



SPRING 2016 ROADMAP





FROM THE EXECUTIVE DIRECTOR:

The Sisters Park and Recreation District board of directors and I have recently been working on a 5-year strategic plan for the district. As part of this plan we conduct a SWOT analysis. The first part of this process is to establish what we feel are the strengths of the district. As I thought about all of the many positive things in our district from our fantastic preschool to sports programs and senior excursions, the one common thread my mind kept coming back to was the people that make all those things happen. This which leads me to conclude that SPRD's greatest strength is our staff and volunteers. Almost every time we hold a major event our whole admin staff is involved. It is truly rare and great, to have a staff so willing to engage in programs and events outside of their normal work day. SPRD also would not be able to do what it does without volunteers. In any given season we may have as many 30 volunteer coaches, 20 people serving on committees such as the Lacrosse Advisory Committee, and some events may need 60 volunteers in just one weekend alone. We also partner closely with other entities in the community such as the City of Sisters, Sisters Folk Festival, Kiwanis, Rotary, Little League, Sisters School District and more. These partnerships allow for maximum community benefit, without duplication of effort.

Somewhat related to that theme, I am excited to announce that SPRD will be managing a couple of additional great events this year. The Chamber of Commerce officially transferred management of the Ride for Two Rivers, and the Sisters Glory Daze Car Show to SPRD. The ride which goes up and over the McKenzie pass will now be known as Crest the Cascades, but the same great experience should be expected. These events are in addition to some of the great events we already have planned for the spring and summer including the Hawaiian Luau, the Great Northwest Cross Country Running Camps, Community Dinners, Buried Beef Feed, the SALI Tournament, and the visit from coach Steve Pearl and some of his girls basketball players from England. If you would like more information on these events or any of our SPRD programs please contact one of our knowledgeable staff members here at the Sisters Park and Recreation District.

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ADMINISTRATION



Liam Hughes
Executive Director



Rob Meeter
MS Athletics &
Community Schools



Kris Harwell
Finance Coordinator



Shannon Rackowski
Adult & Senior
Coordinator



Kelly Crowther
Program Coordinator



Wendy Rullman
Front Desk

PRESCHOOL TEACHERS



Valerie Selig
Teacher



Carissa Gascon
Teacher



Janelle Meeter
Assistant Teacher



Ashley Nordell
Assistant Teacher



Caroline Molesworth
Assistant Teacher

CONTACT

Coffield Community Center
Sisters Park & Recreation District
1750 W. McKinney Butte Rd.
Sisters, OR 97759

Office: 541-549-2091
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Email: sprd@sistersrecreation.com
Website: sistersrecreation.com
Hours: 9:00 - 5:00, M-F



STUDENT HIGHLIGHT



Wade Williams is a shining example of why Park and Recreation Districts have been founded - to provide enrichment and physical activities to the community. Each summer Wade returns to Sisters from Kenai, Alaska to spend the summer with his grandparents. He enrolls in every program he can because he looks forward to reuniting with friends he has made in Sisters, enriching himself with the programs in which he is involved, and showing his mentors, like Coach Pearl his basketball coach, his improved skills since last year. His favorite programs are basketball, tennis, golf, Things That Fly, and Overnight Backpacking. He particularly looks forward to seeing Coach Pearl

and says, "Coach Pearl has been my basketball coach since I was four." He goes on to say that, "This year I took second in our hometown Shoot Out and I went up against an 8th grader! I will be in back in Sisters and at SPRD so I can continue being coached by Coach Pearl. Basketball is one of my favorite sports because of Coach Pearl."

Wade has many interests similar to many kids his age like gaming and flying his drone, however, he is setting some lofty goals for 2016. Wade says he is entering middle

school next year and that is a pretty big deal. His goal is to, "Succeed in middle school when I enroll in 2016." The

love and support he gets from his family to help him accomplish his goal is apparent when he was asked about his greatest life accomplishment and he replied, "My mom and grandmother tell me that people tell them all the time that there is something special about me. I don't understand what that really means and I don't think I have done anything special, but if mom, grandma, and

others think so, OK!" Perhaps what is so special about Wade is his willingness to participate in pursuit of happiness or as he would say, "It doesn't matter if you win or lose, just have fun!"





STAFF HIGHLIGHT



Coach Jeff Smith has been the middle school wrestling coach for the last 3 years and has been a treasure rarely shared with the community. Since taking over the role, Coach Smith has grown the program in large part due to his caring, teaching nature. During the pre-season months, Jeff organizes wrestling instructionals during Physical Education. This gets the kids introduced to Jeff and his coaching style and inevitably leads to Jeff having one of the larger teams for middle school sports.

Jeff has been a long time Sisters resident and has coached innumerable athletes in the Sisters School District. He has volunteered with SPRD for 3 years and has worked with the Sisters School District for 21 years. Prior to coaching in Sisters, Jeff also coached at OSU, U of O, and in Southern California. Jeff's mission as a wrestling coach is not only to have kids develop wrestling skills but to also instill values and good citizenship within the kids. His advice to the kids he coaches is to "Do right when nobody's looking."

Coach Smith has lead a rich life. He is a retired college professor attaining his doctorate at the University of Oregon, he has been married to his wife of 48 years, he was a D1 NCAA All-American wrestler, and has "raised three competent adult children". In his free time Jeff enjoys hiking sections of the Pacific Crest Trail, involving himself in community service, and thinking fondly of his times kayaking and rock climbing in his youth.

