

## YOUTH & TEEN SPORTS

### SKATE BOARDING WORKSHOPS

Come out and learn the basic to advanced skateboarding techniques. All participants must pre-register and wear full gear in order to participate. Returning students should contact Mario Guerrero Jr. at 875-8095 each Friday by 4pm to confirm their attendance for the following day. Registration packets are available at the Anderson Recreation Center and must be completed by a parent or guardian before participating in the program. Boards and gear are required to participate. Some safety equipment will be available for use on a first come first serve basis each Saturday.

#### Saturdays (on-going)

Ages: 7 and up  
 Time: 9:00 AM-12:00 PM  
 Location: Skatepark



### SKATE PARK COMPETITION

Come join the fun at the Annual Spring Skate Board competition co-sponsored by Surf Connection. Open to skaters 7 years old and older who would like to test their skills and talents against other local skaters. Prizes will be awarded in each category and age group. Don't miss this great opportunity to show off your stuff! All participants must comply with Skate Park rules and regulations and wear all necessary safety equipment.

#### Sunday

Session: May 23  
 Time: 10:00 AM-2:00 PM  
 Fee: \$8.00 per event category  
 Register by: May 19

### 29TH ANNUAL GIRLS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Parks and Recreation Department will be hosting it's 29th Annual Girls Invitational Tournament March 19-21, 2010. The tournament will offer a Recreation & Open Divisions for girls 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support.

#### Friday (if needed), Saturday, Sunday

Divisions: Recreation & Open  
 (3rd & 4th, 5th & 6th, 7th & 8th Grades)

Session: Mar 19-21  
 Location: CHS, LHS, LVMS,  
 Trinity Church

Fees: \$225.00 by Feb 12  
 \$250.00 after Feb 12

Deadline: March 12



### 1ST ANNUAL BOYS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Parks and Recreation Department will be hosting it's 1st Annual Boys Invitational Tournament March 26-28, 2010. The tournament will offer a Recreation & Open Divisions for boys 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support.

#### Friday (if needed), Saturday, Sunday

Divisions: Recreation & Open  
 (3rd & 4th, 5th & 6th, 7th & 8th Grades)

Session: Mar 26-28  
 Location: CHS, LHS, LVMS,  
 Trinity Church

Fees: \$225.00 by Feb 19  
 \$250.00 after Feb 19

Deadline: March 19



## MARK YOUR CALENDAR!

FOR UPCOMING YOUTH SPORTS  
 FOR SUMMER 2010

- Little Stars Basketball
- Little Kickers Soccer
- Spudball
- Volleyball
- Soccer
- Golf
- Tennis
- Wrestling
- Softball
- Beattie Park 5k/10k Run

### TENNIS LESSONS - 8 AND UP

Come out, have some fun, get some great exercise, and learn a lifetime activity - - the wonderful game of Tennis! Our Tennis Instructor, Dennis Laws, has been playing and teaching Tennis for over 30 years. This is his 10th year teaching for the Lompoc Parks and Recreation Department. Dennis is an enthusiastic and motivating instructor, with outstanding credentials and experience. He is a Life Member of the United States Tennis Association (USTA), a United States National Tennis Academy (USNTA) Certified Tennis Teaching Professional and a United States Professional Tennis Association (USPTA) Developmental Coach. Instruction is tailored to each student's experience, knowledge, and playing ability. His 8 – lesson monthly class, the “Basics of Tennis”, covers Conditioning and Stretching, Grips, Stroke Mechanics, Tennis Terminology and History, Scoring, Strategy and Tennis Etiquette. Students bring their own Tennis Racket and the instructor provides the Tennis Balls.

#### Tuesdays & Thursdays

Ages: 8 and up  
 Session: Feb 2-25  
 Mar 2-25  
 Apr 6-29  
 Time: 6:00 PM – 7:00 PM  
 Location: Ryon Park, Tennis Courts  
 Instructor: Dennis Laws  
 Fees: \$50.00 (R)/\$60.00 (N)

## LOMPOC KIWANIS TRACK AND FIELD MEET

Come out and be a part of the Central Coasts premier track meets. Open to Boys and Girls 3rd thru 8th grade. Awards given to top 6 places. Events include: Sprints and distance runs, field events.

### Sunday

Divisions: 3rd & 4th, 5th & 6th,  
7th & 8th Grades  
Session: 001 Apr 25  
Check In: 8:00 AM-8:45 AM  
Time: 9:00 AM-5:00 PM  
Location: Lompoc High School, Track  
Fees: \$10.00 per athlete  
\$100.00 per club or school  
team (25 athletes max per  
\$100)

Register by: Apr 16



## SPRING YOUTH FLAG FOOTBALL LEAGUE

This league emphasizes learning rather than competition. Boys and Girls are taught the basic fundamentals of Football. Each child receives a T-shirt and an award at the end of the season. Practice and games will be held during the week and on Saturdays. All registrations will be taken at the Anderson Recreation Center.

Ages: 3rd – 8th grade

*\*Volunteer Meeting on Wednesday, January 6th at 6:00 PM at ARC. This meeting is to be involved with the creation of the NEW Flag Football League. We will discuss age participation, Coed vs Boys & Girls, practice, game days, League start time, etc.*

## GOLF INSTRUCTION - JUNIORS

4 Weeks of Golf instruction, every week will cover a different aspect of the game of Golf. Instruction will cover putting, short game, full swing and sand play by Ken Zimet the Director of Instruction for La Purisima Golf Course. Please contact Ken for a day of golf after the 4 week session is completed.

### Thursday

Ages: 7 - 16  
Session/Dates: Jan 7  
Feb 4  
Mar 4  
Apr 1

Time: 5:00 PM-6:00 PM  
Thursdays  
11:00 AM-12:00 PM  
Saturdays  
Location: La Purisima Golf Course  
Instructor: Ken Zimet  
Fees: \$60.00(R)/\$72.00(N)

### Saturday

Session/Dates: Jan 9  
Feb 6  
Mar 6  
Apr 3

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or call us at 875.8755 for more information?**

Is LompocNet available in all areas of Lompoc?

If you are within our coverage area, you may be able to connect to LompocNet's wireless network with a Wi-Fi enabled laptop. However, in many cases, distance from our access points and interference from walls and other devices can affect your ability to connect inside. We therefore strongly recommend that you use an indoor Customer Premise Equipment (CPE) with built-in wireless router, often referred to as a "bridge" if you plan to use LompocNet inside your home or office. LompocNet service provides a city-owned bridge with the Family Plan. On rare instances and depending on the signal strength inside your home, an outdoor device may be needed.

Numerous access points are placed throughout the city, to give you the freedom to move around town and connect to the network wherever a signal is available. In addition to laptop computers, many hand-held portable devices are now available with Wi-Fi capability.

Coverage is not available in Mesa Oaks, Vandenberg Village, Mission Hills, and Vandenberg AFB, which are outside Lompoc city limits.