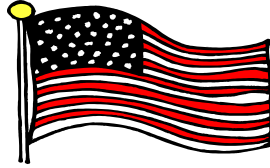


# THE ELLINGTON CONNECTION



FROM THE  
FIRST  
SELECTMAN



I grew up loving fall. As a kid, I looked forward to the start of school. Mom would buy us new pencils and notebooks and of course new clothes. There were so many new challenges. New subjects to learn, new classrooms, new teachers and new friends to meet. The football season was a big part of every Saturday for my family. This year I add my daughter to the largest kindergarten class in Ellington history. The more things change, the more they stay the same.

This month, as we finish work on the schools, we will begin the expansion of the Senior Center. The new and improved web site will help us communicate better with residents. Tell us what you like or don't like about it. The more it is used for routine transactions the better service we can provide when you need it.

This year there are committees to save the Pinney House from the wrecking ball and use it to help the Fire Department manage their growth and need. We have a Design Review Committee to supply input and focus on what Ellington developments should look like. We also established a Committee to study tax relief for our seniors. Oh, by the way, we've started the tax revaluation process.

Beginning with the start of this school year, we have set up a simple and easy way for Ellington farmers to provide fresh fruit and vegetables to our school system. Our children will be and should be eating what we grow.

I still love the fall.

*Dennis Milanovich*  
First Selectman

## 2004 Wall of Honor Recipients

**Charles Batz 1894-1992  
&  
Emma Batz 1907-1996**

**Gift of Nature Preserve—45 Acres  
Public Servants**

The Board of Selectmen has selected Charles & Emma Batz as the 2004 Wall of Honor Recipients. Charles & Emma both served the Town of Ellington on many boards, commissions and organizations. As a final tribute they donated their 45 acre farm on Shenipsit Street to the citizens of Ellington to be used for passive recreation.

Charles & Emma Batz were officially recognized and their name unveiled on the Wall of Honor at a public ceremony on September 11 in Arbor Park.

Town of Ellington Web Page  
[www.ellington-ct.gov](http://www.ellington-ct.gov)

The long awaited Town of Ellington Website will be launched soon! Tell us what you think. Your feedback is important. If we missed anything, please let us know. Our goal is provide the best service possible to our residents.

**Get the latest Town info: Sign up for state of the art e-mail!** One feature we are offering is direct e-mail. Go to our website and sign up today. You will receive timely information throughout the year regarding holiday trash delays, parks and recreation programs, referendums and election polling hours, special events, cancellations, reminders and the Ellington Connection. At any point you may unsubscribe from this service.

**PRIVACY NOTICE:** Your personal information and e-mail address will not be shared or used for political campaigns.

From the Planning Department:

## Coming to Terms with Growth

Not too long ago, Ellington was targeted for a nuclear waste dump. Property values plunged, and tax assessments tumbled. You couldn't sell your house if you wanted to.

My, how times have changed.

According to the U.S. Census Bureau, Ellington is the 6<sup>th</sup> fastest growing town in the State. As of July 2003, approximately 13,952 persons called Ellington home. From 2000 to 2003, the Town grew by 8%, adding 1,031 persons. By way of comparison, over the ten years from 1990 to 2000, the town grew by about 15%. For the last few years, median sales prices for homes and median family incomes have both been steadily moving up and up.

There is nothing inherently "bad" about growth. Hundreds of local people are employed in the construction-related trades, not to mention the many local engineers, lawyers, surveyors, bankers, and realtors who also rely upon development for their livelihoods. Families living in new homes also support local businesses, by purchasing goods and services in the community. And for most families, home value appreciation is an important means of accumulating personal wealth.

Therein lies the crux of the growth "problem." Our economic system is based on the primacy of individual freedoms, but the pursuit of short-term self interest undeniably affects our long-term collective welfare. Growth has costs, as well as benefits.

Therefore, on occasion, every community should evaluate whether or not it's prudent to adjust the balance between the "me" and the "we," and land use regulation is the arena where opposing ideologies most often do battle. In terms of political economy, it's a big country. From libertarians to socialists to everything in between, we've all got an opinion, a right to express that opinion freely and an obligation to be engaged in important public policy decisions, hopefully in a civil manner.



I don't know if there'll be any nuke dumps in Ellington's future, but I'm pretty sure there'll be a few more subdivisions and some new stores, probably a few less farms too. Tax rates will increase as will the demand for public services. There'll be more traffic and more budget referendums. Ironically, money that was set aside in the FY 04-05 budget to implement recommendations from the recently completed "Build Out" analysis was cut after the third budget referendum.

Supporting planning now, with relatively small investments, could reap enormous dividends in future years. To review or purchase a copy of the Build Out Analysis Report, stop by the Planning Office. A copy is also available for review at the Library. Make your own conclusions about the "we" and the "me." Then talk to your elected leaders to express your opinion. It's your town and your future.