Thank you Jeff for your continued support and enthusiasm to coach wrestling in Sisters!

MISSION STATEMENT

The mission of SPRD is to sustain a vibrant, fiscally responsible organization that serves Sisters Country with recreation and cultural enrichment opportunities.

VISION STATEMENT

We envision a full service parks and recreation district with facilities and programs to meet the needs of constituents of all ages. A high level of community participation leads to demonstrably better health and a stronger sense of well-being. Parks and recreation activities are served by a nimble and experienced organization able to adjust quickly to the needs of the community and external influences.

BOARD OF DIRECTORS

Board Chair: Jeff Campbell
Vice Chair: Darren Lane
Member: Andrew Gorayeb

Treasurer: Peggy Tehan
Member: Erin Borla

PRESCHOOL



PRESCHOOL PROGRAM



PRESCHOOL OPTIONS

- M-F | 8:00am - 12:00pm | SES | \$295
4 days/week | 8:00am - 12:00pm | SES | \$240
3 days/week | 8:00am - 12:00pm | SES | \$190

PRESCHOOL & AFTER-CARE

- M-F | 8:00am - 5:30pm | SES | \$590
4 days/week | 8:00am - 5:30pm | SES | \$480
3 days/week | 8:00am - 5:30pm | SES | \$380



Join our preschool program for a year of learning and care! Kids enrolled in this program will enjoy quality classes with our certified teachers Valerie Selig and Carissa Gascon. Our teachers will help kids learn developmentally appropriate material to prepare them for literacy, music, art, and arithmetic. This progressive approach allows kids to learn from the teacher-directed activities at a pace that suits the child.

These classes are ideal for kids entering kindergarten in one to two years. Valerie teaches the Grasshopper class for ages 3-4 and Carissa teaches the Dragonfly class for ages 4-5 who will be entering into kindergarten the following year. To help coordinate and organize the classroom, Janelle Meeter, Ashley Nordell, and Caroline Molesworth are on hand to assist the teachers. Classes are held at the Sisters Elementary School which helps make a smoother transition into the K-12 school system.

A \$250 refundable deposit and \$75 supply fee is required each year. Be sure to contact us to reserve your child's enrollment as space is limited to 40 students per day.

AGING GUIDELINES

Grasshopper Classroom: Ages 3-4 | Teacher: Valerie Selig | Children who are 3 years old and potty trained are eligible for the Grasshopper Class.

Dragonfly Classroom: Ages 4-5 | Teacher: Carissa Gascon | Children who will be entering Kindergarten September 2016 or 2017 are eligible for the Dragonfly Class.



COMMUNITY SCHOOLS INITIATIVE

AFTER-SCHOOL SCHEDULE

Grades K-4:

2:45-3:00pm.....Outside Play

3:00-3:15pm.....Afternoon Snack

3:15-4:00pm.....Homework/Tutoring

4:00-5:15pm.....Enrichment Programs

ENRICHMENT PROGRAMS

Mondays: Computers

Tuesdays: Science Lab

Wednesdays: Legos

Thursdays: Arts & Crafts

Fridays: Friday Fun Day (No Homework)

M-F | 2:45 - 4:00 | SES | Free

M-F | 4:00 - 5:00 | SES | \$8 (\$40/week)

Parents pick-up from SES Monday-Friday.
Scholarships available on a need basis.
Preregistration required.

Grades 5-8:

3:00 - 4:00pm.....Homework/Tutoring
(T/Th in SMS Library)

3:15 - 4:30pm.....Enrichment Programs
(TBA)

4:30pm.....Parent Pick-Up at SMS

M-Th | 3:00 - 4:30 | SMS | Free



The Community Schools Initiative in Sisters is a partnership between the Sisters School District, SPRD, and other community organizations. Together we work to improve student academic achievement, strengthen families, and build a healthier community. We achieve this by ensuring that all students have what they need for success including healthy snacks, homework and tutoring help, and quality enrichment programming in the after-school hours.

Community Schools homework and enrichment programs run after school Monday through Thursday. There are no programs on Friday for Middle School. An enrichment program is run on Fridays for the Elementary School (no Homework Club on Fridays).

SCS Staff for 2015-2016 Academic Year:
Community Schools Coordinator: Rob Meeter
Elementary Site Manager: Imogen Rex





YOUTH & MIDDLE SCHOOL SPORTS

Sisters Park and Recreation District was founded on the idea that kids need extracurricular activities to become well rounded adults. Today we offer a variety of activities during the year to keep kids engaged and having fun. Our goal at SPRD is to strike a balance between competitive sport and recreation while giving kids a foundation to continue playing and participating as they grow into adulthood.

TINY TIKE'S SOCCER

Get outside this spring and play soccer with your little one. This program introduces your child to soccer with beginner drills moving toward games. A coach is needed for this program. Ages 3-5.

TBA | May | TBA | SES | \$50



MS/HS MOUNTAIN BIKING

Join Thomas Wilkinson, our new mountain biking coach, this spring to head out on the trails and learn about SPRD's pump track. Bring your own bike or use an SPRD bike for the duration of the program. Blazin' Saddles sponsors this program with discounts on equipment and labor. Be sure to stop by to see how they can help you get ready for the season!

T/Th | April 5 - May 26 | 4:00 - 5:30 |
SPRD | \$100



MS GOLF

Jumpstart your golf game this summer by joining Aspen Lakes professionals and fellow middle school golfers for this junior golfing program. Meet at the Aspen Lakes clubhouse and receive instruction.

