010, individual competitions in alpine skiing and figure skating and team competition in masters ice hockey will take place.

Since its inception, the Berkshires have played host to all the events in the Bay State Winter Games. Athletes participating in the Winter Games represent over 200 Massachusetts communities, and range in age from 8 to over 60.

"We are very excited about celebrating the silver anniversary of the Winter Games in 2010," said Kevin Cummings, Bay State Games Executive Director. "Since 1985, the Winter Games have showcased thousands of winter sports enthusiasts from Massachusetts; some of whom have gone on to compete in

the Winter Olympics, including figure skaters Nancy Kerrigan, Paul Wylie and Tiffany Scott, and alpine skiers Krista Schmidinger and Nikki Stone.”

The 2010 figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females.

Masters ice hockey will be played in two divisions, age 40-plus and 50-plus, at the Vietnam Veterans Memorial Skating Arena in North Adams. Alpine Skiing, with scholastic, open and masters divisions, will be held at Bousquet Ski Area in Pittsfield.

On Saturday, Jan. 23 at 7:30 p.m., the Bay State Skate Figure Skating Show will take place at Williams College. The show will feature Bay State Games gold medal winners, regional figure skating champions and a special feature skater. Tickets for the event are \$10 and can be purchased at local Berkshire businesses or by contacting the Bay State Games’ office. All other skating competitions are free of charge for spectators.

For more information regarding the Bay State Winter Games including schedule of events, how to become a volunteer, and to register, please visit www.baystategames.org, e-mail info@baystategames.org or call the Bay State Games’ office at 781-932-6555.



Registration open for 25th annual Bay State Winter Games

Thu Dec 17, 2009, 06:12 PM EST

Registration for the 2010 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 25th year in Northern Berkshire County. From Friday, Jan. 22-24, 2010, individual competitions in alpine skiing and figure skating and team competition in masters ice hockey will take place.

Since its inception, the Berkshires have played host to all the events in the Bay State Winter Games. Athletes participating in the Winter Games represent over 200 Massachusetts communities, and range in age from 8 to over 60.

“We are very excited about celebrating the silver anniversary of the Winter Games in 2010,” said Kevin Cummings, Bay State Games Executive Director. “Since 1985, the Winter Games have showcased thousands of winter sports enthusiasts from Massachusetts; some of whom have gone on to compete in the Winter Olympics, including figure skaters Nancy Kerrigan, Paul Wylie and Tiffany Scott, and alpine skiers Krista Schmidinger and Nikki Stone.”

The 2010 figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females.

Masters ice hockey will be played in two divisions, age 40-plus and 50-plus, at the Vietnam Veterans Memorial Skating Arena in North Adams. Alpine Skiing, with scholastic, open and masters divisions, will be held at Bousquet Ski Area in Pittsfield.

On Saturday, Jan. 23 at 7:30 p.m., the Bay State Skate Figure Skating Show will take place at Williams College. The show will feature Bay State Games gold medal winners, regional figure skating champions and a special feature skater. Tickets for the event are \$10 and can be purchased at local Berkshire

businesses or by contacting the Bay State Games' office. All other skating competitions are free of charge for spectators.

For more information regarding the Bay State Winter Games including schedule of events, how to become a volunteer, and to register, please visit www.baystategames.org, e-mail info@baystategames.org or call the Bay State Games' office at 781-932-6555.

iBerkshires.com

Bay State Games Need Volunteers

Friday, December 18, 2009

NORTH ADAMS, Mass. - Volunteers are needed to help with the 2010 Bay State Winter Games January 22-24, 2010. Since 1985, Berkshire County has played host to the games.

Approximately 1500 athletes compete in the 3 day competition in Alpine Skiing, USFS and ISI Figure Skating or Masters Hockey. Events are held at the Lansing Chapman Rink in Williamstown, Bousquet Ski Area in Pittsfield and at the Vietnam Veterans Rink in North Adams.

Area volunteers play an important role in making the games a success. Volunteers are asked to help in selling, merchandise, course support, registration and scorekeeping. No previous sports knowledge is required.

Volunteers must be at least 16 years of age and must provide their own transportation. Volunteers generally work a four hour shift. They will earn a Bay State Games T shirt and jacket and will be invited a reception at the Williams Inn following the Bay State Skate on January 23.

