

# RECREATIONAL PROGRAMS

## BASEBALL



The Rally Cap program teaches and rewards skill development. Players proudly wear the different colored caps they have earned depending on the child's abilities. Manor Park Baseball t-shirts are also included in the program fee. An awards ceremony will take place at the end of the season to recognize the improvements that every boy and girl made throughout the season and to create great memories!

Mondays

May 3 to Jun 28

Ages 4-5 (born in 2005-06): 6-7 pm

Ages 6-7 (born in 2003-2004): 6-7 pm

Ages 8-9 (born in 2001-2002): 6-7:30 pm

Ages 10-12 (born in 1998-2000): 6-7:30 pm

Manor Park diamonds

100 Thornwood Road

\$70

## FLAG RUGBY



Rugby is all about passing, running, kicking and scoring through teamwork. Nothing – except the tackling – is missing from this introductory format of the game. Flags replace tackling so that players can quickly learn the basics and put them into practice during game play. Rugby ball & Manor Park Rugby t-shirt are required equipment for all players.

Fridays

May 7 to Jun 25

Ages 6-8: 6 – 7 pm

Ages 9-12: 6 – 7:30 pm

Ages 13-14: 6 – 7:30pm

Manor Park Sports Field

100 Thornwood Road

\$75 – New players receive ball & t-shirt

\$60 – Past players with ball & t-shirt

## SOCCER (OUTDOOR)



It's not too early to think about spring soccer! Registration begins now for this popular program which kicks-off the first week of May! This program is open to boys and girls and welcomes parents to volunteer along with one of our experienced coaching staff.

Players will receive t-shirts.

U-5 Soccer (born in 2005-06)

**Saturdays:** May 1 to Jun 26;  
(Practices/Games) 9-10 am

U-7 Soccer (born in 2003-2004)

**Saturdays:** May 1 to Jun 26  
(Practices) 10-11 am

**Wednesdays:** May 5 to Jun 30  
(Games) 6-7 pm

U-10 Soccer (born in 2000-2002)

**Tuesdays:** May 4 to Jun 29  
(Practices) 6-7 pm

**Thursdays:** May 6 to Jun 24  
(Games) 6-7 pm

U-13 Soccer (born in 1997-99)

**Tuesdays:** May 4 to Jun 29  
(Practices) 7-8 pm

**Thursdays:** May 6 to Jun 24  
(Practices/Games) 7-8 pm

Manor Park Sports Field  
100 Thornwood Road  
\$70

## FOOTBALL



Be part of the Ottawa Spring Football League (OSFL)! OSFL highlights include: recreational football; full equipment supplied; flag belts; 6-on-6; common playbook and experienced coaching in partnership with the East Ottawa Generals and local community centres!

Saturdays & Sundays

May 15 to Jun 19 (10 sessions)

Born in 1997-98; 1999-2000; 2001-2003

Start time: 10:00 am or 11:30 am

Gil O'Julien Field (Donald Street)

\$95 - includes equipment

## SUMMER CAMP



Registration begins March 1!

All new exciting themes this summer!

Children aged 3-5 yrs or 6-10 yrs

Half-day camps, 9-noon or 1-4pm

Weekly June 28 through August 13

Registration forms and information

[www.manorpark.ca](http://www.manorpark.ca)

Camps take place at the  
Manor Park Community Centre,  
100 Thornwood Road.



Providing recreational programs in our  
community for over 30 years!

Questions?

Contact us:

613-741-4776

[mpcc@manorpark.ca](mailto:mpcc@manorpark.ca)

[www.manorpark.ca](http://www.manorpark.ca)

**MANOR PARK COMMUNITY COUNCIL  
REGISTRATION FORM 2010**

Participant  
Surname \_\_\_\_\_ First Name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ Ottawa, Ontario Postal Code \_\_\_\_\_

Phone (h) \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Health concerns? Allergies? \_\_\_\_\_

**If applicable:**  
Parents/Guardians \_\_\_\_\_ Phone (w or cel) \_\_\_\_\_

Custody Issues? \_\_\_\_\_

Person(s) to whom your child can be released \_\_\_\_\_

Waiver: I, the program participant / the Parent/Guardian of a participant who is a minor, do hereby grant consent and agree to the participation in the program organized by the Manor Park Community Council. I agree to assume all risks and responsibilities incidental to participation. I agree to hold harmless the Manor Park Community Council and the City of Ottawa should an injury or loss result from participation in the program.