## Property Tax Relief Program

The Town of Ellington is looking for volunteers to serve on an Ad Hoc Committee to study and investigate a Property Tax Relief Program for certain residents age sixty-five or over or permanently and totally disabled. Pursuant to State Statute 12-129n (b) the Committee shall undertake and complete within a period not in excess of sixty days following appointment, study and investigate with respect to such property tax relief and prepare a report to be presented to the Board of Finance regarding the fiscal effect.

Residents interested in serving on this Committee can call the First Selectman's Office at 870-3100 to request a Statement of Interest Form.



Rhonda McCarty  
 Assessor  
 870-3109

# Tax Exemptions

## VETERAN'S EXEMPTION

To qualify for a veteran's exemption an individual must have served during a period of war or recognized military conflict and been honorably discharged. Discharge papers (DD214) must be put on file in the Town Clerk's office by September 30<sup>th</sup>.

## DISABLED OR BLIND EXEMPTIONS

Qualifying persons should file for blind or disability exemptions on or before October 1<sup>st</sup>.

## BUSINESS PERSONAL PROPERTY

Business Personal Property Declaration Forms will be mailed in September. These forms must be completed and returned to our office on or before November 1<sup>st</sup>. Failure to report business personal property by the November 1<sup>st</sup> deadline will result in a 25% penalty.

## FARM, FOREST AND OPEN SPACE

Applications for classification of land as farm, forest or open space must be submitted to our office between September 1<sup>st</sup> and October 31<sup>st</sup>. If the ownership of the property has changed a new application must be made in the new owner's name during this period to receive the designation.

## "Water" We Doing in Ellington?

From the Town Engineer.....

There is no denying the importance of water in our lives—from the sustenance of life itself to our enjoyment of the summer months here in Ellington. In fact, there is no greater natural resource than water, so it comes as no surprise that Ellington is taking steps to comply with the federal program just recently implemented.

On January 9, 2004, the Water Management Division of the Connecticut Department of Environmental Protection issued a mandate that towns file a general permit for the discharge of stormwater from small municipal separate storm sewer systems. A part of the Federal Clean Water Act, it is expected to reduce pollution in the surface waters across the country.

In order to comply with the General Permit, all towns in the State, with minor exceptions, were required to file a General Permit Registration Form with the DEP, which includes the following six minimum control measures to help reduce pollution in stormwater runoff:

- Public education and outreach
- Public participation
- Illicit discharge detection and elimination
- Construction site runoff control
- Post-construction stormwater management
- Pollution prevention and good housekeeping

As a means to educate the citizens of Ellington, this article will appear quarterly with suggestions for residents and business owners about measures everyone can take to help reduce pollution in the stormwater runoff and the surface waters of our Town. We must all take an interest in the welfare of our water—or our good fortune may run dry.



**Ellington Parks and Recreation**  
**31 Arbor Way P.O. Box 187**  
**870-3118(phone) 870-3198(fax)**  
**(email) recreation@ellington-ct.gov**

**Pre-Registration is  
 required for ALL  
 Programs**

**Office Hours:**  
**Monday: 8:30 am—6pm**  
**Tuesday—Thursday: 8:30am—4:00pm**  
**Friday 8:30 am—1:30 pm**

**General Information:** In the event of snow or bad weather, the Recreation Department will put all program cancellations on our website [www.ellington-ct.gov](http://www.ellington-ct.gov) and on television. Tune into Channels 3, 30 and 8 to check if there is a cancellation which will be listed under "Ellington Recreation Department". We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Ellington residents are given preference for all programs during the 1st week of registration.

**Registration Information:** All registrations are currently being accepted in the Recreation Office by Computer Entry. Please register in the office during regular office hours; Mondays 8:30am-6pm, Tuesday-Thursday 8:30am-4pm, Fridays 8:30am-1:30pm

- **PAYMENT:** Registration is not considered valid until the program fee is paid in FULL. We accept checks/cash ONLY.
- **NON-RESIDENTS:** add \$5 per program, per participant.
- **REFUNDS:** Refunds are given only prior to the start of classes or if we cancel the program. Requests for refunds must be in writing and are subject to a \$3.00 processing fee.

**Sponsorship Opportunities:** Ellington businesses continue to support the Town of Ellington Recreation programs as well as promote their respective businesses. Opportunities for sponsorship include sponsoring athletic teams, taking out an advertisement on the outfield fence on the Lisa M. Monti girl's softball field, sponsoring an event or program, sponsoring the "Summer Concert Series" and /or making a donation. Contact Bob Tedford at the Recreation Office if you would like to discuss the possibilities.

**ADA Statement:** The Recreation Department complies with the Americans with Disabilities Act prohibiting discrimination on the basis of disability. ADA requires that recreation programs be implemented in the most integrated setting possible, appropriate for each individual. Persons with disabilities are encouraged to contact the Recreation Department regarding any accommodations needed to assist with participating in and the enjoyment of any program or event.