To volunteer or for further information visit www.baystategames.org to download an application or call Dale Waterman (413) 663-8111 or Brittany Rheault (781) 932-6555.



SPORTS NOTEBOOK: week of Nov. 25

Thursday, December 3, 2009 10:51 AM EST

Bay State Games registration underway

Registration for the 2010 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 25th year in Northern Berkshire County. From Friday, Jan. 22-Sunday, Jan. 24, 2010, individual competitions in alpine skiing and figure skating, and team competition in masters ice hockey will take place.

The 2010 figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females.

On Saturday, Jan. 23 at 7:30 p.m., the Bay State Skate Figure Skating Show will take place at Williams College. The show will feature Bay State Games gold medal winners, regional figure skating champions

and a special feature skater. Tickets for the event are \$10 and can be purchased at local Berkshire businesses or by contacting the Bay State Games' office. All other competitions are free of charge for spectators.

For more information, and to register, please visit www.baystategames.org, e-mail info@baystategames.org or call the Bay State Games' office at (781) 932-6555.



Indoor track team looking for winning season Scoring error corrected for boys team

**By William Wassersug
GateHouse News Service**

Dec 22, 2009

When the scoring came out at last week's Patriot League Indoor track and field meet at the Reggie Lewis Center, the tally went to Quincy/North Quincy in a 50-49 decision, but coach Brett Johnson noticed a mistake in the scoring, and the actual result was a 50-49 victory for the Sailors.

The mistake was that a shot put throw by Brendan Hogan had been credited to a Pembroke distance runner.

The extra point when credited properly gave Scituate the win.

Johnson, who coaches the boys and girls teams, expects to see success on both sides of the track, despite limited numbers on the boys side.

That success starts with some of the top runners around.

For the boys, that would be Sam Wicks in the 55M, while the girls have Katie Sheehan running the mile.

"Sam Wicks is one of the best sprinters in the league," Johnson said. "He qualified for the state tournament in the 55 indoor and the 100 outdoor last year. He's our sprinting captain."

He was second overall at the MSTCA Winter Festival Small Schools race on Saturday at the Reggie Lewis Center

Also looking strong is fellow captain Chet Kupchella in the mile and two mile.

"Chet is one of our best distance runners," Johnson said. "He's one of the best in cross country. He won his heat in the mile. He's a nice kid. He does whatever you ask, and he wants to work hard. He's someone the younger kids can look up to."

The team's third captain is a mid-distance runner, Max Pettinelli.

"Max had the sixth fastest time in the entire league in the 600 Tuesday," Johnson said. "He's our best mid-distance runner. He's the most vocal of our captains. He starts things in practice. He's an athlete. He came off a great soccer season."

Johnson said Pettinelli has a chance to do big things this season.

"Last year he was good," Johnson said. "He ran 1:33 in the 600. This year he has a good shot at 1:30. That would qualify him for states."

There is also some new talent arriving.

"Keaton Travena is one of our promising freshmen," Johnson said. "He's already accomplished in the Junior Olympics. He's a good athlete. We'll have him in both jumps, long jump and high jump and he can run relays. He won the 200 hurdles in the Bay State Games. The advice I give freshmen is to try lots of events. I know when I was in high school I never thought I'd be a high jumper, but I did."

Freshman Nicky Walker is another promising athlete.

"Nicky Walker can run," Johnson said. "He has hop in his legs. He was the second best in the 55 and second best in the long jump on Tuesday. He has a lot of potential."

Senior Brad Newkirk also shows some potential.

"The last week and a half he looked fantastic," Johnson said of Newkirk. "Then he twisted his ankle in gym class. We'll get him back soon. He'll do very well this year."

On the girls side, Sheehan is the top threat.

She won the mile last week, topping the field in the Patriot League, and finished third in the MSTCA Winter Festival Small Schools race on Saturday at the Reggie Lewis Center.

"Katie is our most accomplished runner on the girls side," Johnson said. "She had a disappointing end to her winter season last year by her own standards. Tuesday she had the fastest mile. We have an approach to help her succeed this season."

Johnson said he suggested Sheehan check out one of her runs from last year when she won the mile to see how natural and relaxed she looked.

She ran a great race at that Patriot League meet.