Indicate here if you do not wish to receive emails from the MPCC.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Participant / Parent/Guardian of minor participant)

**PHOTO RELEASE**

Throughout the year the MPCC takes and/or collects digital images of children participating in community activities. These images could be shown on our community websites, submitted to community newspapers, local business newspapers and/or used as promotional material for community initiatives and programs.

\_\_\_\_\_ I do not want images of myself and/or my child/ward used as indicated above.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Baseball (4-5 yrs)	2005-06	Mondays	May 3 to Jun 28, 2010	6 - 7 pm	\$70	Manor Park Sports Field
Baseball (6-7 yrs)	2003-04	Mondays	May 3 to Jun 28, 2010	6 - 7 pm	\$70	Manor Park Sports Field
Baseball (8-9 yrs)	2001-2002	Mondays	May 3 to Jun 28, 2010	6-7:30 pm	\$70	Manor Park Sports Field
Baseball (10-12 yrs)	1998-2000	Mondays	May 3 to Jun 28, 2010	6 -7:30 pm	\$70	Manor Park Sports Field
Basketball	Ages 7-10	Mondays	Feb 8 to April 19, 2010	6 - 7 pm	\$50	Manor Park Public School
Flag Rugby	Ages 6-8	Fridays	May 7 to Jun 25, 2010	6 - 7 pm	\$75	Manor Park Sports Field
Flag Rugby	Ages 9-12	Fridays	May 7 to Jun 25, 2010	6-7:30pm	\$75	Manor Park Sports Field
Flag Rugby	Ages 13-14	Fridays	May 7 to Jun 25, 2010	6-7:30pm	\$75	Manor Park Sports Field
Football (7-9 yrs)	2001-2003	Saturday & Sunday	May 15 to Jun 19, 2010	10 am/11:30 am	\$95	Gil O'Julien Field (Donald Street)
Football (10-11 yrs)	1999-2000	Saturday & Sunday	May 15 to Jun 19, 2010	10 am/11:30 am	\$95	Gil O'Julien Field (Donald Street)
Football (12-13 yrs)	1997-1998	Saturday & Sunday	May 15 to Jun 19, 2010	10 am/11:30 am	\$95	Gil O'Julien Field (Donald Street)
Indoor Soccer**	Ages 4-5	Tuesdays	Jan 19 to April 13, 2010	6 - 7 pm	\$70	Manor Park Public School
Indoor Soccer**	Ages 6-8	Tuesdays	Jan 19 to April 13, 2010	7 - 8 pm	\$70	Manor Park Public School
Outdoor Soccer (4-5 yrs)	2005-06	Sat	May 1 to Jun 26, 2010	9 - 10 am	\$70	Manor Park Sports Field
Outdoor Soccer (6-7 yrs)	2003-04	Sat & Wed	May 1 to Jun 30, 2010	See schedule	\$70	Manor Park Sports Field
Outdoor Soccer (8-10 yrs)	2000-2002	Tues & Thurs	May 4 to Jun 29, 2010	See schedule	\$70	Manor Park Sports Field
Outdoor Soccer (10-13 yrs)	1997-1999	Tues & Thurs	May 4 to Jun 29, 2010	See schedule	\$70	Manor Park Sports Field
Volleyball	Ages 8-10	Wednesdays	Feb 3 to Mar 31, 2010	6 - 7 pm	\$50	Manor Park Public School
Volleyball	Ages 11-13	Wednesdays	Feb 3 to Mar 31, 2010	7 - 8 pm	\$50	Manor Park Public School

\*\* denotes 12 week session

Payments may be made in cash or by cheque.

Please make cheques payable to MPCC.

Return registration form with payment to the MPCC office by mail or in person.

The Manor Park Community Council --  
providing recreational programs in our community for over 30 years!