



Community Bulletin

June 26th, 2023

Dear Shrewsbury Families,

Please note the following announcements and information related to various events or activities that may be of interest to you and your children. Announcements from non-school sources are passed on as a courtesy if they meet the requirements of the [School Committee policy](#).

This week, the School Department office at Town Hall is shifting to summer hours to match the hours of municipal departments.

Please note the updated hours below, and please also note that **the School Department office and all of Town Hall will be closed to the public on July 3 and July 4.**

School Department at Town Hall – Summer Hours June 26 - August 18, 2023

Monday: 8:00am to 4:30pm

Tuesday: 8:00am to **6:30pm**

Wednesday: 8:00am to 4:30pm

Thursday: 8:00am to 4:30pm

Friday: 8:00am to **12:00pm**

School District Items

1. [Please Note](#) – Honor an Educator, Staff Member, or Student and Support Career Exploration
2. [Please Note](#) – Kindergarten Summer Fun Program

Community Items

1. [Please Note](#) – Shrewsbury Parks & Recreation Summer Programs
2. [Please Note](#) – Shrewsbury Parks & Recreation Summer Playground Program
3. [Please Note](#) – Shrewsbury Public Library Events **(New)**
4. [Please Note](#) – Shrewsbury Public Library Events for Children
5. [Please Note](#) – Summer Reading Books Available at the Friends of the Shrewsbury Public Library Bookstore

6. [Please Note](#) – Worcester Center for Crafts Summer Youth Art Scholarships
7. [Please Note](#) – Homeless/Migrant Family Assistance in Shrewsbury
8. [Please Note](#) – “Entrepreneurial Skills to Build Your Best Future” Student Workshop
9. [Save the Date](#) – India Society of Worcester’s India Day, August 5th

Youth Athletics and Activities

1. [Please Note](#) – Blue and Gold Soccer Clinic **(New)**
2. [Please Note](#) – Shrewsbury Colonials Amateur Baseball Club
3. [Please Note](#) – Blue and Gold Football Non-Contact Youth Clinic
4. [Please Note](#) – Central Mass Cross Country Clinics
5. [Please Note](#) – Take Charge Hoops Basketball Clinic

School District Items

1. [Please Note](#) – Honor an Educator, Staff Member, or Student and Support Career Exploration

As the school year draws to a close, we invite you to [make an end-of-year gift](#) to honor an educator, staff member, and/or student through a donation to the [Colonial Fund](#). (This makes a great graduation gift!) A [simple end-of-year gift](#) is appreciated as well.

The [Colonial Fund](#), Shrewsbury Public Schools’ Annual Fund, is supporting multi-faceted [Career Exploration opportunities](#) for our students, including hands-on experiences outside the classroom. This year, roughly 100 high school students explored their interests in at least 15 different careers across 10 different locations. Hundreds of other middle and high school students attended career fairs and job fairs all sponsored by the Colonial Fund. Details of the opportunities and photos of the students in action can be found on the [Colonial Fund website](#).

With your donation, you are helping us provide the resources necessary for our students to actively engage in career exploration experiences, while pursuing their interests and gaining the confidence to realize their dreams. As a special gift, choose one of our six personalized thank-you cards and we will customize it with your name and send it to the recipient of your choice. All honorees will be recognized on our website and announced in a future edition of the School Journal. Start the honorary application and select your card [here](#). To make a simple end-of-year gift, please start [here](#). Thank you for supporting Career Exploration!

2. [Please Note](#) – Kindergarten Summer Fun Program

The Summer Fun Program is a great way to prepare your child for the start of kindergarten. Students will become familiar with their school building and experience the routines of a typical day in a kindergarten class. They will leave feeling more confident and ready for the first day of school!

All preschool students who will be starting kindergarten at Shrewsbury Public Schools in the fall of 2023 are eligible to register. The program will run in each of the five elementary schools, so please register for the location where your child will be attending kindergarten.