Junior Golf League
July 7 - Aug. 25 | Th | 2:00 | Aspen Lakes |
\$100 for 8 weeks | First 2 sessions instructional





MS TRACK & FIELD

Sisters Middle School Track and Field is a fantastic spring sport for aspiring runners, throwers, and jumpers. Learn the fundamentals of the sport and get instruction that will help propel your high school career. Teamwork, fundamentals, participation, and experimentation is the name of the game at the middle school track level.

April - May | M-F | 3:00 - 5:00 | SMS Track | \$120



MS SOCCER

The 5-8 grade boys and girls soccer teams will play in the Bend Parks and Recreation District league. Practice is twice per week beginning in August. This is a large league and **registrations must be received by June 1** to reserve your space on the team. Register at SPRD.

Registration Deadline: June 1

August - Oct | Days/Times TBA | SMS

Grades: 5-6: \$100
Grades: 7-8: \$120



YOUTH TACKLE FOOTBALL

Grades 4-5

Get started with tackle football in the Bend Park & Recreation District's 8 man league. Games are held on Sundays during September and October. Football equipment is supplied. A minimum of 15 players are required to be registered by June 1 to run this program. If there are not enough registrations by June 1, the league will be an in-house flag football league held in Sisters. Register at SPRD.

Registration Deadline: June 1

August - October | Days/Time TBA | SMS | \$115





OUTLAWS LACROSSE

Come be a part of the fastest growing and oldest sport in America! The Outlaws Lacrosse Club is passionate about bringing the sport of lacrosse to the Sisters community and has been doing so for the last ten years. It is an established program in the lacrosse community of Oregon, and the newly formed Lacrosse Committee has been working since last season to ensure the stability and prestige of the program.

YOUTH LACROSSE

Registration Deadline: March 1

Practice days, times, and locations will be announced once the teams have been formed.



GRADES K-2 (COED):

April-May | \$100

GRADES 3-5 (GIRLS):

April-May | \$100

GRADES 3-4 (BOYS):

April-May | \$100

GRADES 5-6 (BOYS):

April-May | \$150

GRADES 6-8 (GIRLS):

April-May | \$200

GRADES 7-8 (BOYS):

April-May | \$200

HIGH SCHOOL LACROSSE

High school lacrosse is being coached by returning girls Varsity Coach Mikaela Trott-Rickards and new boys Varsity Coach Eric Wentzel. Both programs are looking to expand the prowess of their programs, introducing preseason workouts to make sure the players are ready to take to the field in the spring. These coaches are instrumental in running the Sisters Annual Lacrosse Invitational - an annual Outlaws Lacrosse Fundraiser and premiere Pacific Northwest lacrosse tournament. These coaches provide guidance and support to the youth programs to ensure success at all ages.

HS GIRLS:

March-May | M-F | 3:00-5:00 | SHS | \$300

HS BOYS:

March-May | M-F | 3:00-5:00 | SHS | \$300





SISTERS LITTLE LEAGUE BASEBALL & SOFTBALL

America's Past-Time

Ages 4-14

Baseball—Child must be age 4 as of April 30, 2016

Softball—Child must be age 4 as of December 31, 2015

League Age Calculator Visit: http://www.littleleague.org/leagueofficers/determine_league_age/league_age_calculator.htm

Important Dates:

- Team announcement night mid March (date tba)
- Player assessments for baseball players aged 8-12 will be Saturday, March 5 and Saturday March 12 at the Sisters Community Church baseball field.
- Regular season begins in April and ends in mid June, All-Stars will follow (league will notify)

For questions , please contact SLL President Kyle Fischer, president@sisterslittleleague.org or SLL Player Agent Darcy Davis, playeragent@sisterslittleleague.org. For more information and contact information, please visit our website, www.sisterslittleleague.org, or find us on Facebook.

Early Registration at SPRD: Fees* Jan 2-Feb 29

With early signup: FREE preseason Baseball/Softball skills camp (\$60 value) to be held at Bend Fieldhouse.

T-ball (4-6 years old) \$75

Minor B Coach Pitch (6-8 year olds) \$75

Minor A Player Pitch (8-11 year olds) \$95

Minor Girls Softball (8-11 year olds) \$95

Major Boys & Girls (10-12 year olds) \$95

Junior Girls Softball (13-14 year olds) \$115

*Family Cap of \$230; Scholarships Available

Registration after February 29, 2016 add \$10

*****REGISTRATION DEADLINE: MARCH 16, 2016*****

All divisions subject to change due to player availability



OUTLAWS TOGETHER

SISTERS SCHOOL DISTRICT ATHLETIC MISSION

To Teach, Compete with Honor and Dignity, Serve Community, and Pursue Excellence

PHILOSOPHY

Welcome to SHS Outlaws athletics! Our athletic program is proud to be part of our excellent offerings of co-curricular opportunities at Sisters High School. We purposefully categorize Sisters athletics as “co-curricular” not “extra-curricular” because our goal as a coaching staff is to be an integral part of the teaching mission of our school. Our coaches believe that their work is an extension of the classroom. Besides learning the “X’s and O’s” of sport specific drills, our student athletes will develop lifelong values of teamwork, leadership, dedication, sportsmanship, goal setting, maintaining composure, developing a hard work ethic, balancing busy schedules, living a healthy lifestyle, poise, and becoming men and women for others.

