

Highlights:

Tennis Rocks!

Flag Football
debuts!

Fall Cheerlead-
ing Continues
Winning
Streak!

New Score-
board at Bay
Head Park!

Cougar Chronicle

Track and Field — a Summer Sensation!

The Rec Council would like to thank Ciaran Lesikar for providing us with our newest sport, track and field. Ciaran approached the Council with the idea of starting this program in February 2009. Thanks to Ciaran's experience as a high school track coach he was able to pull the program together in time to offer the inaugural season this summer. Track and Field ran for 6 weeks with 4 Friday night meets. Many thanks to the wonderful parent volunteers who helped to get this program off on the right foot.



Tennis—A Smashing Success!

The Cape Tennis program returned for its fifth year with a record number of participants and volunteer instructors. Overall there were 100 players spread across six age groups meeting two evenings a week at the Broadneck High School tennis courts. There were six instructional groups: Becker's U8s, Nadal's U9s, Safina's U10s, Kournikova's U11s, Sharapova's U12s, and Federer's U16s.

A special thanks to all the parents who helped out as head instructors and assistants...this program would not be possible without your support! Check out the Cape Tennis website at www.capesports.com to see some pictures of this year's summer program. We hope to see you out on the tennis courts next summer!



Flag Football debuts for ages 4-6

Flag football was added to the Cape football program this fall. This provided children with a wonderful introduction to football at an early age. Games were played against Severna Park flag football teams. The season started in August and ended just before Halloween. Games were played on Thursday and Friday nights.



Wade Schalles Wrestling Clinic

A free wrestling clinic was held at Broadneck High on Saturday, September 26. The clinic was run by Wade Schalles.

Wade Schalles Director, EagleHawk Academy

During his competitive days, Sports Illustrated said Mr. Schalles was “the most exciting wrestler to ever walk onto a wrestling mat.” Amateur Wrestling News selected him as the best middleweight of the 20th century. Dan Gable called him, “the greatest pinner he’s ever seen!” He’s in the Guinness Book of World Records for having the most wins and pins of anyone who has ever wrestled. He has won 15 national championships in five different combative disciplines... Judo, Sombo, Freestyle, Folkstyle and Greco-Roman wrestling.



Additionally, Mr. Schalles was the very first Pennsylvanian to ever be inducted into the National Wrestling Hall of Fame; was selected during his years in the sport as the country’s “Athlete of the Year;” was named “National Coach of the Year;” and also voted “World’s Greatest Wrestler” by coaches from around the globe for pinning all of his opponents at the World Championships. During his collegiate days at Clarion University, Mr. Schalles won 4 NCAA Championships and is the only Division I wrestler to pin over 100 opponents, an NCAA record.

Mr. Schalles has authored two bestselling books on the sport and his video tape series on wrestling is the best selling instructional tapes on the market today. In 2002 he was named Man of the Year by the Amateur Athletic Union; in 2003 named Sportswriter of the Year by the National Wrestling Media Association and during the 1990’s was one of the highest rated wrestling officials in America. In 2005 he was named to the NCAA’s 75th Anniversary Team, a distinction that only fourteen other collegiate wrestlers share with him. Currently Mr. Schalles is the country’s most popular and only syndicated columnist in the sport.

For the last six years he has coached at Oviedo high school in Orlando, Florida. During those years his teams won four state championships and finished third twice. During his career he has personally coached or his creative technique has touched the lives of hundreds of State, National, World and Olympic Champions

Fall Cheerleading Reigns Supreme

The fall cheerleaders have picked up right where they left off last year—on a winning streak. With 110 participants forming four teams, a U14, U12, U10, and U6, cheerleading is making some noise. Along with cheering on the sidelines for all the home Cougar football games, the girls have gone to three competitions this season.

October 4th Radical Rec—Coastal Competition

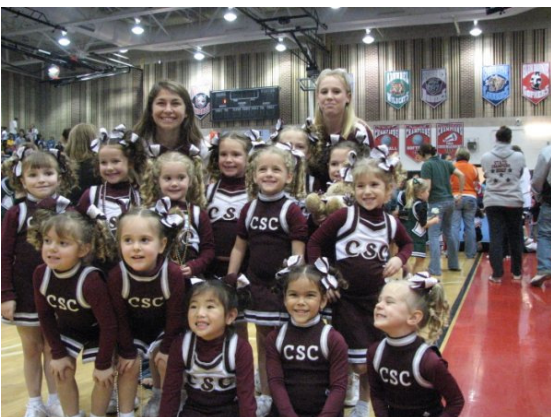
**6U—1st Place
10U—1st Place
12 U—2nd Place
14U—1st Place**

October 25th Halloween Grand Championship Spirit Unlimited

**6U—1st Place
10U—1st Place
12 U—2nd Place, Best Stunts
14U—1st Place**

November 1st AAYCA County Championship

**6U—1st Place, Division Grand Champion, Session Grand Champion, Best Choreography
10U—4th Place
12 U—1st Place
14U—1st Place, Division Grand Champion, Session Grand Champion**



Thanks to our Sponsors!

The Cape Recreation Council would like to thank S&S Auto Performance, R.E. Robertson Plumbing, and former Governor Bob Ehrlich for their generous contributions to the scoreboard fund. A new scoreboard was installed at Bay Head Park in August and made its debut during the fall football season.