Cost: \$100*

Dates: Monday August 7th – Thursday August 10th

Hours: 9:00 - 11:30 a.m.

Locations: Beal School, Coolidge School, Paton School, Floral Street School, Spring Street School

*Financial aid is available. Please contact Karen Isaacson, Director of Extended Learning, for more information at kisaacson@shrewsbury.k12.ma.us.

Please note: Each class is taught by one of the kindergarten teachers at Shrewsbury Public Schools, but it may not be your child's specific teacher or classroom. Visit our [website](#) for more information on how to register.

Community Items

1. Please Note – Shrewsbury Parks & Recreation Summer Programs

Online Registration - Currently accepting registration for summer programs listed below. Additional programs to be added throughout June. Pre-registration is required for all of the Parks & Recreation programs. Space is limited.

Tiny Tykes All-Sports - Toddler/preschool-age sports for the little ones! Kids learn basic skills of a different sport/activity including flag football, soccer, obstacle courses, kickball, and other fun activities. We want to encourage kids to be active and engaged in a safe environment implemented by our summer staff! Ages 2-3 from 8:30 to 9:15 a.m. and ages 4-5 from 9:30 to 10:15 a.m. on Thursdays at the Shrewsbury Town Hall front lawn starting July 6th. Cost is \$48.

Youth Flag Football - Wednesday evenings starting June 21st at Sherwood Middle School field. Cost is \$65.

Crew Rowing (Learn to Row) - For grades 8-12, four days each session. There are four sessions offered during the weeks of 6/26-6/29 and 7/24-7/27. Choose between the 8:00 a.m.

or 11:00 a.m. class. This program is being offered through a partnership with the Regatta Point Community Sailing and Parks & Recreation! Cost is \$225.

Youth Sailing - Offering sessions the week of July 17th and August 7th from 9:00 a.m. to 4:00 p.m. for ages 9-12. This program is being offered through a partnership with the Regatta Point Community Sailing and Parks & Recreation! Cost is \$495.

Social Skills Workshop - Grades 2-7 on Monday, July 24th from 7:00 to 8:15 p.m. at Oak Middle School cafeteria. Cost is \$60.

Home Safety - Ages 9 and up, Wednesday, July 19th from 4:00 to 6:30 p.m. at Oak Middle School cafeteria. Cost is \$37.

Babysitting Course - For grades 6-8 on July 7th and 8th from 4:00 to 6:30 p.m. at Oak Middle School cafeteria. Cost is \$57.

Archery Summer Sessions - Visit our website for fees, dates and schedules.

Adult Summer Yoga - Tuesdays starting on July 11th.

Summer Playground - We are offering 6 weeks this summer starting on June 26th. Parents have weekly options and AM/PM add-ons to each week! Weekly program information is now available on our website.

Visit our website! shrewsburyma.myrec.com Create a new account if you have not done so within the past year.

2. Please Note – Shrewsbury Parks & Recreation Summer Playground Program

As parents, we are always looking for our kids to be interactive and involved during the summer. Kids can't ask for more than being around friends, playing indoor/outdoor games like capture the flag or dodgeball, cool art projects, exciting daily camp themes like "Minion Day," "Bubble Mania," or "Ninja Warrior Day," and of course afternoon swimming at Sunset Beach! Every afternoon, we bus full-day participants to Sunset Beach, which is located on Old Faith Road in Shrewsbury. We arrive at Sunset Beach at 1:00 p.m. and return back to Coolidge School at 4:00 p.m. Full-day participants need to bring lunch, a towel, a bathing suit, and sunscreen. Pack plenty of snacks and water for the kids! Child-to-staff ratio is not more than 10 to 1. Staff directors are CPR/First Aid and Epi-Pen trained.