Beyond wins and losses, the primary goal of our athletic department is to provide a program that clearly demonstrates that athletics is a positive and energizing means to advance the physical, emotional, spiritual, intellectual, and moral development of our student-athletes. Simply put, our coaches strive to “coach for character”.

IMPORTANT DATES: SPRING SPORTS

- Mandatory preseason parent/player meeting: Wednesday, February 24, 2016 beginning at 5:00pm at SHS
- Great opportunity to get registered and meet your coach.
- First day of Spring practices Monday, February 29, 2016

SHS ATHLETIC WEBSITE:

http://shs.sisters.k12.or.us/pages/Sisters_HS/Athletics





SPRING SPORTS

March-May



Boys Lacrosse
Coach: Eric Wentzel



Girls Lacrosse
Coach: Mikaela Trott-Rickards



Baseball
Coach: Steve Hodges



Softball
Coach: TBA



Girls Tennis
Coach: Susan Fullhart



Boys Tennis
Coach: Bim Gander



Golf
Coach: Bill Mitchell



Track & Field
Coach: Jeff Larson

CALENDAR

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	
7	8	9	10	11	12	13 Shootout #2
14	15	16	17	18	19 Hoodoo Night Skiing Ends	20
21	22	23 MS Nordic Ends	24 HS Sports Night Mandatory Parent/Player Meeting	25	26	27 Final Youth Bas- ketball Games
28						



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Little League Registration Deadline	17	18	19
20	21 First Day of Spring Schools	22 Spring Break	23	24	25	26
27	28	29	30	31		

CALENDAR

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Sisters School Spring Break Ends	2
3	4 Sisters LAX & MS Track Begins	5 Mountain Biking Begins	6	7	8	9
10	11	12	13	14	15	16
17	18 Sisters LAX Games Begin	19	20 Release Summer Catalog	21	22	23
24	25 Community Dinner & Bingo	26	27	28	29	30

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 Sisters Annual Lacrosse Invitational (SALI)
8 Sisters Annual Lacrosse Invitational (SALI) Mother's Day	9	10	11	12	13	14
15	16	17 Get Golf Ready Begins	18	19 Gateway to Golf Begins	20 Short Game School with AimPoint (Golf)	21
22	23	24	25	26	27	28
29	30 Memorial Day	31				



ADULT RECREATION

Recreation keeps us engaged with our community and continuing our pursuit of knowledge and happiness. At Sisters Park and Recreation we have programs geared toward adults and seniors for each season. These programs introduce you to new friends, educate you, and provide new opportunities for fitness. There are always new programs brewing and we are always looking to add to our schedule!



MATTER OF BALANCE

Do you have a fear of falling? Have you stopped activities that once brought you joy? Are you making excuses to family members and friends about staying at home? The first step towards a healthier attitude about falling is to understand one's own beliefs or biases. This community workshop will teach practical coping strategies to reduce the fear of falling. This workshop will be held for 8 weeks, every Wed. for 2 hours. This is an evidence-based program taught by Shannon Rackowski, certified instructor.

March 9 - April 27 | W | 1:00 – 3:00 pm | SPRD | \$10.00 ID, \$20 OD



STRETCH & FLEX

Are you feeling stiff in your joints? Have you lost your flexibility? How is your balance? This class will assist you in all of these areas and more. We use chairs, never go down on the floor, and we use different apparatus to help tone, condition, and strengthen your body. This 30 minute class is filled with great fun, music, and laughter so come join us! Instructor: Shannon Rackowski

T/TH | 10:00-10:30am | SPRD | \$40 ID \$45 OD or \$5 drop in

HULA SESSIONS

Follow-up practice from Hula Workshop #1. Eight sessions offered 2x per month, the 1st & 3rd Saturday of the month, from February 6th – May 21st, 2016

Feb 6 - May 21 | Sat | 8:45am - 9:45am | SPRD | \$80 ID, \$88 OD | \$12 Drop-In

HULA WORKSHOP

Learn the art, language, and spirit of Hawaiian Dancing. Shannon Mokuahi Rackowski, a native Hawaiian from Oahu, has been dancing since she was 5 years old. Shannon started a halau (school) in Newport Oregon 25 years ago, and now she wants to share her love of dancing here in Sisters. Bring a lunch for a 30 min break.

May 14 & Oct. 8 | Sat | 12:00 - 2:00 pm | SPRD | \$25 or \$30 drop-in



PICKLEBALL

Pickleball is sweeping the nation and Sisters! Join like-minded pickleball players that come from all over Sisters Country - Sage Meadow, Black Butte Ranch, Sunriver, & Eagle Crest- for these ongoing pickleball games that are held every Sunday. Regular play begins at 2:00 pm.

Sundays | February 6 - April 24 | 2:00 - 4:00pm |
SES Gym | \$6 Drop-In | \$40 for 10 Days |



PICKLEBALL INSTRUCTION

Have you been wanting to try out this fantastic sport that involves you in a sporting community that is active, low-key, and fun? Pickleball is the best way to get started! Instruction for beginners is available to get you introduced to the sport and the fantastic personalities involved with pickleball.

First Sunday of Month | Nov. 1 | 1:00 - 2:00 | SES Gym | \$3



WALK WITH EASE

This Arthritis Foundation Program is a self-management educational program. Walking is the central activity , but participants will benefit from stretching exercises, and motivational strategies. Classes will meet 3 days a week for 75 minutes. Join Shannon Rackowski, certified evidence-based instructor for this program on Healthy Aging.