"Katie was hanging behind one girl, then she made a kick at the end," he said. "She did a good job. I'd love to see her have a great season from start to finish. She deserves it. She works hard year round to be a better runner."

Senior captain Hannah Lazarovich had the third fastest 55 hurdles last week.

"She looks good," Johnson said of Lazarovich. "She took the season off in the fall. She's rested. She's in great hurdling form. Hannah is also a leader of the team. She does a great job."

Hurdles are a strong point.

Along with Lazarovich, Meredith Barthold has been solid in hurdles.

"Meredith is a hurdler and long jumper," Johnson said. "As of Tuesday we realized she's a high jumper. She jumped 14-7. That's a personal best for her by a foot-and-a-half. She also had the third fastest hurdle time without spikes. She'll do well."

Michaela Murray is also expected to do well.

"Michaela Murray is a great all-around athlete," Johnson said. "Last year she did four events. She did the shot put to fill in. She's a mid-distance runner. She does the 600 and 1,000 for us. She also does the high jump. We have four girls who high jump very well for us."

Sophomore Kristen Leonard will help out as well.

"Kristen Leonard didn't do winter track last year," Johnson said. "In the spring she ran a 63 second 400 and had a 4-10 high jump. She's very athletic. She can help us out."

On the field end, senior Jen O'Brien will give Scituate some help.

"Historically we haven't had throwers," Johnson said. "Jen O'Brien threw 25 feet in her first meet. That's as good as any shot thrower I've had in five years. Having her will also help avoid us having to use Michaela in four events. Doing four events can tire people out just running from event to event, but when you have good athletes who can do it, it's hard to resist."

Johnson said he's hoping for a winning record this season.

"We have a shot at finishing with a winning record," he said. "There are a few teams we've been close with before that we can beat. It won't be easy. We're in such a competitive division that we can be 3-2 or 1-4. Finishing with a winning record would be an accomplishment."



North Adams: Bay State Winter Games in need of volunteers

12/23/2009

Volunteers are needed to help with the 2010 Bay State Winter Games, to be held Jan. 22-24, 2010.

About 1,500 athletes will compete in the three-day competition in alpine skiing, figure skating and masters hockey. Events will be held at the Lansing Chapman Rink in Williamstown, Bousquet Ski Area in Pittsfield and Vietnam Veterans Rink in North Adams. Berkshire County has played host to the games since 1985.

According to organizers, volunteers from the area play an important role in making the games a success. Volunteers are asked to help in selling merchandise, course support, registration and scorekeeping. No previous sports knowledge is required.

Volunteers must be at least 16 years old and must provide their own transportation. They generally work a four-hour shift. They will earn a Bay State Games T shirt and jacket and will be invited to a reception at the Williams Inn following the Bay State Skate on Jan. 23.

Visit www.baystategames.org to download an application or call Dale Waterman, (413) 663-8111 or Brittany Rheault, (781) 932-6555.



Registration open for 25th annual Bay State Winter Games

Thu Dec 17, 2009, 06:15 PM EST

Registration for the 2010 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 25th year in Northern Berkshire County. From Friday, Jan. 22-24, 2010, individual competitions in alpine skiing and figure skating and team competition in masters ice hockey will take place.

Since its inception, the Berkshires have played host to all the events in the Bay State Winter Games. Athletes participating in the Winter Games represent over 200 Massachusetts communities, and range in age from 8 to over 60.

"We are very excited about celebrating the silver anniversary of the Winter Games in 2010," said Kevin Cummings, Bay State Games Executive Director. "Since 1985, the Winter Games have showcased thousands of winter sports enthusiasts from Massachusetts; some of whom have gone on to compete in the Winter Olympics, including figure skaters Nancy Kerrigan, Paul Wylie and Tiffany Scott, and alpine skiers Krista Schmidinger and Nikki Stone."

The 2010 figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females.

Masters ice hockey will be played in two divisions, age 40-plus and 50-plus, at the Vietnam Veterans Memorial Skating Arena in North Adams. Alpine Skiing, with scholastic, open and masters divisions, will be held at Bousquet Ski Area in Pittsfield.