Current grade levels accepted: K through 6

Full Day: 8:30 a.m. to 4:30 p.m.; \$245 per week

Half Day: 8:30 a.m. to 12:00 p.m.; \$145 per week

Extended AM: 7:30 to 8:30 a.m.; \$25 per week

Extended PM: 4:30 to 5:30 p.m.; \$25 per week

The program will run for six consecutive weeks starting June 26th through August 4th, Monday through Friday (no sessions on July 3rd or July 4th). Please [click here](#) for the Parks & Recreation website.

3. Please Note – Shrewsbury Public Library Events (New)

50+ Job Seekers Virtual Networking Group

Come meet new job seekers to expand your network, news, and views with the Massachusetts Library Collaborative's 50+ Job Seekers Group! If you are over 50 and unemployed and actively looking, underemployed, seeking a new career direction, or re-entering the job market after a gap, this group is perfect for you.

The group meets on Zoom from 9:30 to 11:30 a.m. on first and third Wednesday mornings, with repeat sessions on the same topics offered in the evenings from 6:00 to 8:00 p.m. on second and fourth Wednesday evenings. Registration is required for each session (register [here](#) for morning sessions; register [here](#) for evening sessions). This group is sponsored by more than 60 Massachusetts public libraries. Find the full list of topics and registration [here](#). This group is sponsored by more than 60 Massachusetts public libraries.

The June topics are:

Networking 2.0 (June 28)

Get Started with Libby

Want access to ebooks, audiobooks, magazines, and more, anytime and anywhere? You can with Libby! Bring your device and join the Shrewsbury Public Library for a class in our Learning Lab to get set up and familiar with the Libby app! Dates include:

Friday, August 4th at 2:30 p.m.

Registration is required; please visit our [events calendar](#) to sign up for your preferred date.

SPL Spanish Conversation Club

Are you looking for a casual space in which you can practice your Spanish and learn more about the multiple cultures of those who speak that language? Join the Spanish Conversation Club most Tuesdays at the Shrewsbury Public Library (6:00 p.m. in the Learning Lab on the second floor). No registration required. Visit our [events calendar](#) to check dates (July TBD).

¿Buscas un espacio informal en el que puedas practicar tu Español y aprender más de las múltiples culturas que hablan este idioma? Únete a nuestro club de conversación la mayoría

de los martes en la biblioteca pública de Shrewsbury a las 6:00 p.m. en el laboratorio del segundo piso. No es necesario registrarse. Visita nuestro [calendario de eventos](#) para verificar citas (julio por determinar).

Library Writing Workshops

The Shrewsbury Public Library extends a warm invitation to all writers for writing workshops! Come join fellow writers from 2:00 to 4:00 p.m. on third Saturdays this summer (July 15 and August 19) in a space dedicated to the craft of the written word - a space that encourages improvement.

During a writing workshop, writers share their work in the hopes of receiving positive, constructive feedback and suggestions. Workshops such as this are vital to a writer's growth, as getting different perspectives can help a writer see things they might have missed about their own work. It's also a great environment for fun, light-hearted conversations!

The workshops are hosted by [InfinityEd](#) and facilitated by published writer Ashton Hooley. This program will take place in person at the library; please register separately for each session on the library's [events calendar](#).

Taming the Paper Trail

Join the Shrewsbury Public Library on Monday, June 26th at 6:00 p.m. with Jenna Elliott, founder of The Naked Flower, Professional Organizers, for a fun and interactive workshop that will help attendees tackle the paper trail everyone struggles with. Jenna has been an organizer and re-designer for over 20 years and works with a variety of clients, both in the office and in the home. She will share tips on:

1. Dealing daily with snail mail.
2. Creating a quick-sort landing spot for papers.
3. Utilizing a calendar and to-do list more effectively.
4. Tackling the recipes and receipts in the home.

Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please [register](#) to attend.

"Get Out" Film Screening

Please join the Shrewsbury Public Library on Tuesday, June 27th at 6:30 p.m. for a screening of the film *Get Out* (2017, rated R), as part of the library's [Summer Scares](#) programming. This critically-acclaimed film uses the lens of horror to explore themes of race in America: "Now that Chris and his girlfriend, Rose, have reached the meet-the-parents milestone of dating, she invites him for a weekend getaway with Missy and Dean. At first, Chris reads the family's overly accommodating behavior as nervous attempts to deal with their daughter's interracial relationship, but as the weekend progresses, a series of increasingly disturbing discoveries leads him to a truth that he never could have imagined" ([rottentomatoes.com](#)).