April 4 - May 11 | M-T-W | 8:45 - 9:45 AM | SPRD
| \$10 ID, \$20 OD



INDOOR WALKING

SPRD is bringing back a community service free of charge for Winter Indoor Walking. In partnership with Sisters School District and Sisters Park & Recreation District, Sisters Middle School will once again open it's doors from 3:30 – 5:30 pm Monday – Friday from December 2015 – March 2016. Rules of participation do apply: No Alcohol or Tobacco. Food and Water allowed. No Running. Do not block open doors, and stay on designated walking areas. Maps available at SPRD or SMS.

Dec 1 - Mar 31 | 3:30 – 5:30 pm | M – F | SMS



ZUMBA FITNESS & TONING

Ages 13 and up

Join Patty for a fun-filled hour of total body workout using a spicy, upbeat mixture of Latin and International music such as the merengue, salsa, cumbia, and mambo as well as other styles including hip-hop and belly dancing. Zumba is a cardio class that combines easy to follow dance moves and fitness elements. Students will learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their targeted zones. You are guaranteed to have fun and burn calories! Just let loose and feel the music. No prior dance experience is necessary. Punch cards available. Additional classes to be added as needed.

T/TH | 8:30-9:30am | SPRD | \$6 drop-in



ZUMBA
fitness

ZUMBA GOLD

Ages 13 and up

Zumba Gold is a dance fitness workout designed for the beginner exerciser and the active older adult. This class is 60 minutes long and it is done at a much lower intensity than a regular Zumba class. The same zesty Latin music and dance steps like the Merengue, Salsa, Cha Cha, and Cumbia are used. It is just as fun as the regular Zumba class! The routines are easy to follow and you are guaranteed to have fun and get fit. Come try a class... You will get hooked!

M/W | 9:30-10:30am | SPRD | \$6 drop-in |

CONTRACTOR & VOLUNTEER OPPORTUNITIES

Use your time, talent, and ideas to make a difference at Sisters Park and Recreation District. As a contractor or volunteer you can share your knowledge and skills with our youths, adults, and seniors. We are looking for individuals who love to teach, share, and give to others. Programs like Zumba, Adult Ukulele, Health Talks, and Adult Martial Arts are all run by individuals passionate about their discipline. We also partner with companies like Aspen Lakes to run our golf programs. If you have a skill and passion you would like to teach at SPRD, stop by and we can talk about how to bring that to life.



ADULT UKULELE

Komo Mai, come join the fun and learn some fundamental skills to get you playing quickly. We'll focus on learning to read and play chords along with different strumming techniques and even a little fingerpicking. With just a few basic chords you can play along with others or accompany yourself on a multitude of songs. No musical experience is needed. If you don't have a ukulele, one can be provided. Taught by Peggy Tehan.

May 2016 | Days/Time TBA | SPRD | \$60 ID, \$70 OD

HEALTH TALKS

Join SPRD and some of our local doctors, physical therapists, health professionals, and fitness specialists in a 45 min. discussion with questions and answers on staying healthy and fit. These talks will be scheduled every 4 months with different professionals speaking about their specialty field. These talks are a free community service brought to you by SPRD. Talks are held at alternating locations of SPRD and Sisters Community Church.

Feb 9 | T | 11:15 – 12:00 pm | Sisters Community Church | Kim Hapke of Naturepathic Medicine Sisters

May 17 | T | 11:15 - 12 PM | Sisters Community Church | Dr. T. Olmen of Central Oregon Eye Care

Sept 13 | T | 11:15 - 12 PM | Sisters Community Church | Massage Therapy by Michelle

ASPEN LAKES GOLFING

Join Aspen Lakes Golf pros for a medley of programs aimed at community fun and improving your golf game! Get in contact with us, or check online, for more program details.

*Clubs provided if needed.

Get Golf Ready

May 17 - June 21 | T | 5:00 - 6:30pm | Aspen Lakes | \$49

Gateway to Golf

May 19 - June 23 | Th | 5:00 - 6:30pm | Aspen Lakes | \$49

Short Game School with AimPoint

May 20 & June 3 | F | 4:30 - 6:00pm | Aspen Lakes | \$150 for two sessions

Monday Night Ladies League

June 6 - August 8 | M | 5:00pm | Aspen Lakes | \$20/player plus reduced Green Fees of \$25 day

Community Fun League

June 8 - August 24 | W | 5:00pm | Aspen Lakes | \$20/player plus reduced Green Fees of \$25 day

Chip & Sip

June 30, July 28, & Aug. 25 | Th | 4:30pm | Aspen Lakes | \$30/couple includes cart |

Better Golf/Better Beer

June 13 & 27, July 11 & 25, & Aug. 15 | M | 5:30 - 6:15 | Aspen Lakes | \$20 per session & includes 1 beer |

PGA Junior Sports Academy

Aug 9 - 11 | T - Th | 9:00 - 12:00 | Aspen Lakes | \$75 for session



SAGE SENIOR ACTIVITIES, GATHERINGS, & EXPERIENCES

The Senior Activities, Gatherings, and Experiences program has been expanding rapidly at SPRD and many Sisters Seniors have been able to meet new friends, go on field trips, and have a location to meet up for games and gatherings. Shannon Rackowski, the Adult and Seniors Coordinator, has created a Senior scholarship fund to enable Seniors on fixed incomes to recreate in our community. Our SAGE group is a close community of friends and neighbors who are passionate about expanding their interests and making new friends. Come join the groups at any point or give us a call and we can help connect like-minded individuals.