**Employment Opportunities:** The Recreation Department employ part-time personnel for various seasonal positions including Waterfront Staff, Day Camp Staff, Referees, Umpires and Instructors who can share their special skills with the community. Pick up an application at the Recreation Office.

**Fall Soccer Program** The Recreation Department's Fall 2004 soccer program encompasses children ages 4 through 14. The Instructional program is held on Saturday mornings only, starting Sept. 11. The recreation division program (grades 3 through 8) has begun practice and will commence with league matches on Sept. 18. Travel Team selections have been completed and teams in the U-10, U-12 and U-14 age groups will compete versus surrounding towns beginning the weekend of Sept. 11-12. Late registrations will be accepted for the recreation division and instructional programs at the Recreation Office. Fees: \$22.00 Instructional, \$24.00 Recreation Division.

### **Special Recreation Department Day Trips!**

**Pre-registration required for all trips.**

Tickets are being sold at the recreation office for the following :

**University of Connecticut Men's and Women's Soccer matches:**

- **Women's match:** Sunday, October 3rd at 1p.m. A players clinic will be offered at 11am for all registered players. Fee: \$3.00 per ticket, payable at the Recreation Office no later than Sept. 28.
- **Men's match:** Saturday, October 16 at 7p.m. A players parade will be held for all registered players. Fee: \$4.00 per ticket, payable at the Recreation Office no later than Oct. 8.

Bus transportation will be provided ONLY if 40 or more individuals register for each scheduled match.

### **FALL RAIL EXCURSION**

A fall foliage trip via TRAIN is being offered on Saturday, Oct. 2, boarding in Plainfield at 8:30a.m. and leaving the Station for the scenic tour up the Connecticut and Massachusetts Foliage Trail, returning around 4:00p.m. Fee: \$50.00 for Adults, \$45.00 for senior citizens and children. Bus Transportation will be provided ONLY if 40 or more people register, and the fee would increase slightly to cover the cost of operating a bus. Registration and payment must be received no later than Sept. 23rd.

### **A Christmas Carol**

A ghost story of Christmas

By Charles Dickens

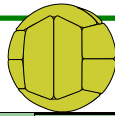
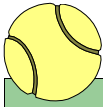
Adapted and Directed by Michael Wilson

Tickets are available through the Recreation Office for the December 4, 2004 2:00 p.m. matinee performance of A CHRISTMAS CAROL. The Hartford Stage offers this spellbinding performance for the seventh consecutive year. This timeless tale of Scrooge, Tiny Tim, and the Ghosts of Christmas Past, Present and Future will warm the spirit and chill the bone!! The Hartford Stage's A Christmas Carol is appropriate for audiences ages 8 and up. Group /Individual rates are available at the Recreation Department office, first come first serve. Tickets are available for purchase immediately. Contact Bob Tedford at 870-3118.

Silver seating: Adults:\$40 and senior citizen/student:\$35

Bronze seating: Adults: \$30 and senior citizen/students \$25

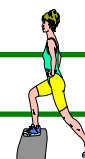
The Ellington Recreation Department is seeking Middle School & High School age volunteers in September to help provide assistance with a TOP Soccer Division. TOP is open to players with physical and mental disabilities between ages 5-18. Contact Bob Tedford .



**Adult Sports**



CLASS	DATES	TIME	AGES	FEE	LOCATION
Men's Volleyball	Thursdays Starting 9/30 thru April	7:30-9:30 pm	18 + up	\$18	Windermere School
Women's Volleyball	Wednesdays Starting 9/8 thru April	7:00-9:00 pm	18+ up	\$18	Windermere School
Co-Ed Volleyball	Tuesdays Starting 9/21 thru April	7:00-9:00 pm	18+ up	\$18	Windermere School
Men's Informal Basketball	Monday Evenings September thru June	5:30-7:00 pm	18+ up	\$16	Windermere School
		5:30-9:00 pm	Over 30	\$16	Middle School
Tennis Lessons	Tuesdays & Fridays: Session #1 9/21,24, 28, 10/1 Session #2 10/5,8,12,15	6:30pm-7:30pm	Adult Beginner Ages 15 and up	\$25	Brookside Park Instructor: Conrad McIntire
Adult Women's Indoor Soccer (pre-registration and payment required [1 wk] prior to each session.) Adjustments maybe made regarding actual assigned time frames pending final enrollment.	Session #1 Dec. 2,9,16,23 Session#2 Jan. 6,13,20,27 Session #3 Feb. 3,10,17,24 Session #4 Mar. 3,10,17,31	All sessions 7:30-9:30pm	18 & up	\$20 per session	Windermere School Gym  Instructor: Alex Calpa
Golf Lessons	Adult Co-ed Clinic 6 weeks Starts 10/6	6-7pm	18 & up	\$60	Ellington Golf Center
	Women's Clinic 6 weeks starts 10/6	9:30am-10:30am	18 & up	\$60	Instructor: Jamie Lloyd
	Juniors Co-ed Clinic 6 weeks Starts 10/7	4-5pm	Ages 11-16	\$60	
Adult Competitive Basketball	Wednesday Evenings Starting	7:15-9:30 pm	18+ up	Team Fee TBD	Middle School
Women's Informal Basketball	Monday Evenings Sept. 20	7:00-8:30 pm	18+ up	\$18	Center School
Informal Soccer Sunday	Sunday Mornings Starting	9:00-11:30 am	18+ up	N/A	Brookside Park
Adult Indoor Soccer Co-ed	Starting Nov. 8 (15 sessions)	7:30-9:30 pm	18 & up	\$20	Crystal Lake School
Adult Badminton Instruction Available	Sept. 30, Oct. 7,14,21,28 Nov. 4	6:30-7:45pm	18 & up	\$15	Windermere School