No registration required. Bonus: Join our Movie Discussion Club on Google Meet on Tuesday, July 11th at 7:00 p.m. to discuss the film! Register [here](#) to receive the Google Meet link.

Read, Listen, and Watch with Hoopla!

What's all the hoopla about hoopla?! Are you looking for an alternative to Libby? Did you know your library card lets you download and stream with the hoopla service from the comfort of your own home? Bring your device (e.g., smartphone, tablet) to this in-person class on Thursday, July 6th at 6:00 p.m. and learn how to borrow digital books, audio, movies, and television series using hoopla. This program will take place in person at the Shrewsbury Public Library. Space is limited, so [registration](#) is required.

The Unlocked Path, An Examination and Celebration of Family History

Join the Shrewsbury Public Library on Tuesday, July 11th at 7:00 p.m. with local MA author, [Janis Robinson Daly](#), who will share a presentation on her debut historical fiction, *The Unlocked Path, An Examination and Celebration of Family History: How the Secrets of Our Past can Surprise, Delight, Educate, and Inspire the Writing of a Novel*. The event will include a reading, book sale, and signing. Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please [register](#) to attend.

SPL Movie Discussion Club July

Join the Shrewsbury Public Library Movie Discussion Club every first Tuesday of the month at 7:00 p.m. on Google Meet! Intended for film fans 18 and older.

Watch the "Movie of the Month" on your own time, then meet with us virtually to discuss. The July 11th film is *Get Out* (2017; rated R). The film will be screened live at the library on Tuesday, June 27th at 6:30 p.m.

"Chris's girlfriend, Rose, invites him for a weekend getaway to meet her parents. At first, Chris reads the family's overly accommodating behavior as nervous attempts to deal with their daughter's interracial relationship, but as the weekend progresses, a series of increasingly disturbing discoveries leads him to a truth that he never could have imagined" (rottentomatoes.com).

Register [here](#) to receive an email the day before the discussion date with the Google Meet link.

4. Please Note – Shrewsbury Public Library Events for Children

We have some great events for children happening in June and July at the Library!

- Thursday, June 29th - [3-D Printing Basics](#) - 3:00 p.m. in the Children's Program Room. Grades 2-5. Registration required. Are you interested in learning about 3-D printing and

creating your own designs? Come check out the library's Ultimaker 3! Kids will gain an understanding of how 3-D printing works, its capabilities, and its limitations. Learners will use TinkerCAD, a free 3-D modeling software, to design 3-D models. Then, they will learn how to bring these designs to life with the library's 3-D Printing team, Sierra and Dana! Parents, please come to the beginning of class to help your child create a TinkerCAD account.