SAGE Senior Activities, Gatherings & Experiences

We have group games such as Mexican Train Dominoes, Scrabble, Mahjong or start a Pinochle or Gin Rummy group. Come play Table Tennis, also known as Ping Pong, or create a series of new games for your group.

Women's Wednesdays 1:00-4:00pm @ SPRD

Men's Table Tennis Thursday 1:00 - 4:00pm @ SPRD



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS AND THE DIABETES SELF-MANAGEMENT PROGRAM

Both of these programs are a Stanford University program. They are designed to teach people techniques for dealing with fatigue & stress, create a healthy life, and how to evaluate new treatments when you have a chronic condition or diabetes. Each program is 6 weeks long and 2.5 hours of class. Both classes are open to all ages if you have chronic conditions or diabetes.

April 2016 | \$10 | Days/Time TBA | SPRD | Living A Healthy Life with Chronic Conditions
May 2016 | \$10 | Days/Time TBA | SPRD | The Diabetes Self-Management Program



SAGE EXCURSIONS

SPRD has arranged excursions for our SAGE Group (Senior Activities, Gathering & Experiences) year round. Space for these excursions are limited to 14, so get your reservations and payment in early. If you are interested please call or e-mail Shannon Rackowski, Adult Programs Coordinator at SPRD 541-549-2091 or shannon@sistersrecreation.com

Sun Mt. Fun Center | Bend | Feb. 18, 2016 | lunch at Center | \$30

Bendistillery | Tumalo | April 21, 2016 | lunch in Tumalo

Wizard Fall Fish Hatchery | Camp Sherman | June 16, 2016 | lunch at Kokanee Cafe

Casa Dea Cheese Factory | Prineville | Aug 18 | lunch picnic

Madras Aircraft Collection Museum | Oct 20 | lunch in Madras

Goodies Candy Tour & Atlas Cider Company | Dec 15 | lunch at Atlas Cider Co.



ADULT PROGRAM SPONSORS

Are you looking to help others in your community? SPRD is looking for those business, companies, individuals, and organizations that can help those in need. Many of our Sage (Senior Activities Gatherings and Experiences) Adults are on fixed incomes, and we at SPRD are reaching out to those that might be willing to enrich the quality of their lives by sponsoring excursions, gatherings, and any assistance with their needs. Contact Adult/Senior Coordinator Shannon Rackowski.

COMMUNITY DINNER BINGO

Join SPRD and the Sisters High School Athletic program for Community Dinner and Bingo! This is a fantastic partnership that provides a low-priced meal for the Sisters community and doubles as a fundraiser for high school athletics. There will be a silent auction, bingo, food provided by Three Creeks Brewing, and a fun crowd so bring all your friends.

April 25 | 5:30 | SHS | \$2 |



SISTERS ANNUAL LACROSSE INVITATIONAL



Sisters Outlaws Lacrosse and SPRD play host to one of the largest and most competitive tournaments in the Pacific Northwest. The Sisters Annual Lacrosse Invitational (SALI) is a fundraiser for the Outlaws Lacrosse program. The Sisters community benefits greatly from this tournament with over 70 teams attending. This equates to over 3000 people traveling to Sisters for the weekend. Hotels, vacation rentals, area resorts like Black Butte Ranch and Aspen Lakes, restaurants, and grocery stores all have an uptick in business for the weekend. There are nine fields in use to run the tournament from 8:00 AM - 6:00 PM with

each team playing four games for the weekend. This year new divisions were created to accomodate both recreational and select teams to enhance the experience for all. Volunteers are always needed for this event and work credits are available for some positions too. The tournament is held at the middle school and high school on May 7-8. Stop by to catch the action! Food from vendors along with T-Shirts will be available for purchase. Come out and take part in the palpable excitement this event creates!





CREST THE CASCADES



Crest the Cascades, formerly The Ride for Two Rivers, is a spectacular bike ride that takes place along the Old McKenzie Highway, Highway 242. Riders embark on a ride from the SPRD campus and continue up the pass beyond the Dee Wright Observatory and wind down toward the west gate. This ride happens while the road is still closed so there are no vehicles on the road, just open highway. Food and drinks are provided at the aid stations. Live music, courtesy of the Anvil Blasters a country western themed band, and hot food provided by The Taco Stand will be available at the end of the ride from 3:00 - 5:00. Enjoy this ride with family and friends in an unforgettable setting.

Saturday, June 18 | 8:00 AM | SPRD |
\$30 if registered by March 1 |
\$35 if registered by May 15 |
\$40 if registered after May 15 |



THE ANVIL BLASTERS



TACO STAND

Bend, Oregon



BIKE PUMP TRACK

Working in cooperation with Blazin' Saddles, Central Oregon Trail Alliance, and Joel Palanuk of Noble 911, Sisters Park and Recreation created the Bike Park 242 Project. In fall 2015, Phase 1 of the project was completed with the creation of a pump track. The focus of the Bike Park project is to provide technical bike features to the community to practice their riding skills. As the project gains momentum, more features such as balancing apparatus, jumps, and ramps will be added. The pump track is meant to be ridden continuously for as many laps as possible without pedaling. Come try it out! Open: Sunrise to sunset. Follow the project at: facebook.com/bikepark242



HYZER PINES DISC GOLF

H yzer Pines Disc Golf Course is a volunteer committee run at SPRD that maintains an 18 hole disc golf course in the surrounding acreage of SPRD. The course is open from Sunrise to Sunset and course maps are available in the SPRD office. All maintenance is provided by the Disc Golf Club who hold annual disc golf tournaments to raise money for the course. Come play this exceptional course that weaves through the pine trees.





