

# Sports News & Notes

## Prospect/Beacon Falls Swim Club to Organize

Always do your best, no matter what comes your way. Prospect/Beacon Falls (PBF) Swim Club, to be called the Seahawks, teaches young people all aspects of competitive swimming and how to become strong individuals in and away from the pool. We will emphasize a healthy lifestyle, self-discipline and the spirit of sportsmanship in all our swimmers. Our competitive swim program is open to the novice through the advanced. We will also promote and maintain the best staff and volunteer support, so that each athlete may achieve their highest potential and may grow in character, physical development and skill.

Lynne Mohlenbrok is the founder and will be the head coach for the team. She has been trying for three years to get a swim team for the towns of Prospect and Beacon Falls. She has been coaching for over six years for other teams, including Cheshire Water Devils, Hamden North Haven Swim Team and, most recently, the Watertown Park and Recreation Swim Team. She has also been a swim instructor for 25 years and currently works with the Prospect Board of Recreation giving swimming lessons.

Lynne is also a Physical Education teacher and currently works for Region 16 at Algonquin School in Prospect. She was a competitive swimmer for ten years and swam for Southern Connecticut State University where she also received her BS degree. She holds many certifications including Safety Training for swim coaches, Water Safety Instructor, Lifeguarding, First Aid and Safety, CPR, ASCA Level 1 Coach Certification and Personal Training Certification. Swimmers will not only learn their traditional strokes, turns and starts, but they will learn the importance of stretching, nutrition and dry land workouts.

Prospect/Beacon Falls Swim Club will be a USA Swim Team. Information on USA (USS) organization can be found at [www.usaswimming.org](http://www.usaswimming.org) The Seahawks will be swimming USA swim meets and swim against other teams that are USA swim teams. Our fall/winter season will be short course (yards) run from Mid-September to the end of February. Our spring/summer season will be long course (meters) and will run from mid-April to the end of July.

Lynne intends on having two groups of swimmers; a competitive group that would swim in meets and a non-competitive that would be made up of novice or first-time swimmers, who would not swim in meets. The team would consist of children ages five and up, and they have to be able to swim at least one lap (25 yards) of crawl stroke and one lap of back stroke on their own.

The home pool for all practices will be at Woodland Regional High School, 135 Back Rimmon Road in Beacon Falls. The team hopes to have tryouts the second or third week of September. Anyone who cannot make tryouts or registration, or for anyone wishing more information, should contact Lynne Mohlenbrok at (203) 605-0705 or email [PBFSeahawks@aol.com](mailto:PBFSeahawks@aol.com)

## Knights of Columbus to Sponsor Annual Soccer Challenge

The Knights of Columbus Rev. James F. O'Dea Council will sponsor a Soccer Penalty Shot Contest for boys and girls between the ages of 10 and 14. The contest will be held at the St. Anthony Church field on the day of the church picnic, Sunday, September 17. In case of inclement weather, the date will be September 24.

This soccer shot contest is the first round local contest. The winners of this round will qualify for the district council contest. The highest scores are the winners. Youngsters must be ten-years-old by September 1. Sign-up sheets and rules will be posted. For more information and/or questions, please call George at 560-0158.

## Prospect Women's Volleyball

The Prospect Board of Recreation is once again sponsoring Prospect Women's Volleyball for women 18 years of age and older. If you would like to engage in some exercise, friendly competition and lots of laughs, please consider joining in. All levels of players are welcome and if you don't know the

## Prospect Girls Softball News by Glenn Decarolis, President

The 2007 travel season has been one of the most successful seasons for Prospect Softball. Each of our teams achieved levels of success that continue to make people ask about Prospect Softball. Like when our 12U team brought home second place trophies from a tournament in Rhode Island, or when our 14U team made it to the semi-finals of a tournament that had very high caliber teams from all over New England and everyone at these tournaments was asking the same question ... So, just WHERE IS Prospect again?