ACTIVITY	DATES	TIME	AGES	FEE	LOCATION
Fall Lacrosse [Informal Clinics]	Sept. 25, Oct. 2,9,16	9:30-11am	Grades 6-9	\$10.00	Ellington High School
Intro to Art	Oct. 15,22,29, Nov. 5	3-4:15p.m.	Adults	\$20.00	Arbor Commons 1
Women's Self-Defense	Oct. 4 & 18	7:00-8:30pm	12 + up	\$5.00	Ellington High School Gym
Jukido	Ongoing– Resuming Sept. 9th Thursdays	5:30-6:30 pm	6 + up	\$30 per session	Windermere School Gymnasium
Pathways To Health	Ongoing Wednesdays, Sept. 8	9-10am	18 & up	\$2.00 / class	Senior Center
Adult Tap Dance	Thursday Oct. 21 “Open House “	6:30-7:30pm	18 & up	N/A	Senior Center Tressa Giordano
Movin' & Grovin”	Family oriented nutritional program TBD	TBD	All Ages	N/A	Ellington Middle School
Dog Obedience	Oct. 20,27, Nov. 3,10,17	Level 1: 6:30-7:30 pm Level 2: 7:30-8:30 pm	All Ages	\$66.00 (6 classes)	To Be Determined Laurie Fass Instructor
Fast-Pitch Softball Pitching Clinic	Nov. 9th Ages: 9 through 12 Nov. 10th Ages 13 to 16 Each girl should bring a parent, coach or friend to catch for (2) hours.	6:00-8:00pm	9-16 Minimum #of registrants	\$15.00	Crystal Lake School Gym  Instructor: Lauren Whitney
Holiday Chorale	To be determined by interest	Evening/ Weekends	ALL	N/A	Varies
Sports Injury, Asthma Prevention Seminar	Sept. 21	7-8:30pm	16 + up	N/A	Ellington High School
Multi-Sports Program	Sept. 30, Oct. 7,14,21,28, Nov.4	6:30pm-7:45pm	Co-ed EHS &EMS	\$15.00	Windermere School Gym Inst. Alex Calpa
CPR/First Aid	Session 1: Sept. 2 & 9 Session 2: Sept. 23 & 30	6:30—9:30 pm	All Coaches	N/A	Arbor Commons 2
Archery Beginner & Advanced	Oct. 19,26, Nov. 9,16	6-7pm Beginners  7-8pm Advanced	8+ up	\$50.00	Crystal Lake School Inst. Bill Hall
Tennis: Teen-weeny Youth Beginner/ Intermediate	Session 1 : Sept. 21,24,28, Oct .1  Session 2: Oct. 5,8,12,15	10am –11am 4:30-5:30pm 5:30-6:30pm	3-5 years 6-9 years 10-14 years	\$25.00	Brookside Park Inst. Conrad McIntyre

**'Bellyrhythms':** A fun new way to exercise! Created and implemented by Instructor Rima Riedel for a once a week workout. Bellyrhythms is the ultimate aerobic exercise for women of all ages, sizes, and abilities—and the most fun too! Using actual belly dance movements, as well as Salsa, Rumba and Folk dance steps. It works on those areas of major concern, such as waist, tummy, hips, thighs and arms.

**Women's Self-Defense:** Two classes with Instructor Todd Sise who will teach and demonstrate self-defense techniques. Good program for mother/daughter! Designed to provide for instruction in the basic self-defense format that may help in day-to-day life. The program will cover many items that are acceptable and non-acceptable to being prepared for one's self-preservation!! Highlighting tips on things to avoid, misconers on self-defense and what women can and "cannot" do!!

**Jukido Jujitsu:** is a realistic approach to self-defense. Instructor Todd Sise is a 2<sup>nd</sup> degree black belt in Jukido Jujitsu and certified instructor of self-defense. Learn self-defense and self esteem in a fun and relaxed environment from a well-established martial arts system!! No contracts, No hidden fees, No uniform requirements, join class at anytime during a session. Classes will accommodate all skill levels.