SKATE PARK

As envisioned by the Sisters Skate Park Founders Preston Ferris, Scott Everson, Timothy Wonderly, Davidson Small, and Daniel O'Neal, "our desire was to build a skate park, which would help to create a better community. We wanted to create a place with a sense of security and ownership, where people of all ages throughout our community can gather and enjoy the popular sport of skateboarding." The skate park went through several phases of development and is now thought of as a premiere skate park in Central Oregon, and a destination of traveling clubs. Oftentimes kids can be seen out riding with their parents or older, experienced riders helping develop the youth with their skills.



SOFTBALL/BASEBALL FIELDS

Baseball and softball fields are also part of the Sisters Park and Recreation District and they are used in the spring months by the Sisters Little League. These fields are located to the North of the SPRD building. These fields are used for more than baseball and softball throughout the year, they are also used for hosting campers for our Great Northwest running camp. The fields are open to anyone looking to walk pets or have a pick-up ball game. Feel free to use our fields!





VOLUNTEERS

Volunteers are integral to our programs here at SPRD. Oftentimes our volunteers do not get enough recognition for the service they provide our community. Below you will find a list of coaches, advisors, and helpers at our events. We truly appreciate all the time these people put into making programs successful. While we list our volunteers seasonally, it is important to remember we work with many volunteers throughout the year to ensure the programs they are involved in are getting better each year. Thank you to these volunteers for your dedication to provide recreation in Sisters!

Michael Alayon
Terry Anderson
Craig Ansell
Amy Barry
John Barry
Karissa Bilderback
Brian Cash
Tim Craig
Kelly Davis-Martin
Roy Dean
Baxter Ekern
Kyle Fischer
Logan Gill
Mark Greaney
Keegan Greaney
Doug Green
Jason Huber
Eric Huffman
Tristan Kaczmarek
Lee Kissinger
Winter Lewis
Tricia Louvar
Hunter Lucas
Dylan Mackenzie
Todd Moen
Barclay Moon

Rachelle Myhre
Jason Myhre
Justin Nicklous
Paul Patton
Julie Patton
Katie Polacheck
Don Pollard
Erik Pronold
Chuck Quandt
Joseph Rackowski
Ruth Rincon
Melissa Robertson
Randy Robinson
Midge Rose
Guy Selig
Jeff Smith
Brad Tisdel
Mikaela Trott-Rickards
Jamie Vohs
Alan Von Stein
Scott Waddell
Eric Wentzel
Rob Weston
Jay Wilkins
McKibben Womack





SPONSORS & DONORS

Alpine Internet
Andrew and Kimberly Gorayeb
Apple Matching Grants
Aspen Lakes
Autzen Foundation
Avon
Barrio Restaurant
Bare Essential
Belknap Hot Springs
Best Western Ponderosa
Bigfoot Beverages
Bill and Wendy Birnbaum
Black Butte Ranch
BMC Earthwood Homes
Bob and Yvette Chandler
Brad Bulloch
C & K Market (Ray's Food Place)
Cal and Marsha Allen
Capstone Wealth Management Group
Cardio Rehab
Cascade Biosciences Consultants, Inc.
Central Electric Cooperative
Chris and Erin Borla
Chris Mayes
City of Sisters
Clear Water Gallery
Cow Creek Umpqua Indian Foundation
Craig and Renee May
Dave and Lynda Sullivan
Deschutes Children's Foundation
Deschutes County
Dick and Bea Hess
Dick's Sporting Goods
Don and Shannon Pollard
Dr. Bonnie Malone
Dr. Greg Everson
Duncan and Cynthia Campbell
Dyer Construction
Eagle Crest
Edward Jones
Essentials Spa
Five Pine Lodge
Ford Family Foundation
Garden of Eden
Gary and Eileen Wehrle Fund
Gary and Lucy Grittman
Gary and Trudy Berne
Clear Water Gallery
The Gallery
Grace Nail Salon
Gretchen Stroup
Guy Selig

Hard Tails
High Country Disposal
Hoodoo
Hop N Brew
Jack and Jan McGowan
James Naibert and Jill Miller
Jeff and Elina Campbell
Jeff and Winnie Omodt
John and Jeanne Wall
John and Michelle Sanders
John and Peggy Tehan
Jubitz Family Foundation
Kara Calmettes
Kathie and Dick Helser
Ken Serkownek
Kids in the Game
Kiwanis Club of Sisters
Kris Calvin & May Fan
Lake Creek Lodge
Les and Lori Cooper
Liquid Stone Design
Los Agaves
Majorie Turner
Marie Fuchs
Marti Dale
Mitch Deaderick
Martolli's Pizza
Mary Ellen Kollodge
Meredith McKittrick
Metamorphosis Salon & Spa
Michael Depp and Rose
Mickey and Bill Duehren
Mike and Jan Morgan
National Forest Foundation
Nugget News
Olive and Nut Company
Oregon Community Foundation
Oregon Park and Recreation
Department
Outlaw Martial Arts
Pony Express
Price Charitable Foundation
Ray's Foodplace
Richard and Darlene Kelm
Richard and Susan Kellogg
Rio Restaurant
Rita MacDonald
Robert and Mary Anne Woodell
Robert and Valerie Collins
Robinson & Owen Heavy
Construction, Inc.
Ronald and Nancy Mohler
Roundhouse Foundation
Ruth Peterson
Ruthie Douglas
Saint Edward the Martyr
Catholic Church
Shibui Spa
Sisters Athletic Club
Sisters Coffee Company
Sisters Folk Festival
Sisters Log Furniture
Sisters Motor Lodge
Sisters Outdoor Quilt Show
Sisters Rental
Sisters Rodeo Association
Sisters Science Club
Snow Cap Mini Storage
Step & Spine
Steven and Patti Janego
Stitchin' Post
Tate and Aimee Metcalf
Terri LeDoux
The Episcopal Church of the
Transfiguration
The Gallery Restaurant
The Paper Place
Three Creeks Brewery
Timothy and Lori Larson
Takoda's
Tom and Becky Coffield
Tom and Linda Hespe
Tom and Lois Worcester
Tom Rheuben Dentistry
Tony Hawk Foundation
Tracy Stout
Trailer World
Trust Management Services,
LLC
The Braemer Trust
Wildwood Ranch
William and Nancy Miller
Xpress Printing
Your Store
Yo Bean