Now, another year of Summer Travel has completed, Prospect Softball has continued to grow and our teams continued to improve from prior years. With that kind of accomplishment, we have to be careful not to get complacent. Our focus now turns to forming the next teams that will continue the fine traditions of Prospect Softball and bring our program to the point that even more people are asking questions about us.

To that end, try-outs for the 2007 Prospect Panthers will be held on three consecutive Saturday's in September at Caplan Park using the following schedule: 10U team - September 9 and 16 from 10 a.m. to 12 noon; 12U team - September 9 and 23 from 12 noon to 2 p.m.; 14U team - September 16 and 23 from 2 to 4 p.m.; and 16U team - September 9 from 2 to 4 p.m. and September 16 from 12 noon to 2 p.m.

And, since one of the goals of Prospect Softball is to have a place to play for any girls who are interested, if there is enough interest by girls eligible for an 18U team, we will consider putting a team together. Any girls interested in playing 18U ball should contact me as soon as possible at 592-7856.

Please check the Prospect Softball Website at [www.eteamz.com/prospectsb](http://www.eteamz.com/prospectsb) for more information on the try-outs and any schedule changes.

Finally this month, we at Prospect Softball can (and do) thank a lot of people for the success of our travel teams. Without the parents, coaches and other volunteers, this program could



Prospect Girls Softball 12U team with their second place trophies they won at a tournament in Rhode Island.

not continue. If I could, I would single out each and every one of you and thank you for your contributions to Prospect Softball; space does not allow me to do this. However, there is one person that I would like to single out at this time.

For the last several years, our travel program has gotten much of its leadership from a man who has not had a girl in the program for quite a few years. This man had no vested interest in the program, yet he continued to be deeply involved in each of the travel teams and generously shared his knowledge so that our travel program could continue to grow and improve. All of our current coaches will tell you that without his help and guidance, they would not be the coaches that they are today and our girls would not have acquired the skills that they currently have. This man is Dave Welch.

For the last three years, Dave has been the head coach of our 14U team and the guiding force of all the Prospect Panthers Travel teams. With the end of this travel season, Dave has decided that it is time for him to step aside and let someone new coach the 14U team. Fortunately for us, Dave will continue to help train our girls during the winter and our coaches will still have access to his knowledge.

Personally, I would like to publicly thank Dave for his commitment and dedication to Prospect Softball over the years. While we will miss his experience on the field during the summer, I am comforted by the fact that our coaches have had the opportunity to learn from him and work along side him. Because Dave feels that our coaches are ready to proceed without him on the field, I know that our program is in good hands because of the work that he has done and the foundation that he has put in place. Hopefully, we can continue to bring our travel program to higher levels of excellence. Thank you, Dave.

The next regularly scheduled meeting of the Prospect Softball Association Board of Directors will be Tuesday, September 19 at 7 p.m. at the Prospect Firehouse. At this meeting, we will be electing officers and will be looking to add new board members as veteran members move on to other activities. If you have a daughter that is playing or will be playing softball in 2007, please come to a board meeting and see what is involved with making softball happen in Prospect. The public is always welcomed and we look forward to your participation.

## Prospect Soccer News

It is time to kick off another soccer season. Our recreational soccer will begin on September 9. Anyone who has not received a call from a coach by September 1 is asked to contact the league via email at [info@prospectsoccer.com](mailto:info@prospectsoccer.com). If you are a new coach or a returning coach and need to replenish your equipment supply, you should send your request to Claire at the same email address. Soccer action never stops in Prospect.

Over the summer, Coach Tony held open practices one night a week and was assisted by some great high school players. The following athletes are to be applauded for volunteering their

time and talents to our kids over the summer. Thanks go to Jonathan Santos, Nicholas Moutinho, Cecelia Dias, Christina Dias, John Merriman and Jeff Nedderman. We also hosted Challenger Soccer Camp during last month. We would like to extend a big thank you to the Priebe family for opening their home and hearts to provide shelter for the coaches from England and Argentina.

Notice of the next monthly meeting of Prospect Soccer will be emailed to the coaches. Anyone wishing to be included on the informational email listing should send their email address to [info@prospectsoccer.com](mailto:info@prospectsoccer.com)