**Dog Obedience:** 2 Levels of classes: Level 1 - This is open to dogs of any age. We will begin with the basics helping you learn the techniques that will make your dog a pleasure to handle. Level 2 - This class is open to any dog that has had some previous training, emphasizing greater reliability and improved response.

**Sports Injury/Prevention Seminar:** Areas to be discussed include: proper warm-up and cool down; protective and safety equipment and nutritional information. Coaches/parents/players welcome.

**Asthma & Sports Seminar:** This session will provide up-to-date info on the causes, treatments and preventative measures to take to control and identify this condition while participating in a sports program. Coaches/parents/players welcome.

**CPR/First Aid:** This clinic is recommended for parent volunteer coaches that are providing assistance for their children. Mary Bartley, Program Instructor, is American Red Cross certified. Attendance is required for both sessions. Contact Mary at the Recreation Department for more information.

**Child and Babysitting Safety Course.** Participants will learn the basic principles of First Aid and Rescue Breathing. Bring a snack and wear comfortable clothing.

**Intro To Art:** Emphasis will be placed on the "beginner's luck" no skills required. Pen and ink will be used initially, class time will lend itself to decoupage, card and letter design.

**Adult Tap Dance:** Instructor Tressa Giordano will demonstrate why TAP is a great way to improve coordination and balance while working out your heart and muscles. Learn the basics and put it all together via fun and exciting dance combinations. Listen to music from the 50's, Big Band, Broadway and much more!!

**Creative Story time:** Tots from 2-4 will explore their world through hands-on experiences, while developing large and small motor/manipulative skills. Program will help foster creativity and develop crucial pre-reading and writing skills.

**Actor's Workshop:** Focusing on the dynamics of acting and directing through use of breathing, vocal and improvisational exercises as well as actual scene practice from a variety of plays and film scripts, many of their own choice. Participating in this program will help develop positive social and interactive skills as well as building self-confidence. Also great for those who want to work on their oral presentation skills. Ages 9 through 16.

**Folk Dancing:** Learn dances that originate from around the world in a safe, fun and non-binding atmosphere!!! Plan to get aerobically fit in a fun fashion!

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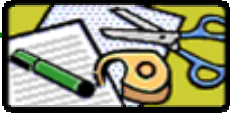
**INSURANCE:** All persons participating in Ellington Parks and Recreation Programs should carry their own personal health insurance. The Town of Ellington is not responsible for personal injuries. Participants in all Department sponsored programs do so at their own risk. Only those enrolled in the program may attend. Sorry, children will not be allowed in the class room or gymnasium during adult programs and siblings must remain seated and not disturb youth classes.

**PARK FACILITIES:** All parks are open sunrise to sunset.



**DOGS are  
not allowed on  
Town Athletic Fields.**

**BASKETBALL OFFICIALS:** Find yourself a spot in the rotation, become one of many quality basketball officials that receive assignments within the Recreation Department's TRAVEL AND RECREATION DIVISION BASKETBALL LEAGUES. The Recreation Department is providing a mandatory pre-season basketball official's clinic, a combined classroom and floor mechanics format, to all youth and adults ages 14 and up. The Central Connecticut Board (#6) of approved (IAABO) basketball officials organization will be providing clinicians/rule interpreters for the classes. The classes are slated to be held between the second week of November to the first week of December. Pre-register by calling the Recreation Office at 870-3118.



## Pre-School/Youth Programs

ACTIVITY	DATES	TIME	AGES	FEE	LOCATION
After-school Program	Tentative dates: (10 session dates) starting in early November [A packet will be sent to all parent/guardians of students enrolled in the 2004-05 school year] Maximum enrollment 50 per session	TBD	5th & 6th grades	TBD	Ellington Middle School
CPOHEART Child and Babysitting Safety Course	Session 1: Oct. 4 & 6 Session 2: Oct 18 & 20 Session 3: Nov. 1 & 3 Session 4: Nov. 29 & Dec. 1	3:00pm—6:00 pm	11—15 years Boys & Girls	\$40 Per Session	Arbor Commons 2 For all sessions
	Session 5: Dec. 27	9am—4pm			
Intro to Art	Oct. 13,20,27,Nov. 3  Instructor:Rima Riedel	3:30-4:45pm	Grades 9-12	\$20	Ellington High School
Munchkins Pre-school Program (potty trained)	Session 1: 10/5,7, 14,19,21,26, 28, 11/4,9,16,18,30, 12/2,7,9	9:30-11:00 am	3 to 4 years	\$75 Session 1 & 2	Arbor Commons 1  Instructors: Mary Bartley Diane Lasher-Penti
	Session 2: 2/1,3,8,10,15,17, 3/1,3,8,10,15,17,22,24,29	10 maximum per session		\$45 Session 3	
	Session 3: 5/3,5,10,12,17,19,24,26,31				
Crafts Class	Thursdays [Tentative Dates]	9:00-11:30 am	Seniors	N/A	Senior Center
Chorale	Wednesdays [Tentative Dates]	10:30—11:45 am	Seniors	N/A	Senior Center
Teen Dancercise	Sept. 29, Oct. 6, 13, 20, 27	2:30-3:30pm	Teen	\$20	Ellington High School
Folk Dancing	Sept. 29, Oct. 6, 13, 20, 27	6-7:15pm	Youth & Adult	\$20	Ellington High School
Funtastiks - I	Sept. 28 Oct. 5, 7, 12, 14	11:30am-1:00pm	3-5	\$35	Arbor Commons
Funtastiks- II	Oct. 19, 21, 26, 28, Nov. 2	11:30am-1:00pm	3-5	\$35	Arbor Commons
Creative Story Time- I	Sept. 28 Oct. 5, 7, 12, 14	10:30-11:15am	3-5	\$20	Arbor Commons
Creative Story Time- II	Oct. 19, 21, 26, 28, Nov. 2	10:30-11:15am	3-5	\$20	Arbor Commons
Actor's Workshop - I	Sept. 27, 29, Oct. 4, 6	7:15-8:30pm	6-8 <sup>th</sup> Grade	\$20	Ellington High School
Actor's Workshop - II	Oct. 18, 20, 25, 27	4:30-6:00pm	Grades 1-5	\$20	Ellington High School
Bellyrhythms	Sept. 29, Oct. 6, 13, 20, 27	7:30-8:30pm	Adult	\$50	Ellington High School