SCHOLARSHIP INFORMATION

It is the goal of the District to make activities available to all youth no matter what their ability to pay. We understand that some families may not be able to afford the full cost of a program. Therefore, we offer scholarships to families who qualify for assistance. Qualification for scholarships is based on the USDA free and reduced lunch policies. Families are required to fill out our application and upon approval we will contact you to let you know about your scholarship award.

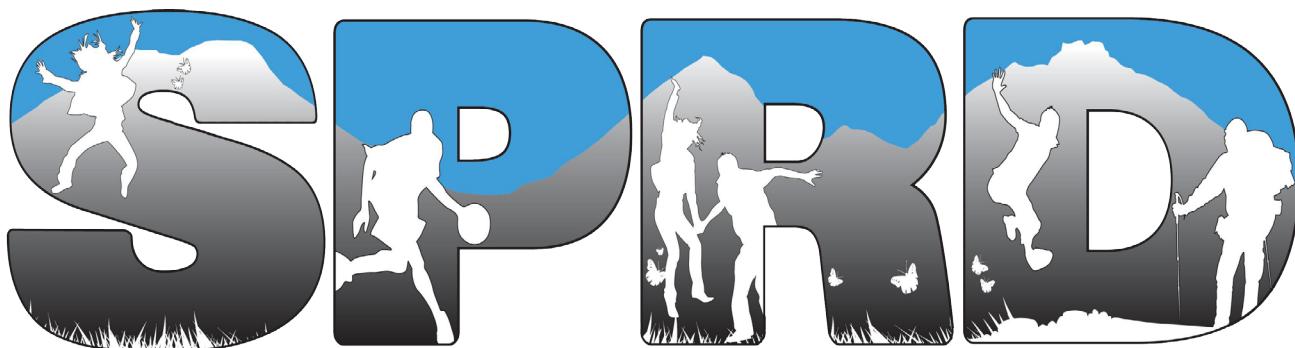
The Board of Directors of Sisters Park & Recreation District has adopted the following policies on scholarship awards:

Applicants shall provide a proof of income which establishes them qualified for free and reduced lunch according to the USDA lunch program.

1. A limit of 50% of total cost of program will be awarded unless special circumstances apply.
2. A limit of 2 scholarships per family per season will be established.
3. A limit of \$500 per household per year unless special circumstances apply, or if the child is registered into an ongoing program such as pre-school, which the District may choose to scholarship for the entire school year.
4. No adult scholarships are available by the District at this time.

We understand that sometimes there are extenuating circumstances and our policies may not meet the needs of your family, we therefore can in some cases make decisions that are outside of our normal policy to accommodate your family's need. These requests are handled on a case by case basis and decided by the Executive Director of the District.

The deadline is 2 weeks prior to any given programs start date. Expect a response from us by 1 week prior to program starting. Applications received after this deadline will be considered based upon space availability.





OUT OF DISTRICT FEE POLICY

PROGRAM REGISTRATION INFORMATION

Please register for programs early to avoid programs from being cancelled due to lack of participation. All SPRD programs require a minimum number of participants in order to run a program. Payment is due at the time of registration. There are four ways to register:

Online Registration: Set up a family account by going to sistersrecreation.com and you'll be ready to register at any time.

By Phone: call us at 541-549-2091 to register using your credit card. Payment is due at the time of registration.

Fax: you may fax registration forms to 541-549-0997. Include your credit card information. Please call us to confirm that we have received your fax.

In Person:

The Coffield Community Center
Mailing Address: P.O. Box 2215
1750 W. McKinney Butte Road
Sisters, Oregon 97759
Office Hours: M-F 9:00am-5:00pm

Residents who live outside of the SPRD boundaries are encouraged to participate in all programs. Since out of district residents do not pay property taxes to support the SPRD, they will be charged an additional fee:

- One Day Program = \$5 Out of District Fee
- Two Or More Days = \$10 Out of District Fee

If you need help determining if you live outside of the District please call us at 541-549-2091

CREDITS AND REFUNDS

If your plans change and you cannot attend a program, please notify us as soon as possible. Refunds and credits are readily granted for:

- Programs that we cancel for lack of registration.
- 100% refund is given if you notify us 5 business days in advance / working days
- 50% refund is given if you notify us 3-4 business days in advance / working days
- No credits or refunds will be issued when we are notified 2 business days or less from the start of the program.
- Program fees are not refunded or pro-rated for participants who miss portions of programs.





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