- Friday, June 30th - Drum Circle for Kids - 11:00 p.m. in Meeting Room A&B. No registration required. For grades 1-4. All Together Drumming hand drum and percussion circles are led by Tim Kane who provides up to 25 individual djembes, hand drums, and assorted percussion. Participants will learn about hand drumming, explore rhythms from around the world, and compose beats. If a participant has a drum at home, they are welcome to bring it.
- Monday, June 26th through Saturday, August 26th - Children's Summer Reading Challenge - For kids ages 3-10. Log the minutes you read this summer for a chance to earn cool online badges and specially themed weekly prizes! Reading is tracked online. Register by going to <https://shrewsburyma.beanstack.org>. In-person logging will be available as well. The prize wheel is returning! Every time kids visit the Children's Room during Summer Reading, they can spin the wheel for fun prizes and enter a raffle for a chance to win a Summer Reading Grand Prize!
- Fridays, June 30th through August 25th - Summer Crafternoons - 2:30 p.m. No registration required. For grades kindergarten and up. Drop in for weekly themed crafting in the Children's Program Room. Adult supervision required.
- Monday, July 10th - Teddy Bear Picnic at Dean Park - 10:00 a.m. No registration required. Grab your favorite teddy bear or stuffy, pack a blanket, and get ready for a Teddy Bear Picnic at Dean Park! Miss Sonja and Miss Diana will read some stories, sing some songs, grab a take home craft, and then have snacks and juice boxes available for a picnic. Feel free to bring your own if you feel more comfortable or have dietary restrictions. Rain location is Shrewsbury Public Library Meeting Rooms A&B.
- Mondays, July 10th through August 28th - Play Chess - 7:00 p.m. All ages welcome and no registration required. No instruction, but come and play against other people. There will be boards and timers available to use. Held in the Children's Program Room.
- Tuesday, July 11th - Pop-Up Art School for Kids - 6:00 to 7:30 p.m. Registration required for kids ages 7-12. Express yourself and make fun clay pots made from air dry terra-cotta clay. Learn how to hand-build a coiled clay vessel, then turn it into an animal or human face. Play with the facial expressions and personalize your pot with stamped words.
- Thursday, July 13th - Pajama Storytime: Summer Edition - 6:30 p.m. Registration required for preschoolers and their families. Join us for a fun evening of bedtime stories, songs, and a simple craft. Wear your jammies and bring a favorite sleepytime pal or blanket!
- Monday, July 17th - Infant Explorers - 10:00 a.m. For children ages 0-2.9. Tokens required. A program for our littlest patrons to explore the world around them! This

sensory program will have children explore through touch, sight, and sound. This program is intended for you to engage 1 to 1 with your child.

- Monday, July 17th - [Learn to Code with Dash!](#) - 6:00 p.m. for 2nd-5th graders. Registration required. Learn to code with Dash robots! Have fun coding to make Dash move around the room and through an obstacle course.
- Tuesday, July 18th - [SparklePalooza](#) - 3:00 to 4:30 p.m. for ages 2+. No registration required. Celebrate unicorns, mermaids, and rainbows during this drop-in party.
- Wednesday, July 19th - [Puppet Show for Kids!](#) - 6:00 p.m. geared toward ages 3-7. Tokens required. Through Me To You Puppetry invites you to join Newton and his puppet friends for some story time fun! Newton and his friends take turns reading stories and singing songs with the kids. Our show is geared toward ages 3-7, but all are welcome!
- Tuesday, July 25th - [The History of Silent Movies](#) - 6:00 p.m. for ages 9+. Registration required. Silent movie pianist, Richard Hughes, creates a living history by way of fascinating silent movie clips of newsreels, educational films, melodramas, cartoons, comedies, horror movies, and more. Also, audience members have an opportunity to synchronize sound effects like a train whistle, siren, and wind machine to a popular melodrama of 1913. Followed by a demonstration of ingenious animation devices that preceded the motion picture camera. Then, a focus on the movie 'Mood Music' that Richard plays with film clips. For kids and teens interested in film production.
- Wednesday, July 26th - [Pokemon Card Trading](#) - 6:00 p.m. No registration required. Bring your cards and let's start trading. For all ages.
- Monday, July 31st - [School Readiness Tools for Tiny Hands](#) - 10:00 a.m. for ages 2-5. Registration required. Are you looking for ways to prepare your 2-5 year old for school? Tools for Tiny Hands is a kit from the Boston Children's Museum that focuses on fine motor skills, hand dexterity, and hand-eye coordination. Using household items (so you can easily refill your kit), your child will have fun new ways to explore play!

Check our [online calendar](#) for more details and registration!