**Recreational Basketball Registration Information**

All Youth Basketball Registration will be taken  
October 1, 2004—November 20, 2004 during Regular Office Hours

**Recreational League Fees**

\$50.00 ( 1 child)    \$70.00 (2 children)    \$80.00 (3 or more in family)

**Grades 3 –8 Team Selection Policy:** All games played on Saturdays. Times and Locations pending final enrollment.

- **Team Selection :** All Players will be reselected each athletic season for the Recreation Division.
- **Team Placement Requests:** All requests to have a player either removed or placed on a certain team **MUST** be made in WRITING at least 2 days prior to the actual league draft.
  - \* A Parent/Guardian may request that their child be placed on a certain team, but only due to extreme hardship, such as transportation, personal issues; however, requests are not guaranteed.
  - \* A written request is required if a parent/guardian wishes to have their child move up one division. Placement is based on safety, skill level and available roster space.

**Recreation Division Evaluation Clinic Dates: Saturday, December 4, 2004**

**Boys @ Ellington Middle School**

3rd & 4th      8:30 am— 9:30 am  
 5th & 6th      9:45 am—10:45 am  
 7th & 8th      10:45 am—12:00 noon

**Girls @ Windermere School**

3rd & 4th      8:30 am— 9:30 am  
 5th & 6th      9:45 am—10:45 am  
 7th & 8th      10:45 am—12 noon

**Instructional Fees**

\$25.00—1 child  
 \$47.00—2 children  
 \$67.00—3 or more children

**Boys & Girls Instructional Youth Basketball**

4 years—2nd Graders (As of 12/31/04)

Registration: October 1—December 2, 2004

**Saturday Mornings @ the Ellington Middle School**

2nd graders—8:30a.m.— 9:30am    **Kindergarten**—10:30a.m.—11:30am

1st graders—9:30a.m.— 10:30am    **4 Year olds**—11:30a.m.—12:15pm

**Program Dates: December 11, 18, 2004 / January 8, 15, 22, 29, 2005 / February 5, 12, 19, 26, 2005**

Parent Volunteers are  
 always welcome!

**Travel Basketball Information:**

To become eligible for selection a player **MUST** attend a minimum of 2 tryouts.

**Travel team tryout policy:** The Travel Teams will be registered for boys and girls in grades: 5th , 6th , 7th and 8th, provided enough players are registered to provide recreation division teams. A player selected to a travel team may choose to play on a recreation team as well, but is NOT required to play both. **Parents:** If a decision is made to have your child compete on both a recreation and travel team, please keep in mind that the participating player **MUST** complete his/her commitment to the recreation team. Failure to do so may result in removal from the travel team. Consider the weekly practice schedule along with the game schedule before making a final decision which has a deadline of December 1.

Travel Team TRYOUTS will be held between October and November. An updated schedule will be distributed through the public schools, media outlets, and our website [www.ellington-ct.gov](http://www.ellington-ct.gov)

**Travel Team Fee: \$100** includes \$50 registration fee + \$50 Board Officials, Timers, Scorers

Plus each player must submit a separate check to the Coach in the amount of \$25.00 for the uniform. The Coach will return the check once the uniform is returned at the end of season.