On Saturday, Jan. 23 at 7:30 p.m., the Bay State Skate Figure Skating Show will take place at Williams College. The show will feature Bay State Games gold medal winners, regional figure skating champions and a special feature skater. Tickets for the event are \$10 and can be purchased at local Berkshire businesses or by contacting the Bay State Games' office. All other skating competitions are free of charge for spectators.

For more information regarding the Bay State Winter Games including schedule of events, how to become a volunteer, and to register, please visit www.baystategames.org, e-mail info@baystategames.org or call the Bay State Games' office at 781-932-6555.



Registration open for 25th annual Bay State Winter Games

Thu Dec 17, 2009

Registration for the 2010 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 25th year in Northern Berkshire County. From Friday, Jan. 22-24, 2010, individual competitions in alpine skiing and figure skating and team competition in masters ice hockey will take place.

Since its inception, the Berkshires have played host to all the events in the Bay State Winter Games. Athletes participating in the Winter Games represent over 200 Massachusetts communities, and range in age from 8 to over 60.

"We are very excited about celebrating the silver anniversary of the Winter Games in 2010," said Kevin Cummings, Bay State Games Executive Director. "Since 1985, the Winter Games have showcased thousands of winter sports enthusiasts from Massachusetts; some of whom have gone on to compete in the Winter Olympics, including figure skaters Nancy Kerrigan, Paul Wylie and Tiffany Scott, and alpine skiers Krista Schmidinger and Nikki Stone."

The 2010 figure skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females.

Masters ice hockey will be played in two divisions, age 40-plus and 50-plus, at the Vietnam Veterans Memorial Skating Arena in North Adams. Alpine Skiing, with scholastic, open and masters divisions, will be held at Bousquet Ski Area in Pittsfield.

On Saturday, Jan. 23 at 7:30 p.m., the Bay State Skate Figure Skating Show will take place at Williams College. The show will feature Bay State Games gold medal winners, regional figure skating champions and a special feature skater. Tickets for the event are \$10 and can be purchased at local Berkshire businesses or by contacting the Bay State Games' office. All other skating competitions are free of charge for spectators.

For more information regarding the Bay State Winter Games including schedule of events, how to become a volunteer, and to register, please visit www.baystategames.org, e-mail info@baystategames.org or call the Bay State Games' office at 781-932-6555.

The Standard-Times

SouthCoast recreation calendar

December 17, 2009

BAY STATE WINTER GAMES REGISTRATION: Underway for 25th-annual event, being held Jan. 22-24 in northern Berkshire County. Events include alpine skiing, figure skating and masters ice hockey, open to almost all ages. For more, visit baystategames.org, e-mail info@baystategames.org or call (781) 932-6555.



Stony Brook School participates in 'Harvest of Health'

Thu Dec 17, 2009, 06:09 AM EST

ORLEANS - Congratulations to the entire staff and student population for participating in our second annual "Kid's Fitness Challenge – A Harvest of Health"! On Nov. 20 the entire school moved continuously for 30 minutes from 8:35 to 9:05 a.m. It was a huge success this year! We walked the halls, engaged in a ball relay in the gym and danced up a storm in the cafeteria to "The Virginia Reel." Everyone had a great time, and as the children and staff reported, "It was a terrific workout"! Stony Brook was one of four schools in the state chosen to receive a \$500 grant to be used for physical education equipment. A total of 21,228 from across the Commonwealth participated. Physical education teachers', Mrs. Mary Genois and Mrs. K.T. Stone, organized the event for Stony Brook.

December in the gym is always such a busy time. The children will continue to work on their eye-hand coordination with games like "Battleship", "Bingo", and "In the Freezer." Hand dribbling practice will continue and second graders will begin practicing their basketball shooting skills with "Norwegian Basketball". The math concept of "how many more" will be reinforced by "Aerobic Bowling" as well as the ability to count by twos. The month will end with the children identifying and using the components of fitness as they travel through "Winter Fitness Stations". They will use their quadricep muscles as they ice skate down Candy Cane Lane. Their biceps and triceps will get a workout as they climb to the North Pole. Their flexibility will increase as they crawl through igloos!

As we break for vacation, we would like to wish you all the Happiest of holidays and hope that you enjoy your time with family and friends! See you in the New Year! Keep moving!

Next week's Captain Lexicon words are: wound, mushy, and ruined.