5. Please Note – Summer Reading Books Available at the Friends of the Shrewsbury Public Library Bookstore

The Friends of the Shrewsbury Public Library Bookstore has shelves full of school-recommended books to satisfy your family's summer reading requirements. We have a great selection of fiction and non-fiction to choose from. All children's and young adult books are \$1. Proceeds enable the Friends to support many wonderful library programs such as *Find Your Voice!*, the 2023 Summer Reading Program - an online reading incentive program with great prizes, fun weekly programs, and special events all summer long. This year we are offering Book Bucks on the very popular Prize Wheel which can be used to "buy" books in the store.

6. Please Note – Worcester Center for Crafts Summer Youth Art Scholarships

Is your child interested in expressing their creativity through craft this summer? Worcester Center for Crafts (WCC) has multiple (full tuition paid) summer youth art scholarships available. Join us at WCC for our summer youth program. Open to ages 8-17, the summer youth program offers full-day, week-long workshops exploring glass, sculpture, fibers, and mixed media! [Click here](#) for program offerings. To apply, fill out the [application](#) and submit it to wccregistration@worchester.edu.

7. Please Note – Homeless/Migrant Family Assistance in Shrewsbury

On Friday, May 19, 2023 at approximately 4:30 PM, the Massachusetts Department of Housing and Community Development (DHCD), contacted the Town of Shrewsbury to inform Officials of the temporary placement of 12 families at a lodging facility in Shrewsbury until May 29, 2023. Additional information has been provided as of Tuesday, May 30, 2023 from DHCD advising that there are 40 families placed at the Shrewsbury lodging facility until further notice.

Effective Tuesday, May 30, 2023, a donation collection bin has been placed outside of the Shrewsbury Town Hall, 100 Maple Avenue, Shrewsbury, MA. Donations may be dropped off during business hours and the bins will be monitored continuously by Town Staff. Below is a list of in-kind donations that are needed to support the families:

- Diapers (all sizes) and wipes
- Personal Care Items (shampoo, conditioner, deodorant, toothpaste, lotion, chapstick, feminine hygiene products, shaving cream, baby shampoo, baby lotion, etc.)
- Ziploc Bags
- Laundry Detergent (pods only)
- New Children's Clothing (undergarments, socks, shoes for ages infant - 17)
- Over the counter medication for adults, children and infants (Tylenol, Motrin, Advil and Pedialyte, etc.)

For those who would like to provide assistance or additional support to the families, the Town of Shrewsbury will be accepting monetary donations to support the individuals and families at the shelter. Checks can be made out to the Town of Shrewsbury and should note Migrant/Homeless Shelter in the memo and sent to, or dropped off at, Town Hall, 100 Maple Avenue, Shrewsbury, MA 01545. Monetary donations will also be accepted online through [this portal](#).

For more information, please find this link to the original Press Release of May 25, 2023.

8. Please Note – "Entrepreneurial Skills to Build Your Best Future" Student Workshop

"Entrepreneurial Skills to Build Your Best Future" is a workshop experience designed to provide students with an introduction to entrepreneurial thinking and skills. This program is for incoming grade 7-12 students who own businesses, are interested in starting businesses, or are interested in entrepreneurship as a career path.

More than ever, young people are wanting to pursue entrepreneurial paths - but how can they know where to start? In this workshop, students will explore the mindset and tools that will help them take that first step.

The workshop will be led by Tim Hally and Justin Matsen, two Shrewsbury High School alumni and owners of Munq, a creative agency. They've built this workshop with material taught by Tim to undergraduate students at Clark University's Entrepreneurship and Innovation Department.

This program will be held from July 17 through July 20 at Oak Middle School media center. Families will have the option to choose one of two sessions:

- Morning Session: 8:30 a.m. - 11:30 a.m.
- Afternoon Session: 12:00 p.m. - 3:00 p.m.

Twenty-five spots are available per session. Tuition is \$385 per student. Please [click here](#) to register your student or contact Tim Hally at thally@munqcreative.com if you have any challenges covering the tuition. We are here to help!