**HOT SHOT BASKETBALL SHOOTING CONTEST**

The Recreation Department will sponsor a **TURKEY SHOOT** on **NOV. 18-19 AT THE ELLINGTON MIDDL SCHOOL.**

Also known as the **HOTSHOT BASKETBALL SHOOTING CONTEST**, boys and girls ages 9 through 15 are eligible to participate. Each player will have one-minute to shoot from designated “hotspots” placed on one-half of the court. The contest challenges a players speed, shooting, dribbling and rebounding ability. The top scorer moves on to the next level of the contest within Tolland County, and ultimately qualifies for State level qualification. Age corresponds to the age of the child on or before Dec. 31, 2004. **A Parent/Child portion will be scheduled.**

**Age groups: 9-10, 11-12, 13-15**

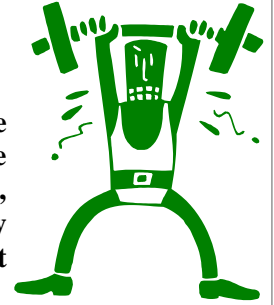
**Fee: \$3/player**

**Pre-Registration required no later than Nov. 16.**

## WEIGHT TRAINING FACILITY

### Opens Its Doors To The Community!

A newly renovated strength and conditioning facility at Ellington High School will be available in October 2004 for use to Ellington residents 14 years and up. The facility features a complete line of new equipment including; A Smith machine, Squat and half squat racks, a calf machine, bicep and triceps machines, lat pull down machines, as well as adjustable benches and an array of dumbbells. The facility will be staffed by a Recreation Supervisor who will conduct orientations and facilitate proper care and use of equipment.



A certified Personal Trainer is available upon request. Personal trainers develop an exercise plan tailored to meet your individual needs and goals based on your own individual fitness assessment.

Open use at the Fitness Center during the hours and dates posted will be in effect unless the size of the facility does NOT allow for adequate use by the registrants. If that occurs, the Town of Ellington reserves the right to readjust the scheduled use of the facility and may implement a specific time frame/pre-registration format, on a weekly basis. Further, the Town of Ellington reserves the right to reduce or revamp the Fitness Center's operational hours based on the actual number of registrations and payments received. Revenue collected for the operation of the Center will cover the costs of staffing the facility and contributing toward the upkeep of the equipment.

**First Session Dates:** Oct. 13,15,18,20,22,25,27,29  
Nov. 3,5,8,10,12,15,17,19,22,23,29, Dec. 1,3

**Time Frame:** 6:30pm-10:00pm

**Fees:** Students 14-18 : \$25.00 / Adults: \$35.00

**Pre-Registration is required!**

**Coming Soon: Saturday hours starting December 4th - Check the website [www.ellington-ct.gov](http://www.ellington-ct.gov) for details!**

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### High School Students Only

The Weight Training Facility will be open to Ellington High students, ages 14-18 on Fridays, 8-9:30pm. Not sure what the lifting craze is all about? We can assist you in developing a workout to help you achieve your strength or toning goals. What are you waiting for?

### Group Fitness Classes

Fee: \$30.00 per session. Pre-registration is required. Full payment is required at time of registration. Fees may be pro-rated. No Credits unless documented illness or mitigating circumstances.

#### **Kripalu Yoga**

Thursday Evenings, 6:30-8pm  
Hall Memorial Library  
Instructor: Wayne Morganson  
Session Dates: 9/9-10/14;  
10/21-12/09; 12/16-1/27/05  
Fee: \$30.00 per session

#### **Cardio Combo**

Thursdays, 7:30-8:30pm, Center School  
A fun and dynamic workout alternating three all time favorites: Hi/Lo Aerobics, Interval Training and Circuit Training. A core strength component is included. All fitness levels welcome. Bring mat, water bottle, stability ball and /or #5 or #8 dumbbells.  
Session Dates: 9/30-11/4;  
11/18-12/23  
Fee: \$30.00 per session

#### **Pilates**

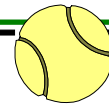
Mondays, 7:30-8:30pm, Center School  
With an emphasis on breath, core conditioning and body awareness, Pilates exercise is a safe and effective way to stretch, strengthen and streamline your body. The perfect complement to cardiovascular exercise. Bring a sticky mat, water bottle, and stability ball.  
Session Dates: 9/27-11/8; 11/15-12/20  
Fee: \$30.00 per session

#### **Step Training**

Tuesdays, 7:30-8:30pm, Center School  
Adjustable platform, limitless combinations, rockin' music, you set the intensity. A core strength component to target abs and back is included. All fitness levels welcome. Bring mat, water bottle, stability ball and #5 &/or #8 dumbbells.  
Limit: 10 participants.  
Session Dates: 9/21-11/9; 11/15-12/21  
\$30.00 per session

### Town of Ellington Fitness Policy

- **Group Exercise Classes and Weight Training times are subject to cancellation due to Board of Education activities.**
- **Programs will not be held on the following dates due to closure of Ellington Public Schools :**  
Oct. 11&12, Nov. 2, 11, 24, 25, 26, Dec. 24
- **All participants must complete registration forms and A Physical Activity Readiness Questionnaire. A physicians referral may be required before participation.**
- **Children 14 years and older are welcome with a participating adult.**



## Tri-Town Tennis (OPEN) Tournaments

The Towns of **Ellington, Vernon and Tolland** are offering tennis tournaments in many age/grade levels on **October 2 & 3, 2004 (a rain date to be determined).**

**Eligibility:** Legal resident of any of the three communities.

**Locations: TBD:** Brookside Park in Ellington, Rockville High School or Henry Park in Vernon, Tolland High School or Crandall's Park in Tolland.