9. Save the Date – India Society of Worcester's India Day, August 5th

India Society of Worcester invites the public to "India Day," a free celebration of 60 years of service to the Worcester area, at the DCU Center on August 5th. Please email ID23@iswonline.org if you want to sponsor, or have a booth or choreograph, or if you have any questions. For more information, please see the [flier](#), [website](#), or [Facebook page](#).

Youth Athletics and Activities

1. Please Note – Blue and Gold Soccer Clinic (New)

The Blue and Gold Soccer Clinic will be running for its 2nd year from July 10th through July 13th from 8:00 to 10:00 a.m. at Shrewsbury High School. The clinic is run by Matt Wheeler, Shrewsbury High School Head Boys Soccer Coach, along with other soccer staff and players.

The clinic is being offered to students entering grades 5th-9th next year. The goal of the clinic is to develop players' technical skills and increase their tactical knowledge. The cost of the clinic is \$120 for the four days. To register, please [click here](#). For additional details, please see the [flier](#). If you have any questions, please reach out to Coach Wheeler at mwheeler@shrewsbury.k12.ma.us.

2. Please Note – Shrewsbury Colonials Amateur Baseball Club

The Shrewsbury Colonials AAU baseball program is planning to hold tryouts for the 2024 season. Indoor training will begin mid-January into early April, incorporating a complete program with pitching and hitting instruction from qualified instructors. There will be double headers either Saturday or Sunday between early April into June/July for a 20-25 game schedule, including tournaments. This allows the boys to play in a highly competitive environment while still playing Little League ball with little interference.

We are planning to hold tryouts on two dates for the 12U & 13U teams for the 2024 season. The tryouts will be Saturday, July 1st and Saturday, July 15th beginning at 9:00 a.m. at North Shore Baseball Field, Parker Road in Shrewsbury. Players will be evaluated for available roster spots and notified of results shortly thereafter. If interested, please fill out the [contact form](#). A registration and waiver form will be sent to you with more information on the teams. If you have a conflict with the tryout date, we will schedule an additional day/time for a make-up session.

If you are interested in a 2024 team tryout or have any questions about the program, please contact Kevin Martin at mphco@verizon.net or coaches Nick Martin at nmartind1@gmail.com and Casey Boudreau at casey.boudreau22@gmail.com.

3. Please Note – Blue and Gold Football Non-Contact Youth Clinic

Blue and Gold Football will offer its 3rd annual football clinic from July 10th through 13th from 10:00 a.m. to 12:00 p.m. at Shrewsbury High School. The clinic has three objectives: to teach speed mechanics, provide position-specific football instruction, and organize and manage competitive flag football games. The clinic is run by John Aloisi, Shrewsbury High School Head Football Coach and Ian Butterfield, Shrewsbury High School Head Track Coach, as well as other Shrewsbury High School football staff and players.

The clinic cost is \$125 for all four sessions or \$35 for an individual session. Click [here](#) to register. See the [flier](#) for additional details.

4. Please Note – Central Mass Cross Country Clinics

In its 7th consecutive year, the Central Mass Cross Country clinics provide young aspiring harriers in the central mass community the opportunity to train in a group setting and learn from collegiate coaches and hear from guest speakers including Olympic athletes and professional coaches. The clinics are open to any and all entrants ages 12-18 limited only by number, age, and grade level. Limited spots are available on a first come, first serve basis. More information and registration can be found at www.cmassxcc.com.

5. Please Note – Take Charge Hoops Basketball Clinic

Shrewsbury High School boys basketball coaches, Adrian Machado and Gerry Nowosacki, are sponsoring a 4-day basketball clinic for boys and girls in grades 3 through 12. The focus will be on individual skills through the use of time-oriented drill stations. The goal will be to learn, relearn, and execute the fundamentals of basketball, enhance one's skills, and be a better player and teammate.

The clinic will take place at the Shrewsbury High School field house from July 11th through July 14th between 9:00 a.m. and 1:00 p.m. For more information and to register, please [click here](#). If you have any questions, please contact Gerry Nowosacki at (508) 842-6014 or gym21rat@aol.com.