**Fee: Singles: \$4 per person**  
**Doubles: \$7 per pair**

**Single elimination, best 2 out of 3 sets.**  
**Each pair or single required to bring a new can of tennis balls.**



### Youth Division

#### Boys & Girls

7th & 8th Grade  
9th & 10th Grade  
11th & 12th Grade

### Adult Division

Male Singles Age 18 & Up	Male Singles Age 35 & Up
Male Doubles Age 18 & Up	Male Singles Age 55 & Up
Female Doubles Age 18 & Up	Female Singles Age 35 & Up
Female Singles Age 18 & Up	Female Single Age 55 & Up
Co-Ed Double Age 18 & Up	



### WACHUSETT MOUNTAIN PRINCETON, MA

#### [SKIING/SNOWBOARDING TRIP]

Registration begins Oct. 25. Registration packets will be sent home through the Middle, Windermere, Center and Crystal Lake Schools. High school students must pick up packet at the EHS front office.

Registration Fee: TBD. Late charge of \$10.00 if registrations received after Nov. 23.

Rentals of skis/snowboard and boots are separate from registration fee (height, weight and shoe size are needed for rentals). Program Dates: Friday evenings starting in January, 2005. If a trip is cancelled due to inclement weather, it will be added onto the end of the trips scheduled. No refunds or transfer of passes allowed. Fees are not adjustable or pro-rated. Free skiing for chaperones. If you are interested in chaperoning please call the Recreation office at 870-3118. A minimum of (40) registrants will be required in order to provide bus transportation. Normally, the program will be offered 4 to 6 weeks, weather permitting.



### HARVEST FEST

A Town wide Harvest (Fall) Fest family celebration will be held

**October 23rd at Brookside Park from 1:30-3:30pm**

No age requirement, just the willingness to have fun!! No special skills required, just the interest in enjoying a hayride, participating in a pumpkin decorating contest and partaking in refreshments, highlighted by hot and cold apple cider and donut holes.

Pre-registration at the Recreation Department is required no later than October 20th.

Family donation: \$4 per family.

The Little League Girls Softball Program will assist with the program.

### "HARLEM ROCKETS" Comedy Basketball

**October 29 @ 7 PM**  
**Ellington High School**

**Tickets \$8 in advance / \$9 at the door**

**Contact Candy Williams 870-0084 for tickets**

**Sponsored by the Ellington Junior Women's Club**

**Look for pertinent information and/or changes via the school system and on our website—[www.ellington-ct.gov](http://www.ellington-ct.gov)**

# CALENDAR OF EVENTS

## Senior Health Fair & Flu Clinic

Tuesday, November 2, 2004

Ellington Middle School Cafeteria  
8:30 a.m.—11:30 a.m.



You must bring your Medicare Card or \$20 for the flu shot  
Blue Cross and ConnectiCare also accepted - **bring your card.**

Contact Anna L. turner at 870-3131 for more information.

Transportation will be available by Senior Center Van  
Call 870-3133 to set up your ride.



## TOWN OF ELLINGTON HOLIDAY SCHEDULE

The Town Hall will be closed on the following dates:

October 11 Columbus Day  
November 11-12 Veteran's Day  
November 25-26 Thanksgiving

Rubbish collection will be delayed by one day for the Thanksgiving holiday.



## Tag & Bake Sale

September 25  
9 AM—2 PM  
Senior Center



Lunch time hotdogs with  
homemade chili & sauerkraut.  
Homemade goodies needed

For more information, call  
Erin Graziani @ 870-3133



## Senior Podiatry Clinic

Available once at month  
Human Services Office  
\$25.00

For more information call  
Anna L. Turner @ 870-3131

## Winterfest 2004

Preliminary plans for Ellington's first Winterfest are well underway. If you are interested in participating/volunteering, please attend the following open meetings:

September 27	
October 13	7:30 P.M.
October 27	Hall Memorial Library
November 10	Conference Room
November 22	



The Ellington Winterfest will be held December 3 -5 with a tree-lighting ceremony on December 4. If you have any questions, call Ellen Karadimas @ 875-3885.

## Blood Drive



October 30

8:00 AM—12:30 PM

First Lutheran Church  
154 Orchard Street

**CALL 1-800-GIVE LIFE**

(1-800-448-3543)

Town Hall  
55 Main Street  
Ellington, CT 06029

Bulk Rate  
U.S.Postage  
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**ELLINGTON  
POSTAL CUSTOMER**

If you would like to place an article in the Ellington Connection, contact Marie Sauvé in the First Selectman's Office @ 870-3100