



# CLUB NEWS



The *Positive Place For Kids*

JULY 2007

*El Lugar Ideal Para Crecer*

## GT Torch Club is 'Triple Playing!'



The Georgetown "Soaring Eagle" Torch Club is getting experience facilitating a national Boys & Girls Club program. For six weeks during the summer, the group, along with help from Ms. Twala, is helping to teach the Triple Play curriculum for club members 7-12. Each session is broken into three activities. The first activity involves sharing information about nutrition and healthy eating habits, the second is a physical activity, and the third involves a healthy

snack that the Torch Club kids prepare for the participants. Topics covered so far included learning about the food pyramid, everyday exercises, and correct portions sizes. The program will conclude with a week long exercise-fest of "Triple Play Challenges" that the Torch Club will help to facilitate. Activities will include jump rope challenges, basketball skills, pass/punt/kick chal-



lenge, softball throw challenge and various relays.

## Clements Teen Center Educates Youth on Juneteenth

Boys & Girls Club of Central Texas, Clements Teen Center held a Juneteenth Education Program on Tuesday, June 19. Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. The members were educated

on the history of Juneteenth and its importance. Following the history update the teens participated in a question & answer session. The day was filled with fun activities such as, a three legged race, balloon toss & race, beach ball volleyball, cake walk, bob-

cat, pool, and listening & dancing to music. After all the activities were over the teens enjoyed the opportunity to eat cake and win door prizes by demonstrating the knowledge they gained earlier in the day on the history of Juneteenth.

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### Upcoming Events:

July 3  
BGC of Gatesville visits  
Cameron Park Zoo

July 8-11 & 12-15  
2007 Summer Music Camp  
for Teens in Kerrville

July 14  
Region 5 TAAF Swim Meet  
at Natatorium

July 16-20  
CTC for KIDS in Gatesville

July 18  
Copperas Cove host day  
for FUN for Western Club

July 24  
BGC of Gatesville has pic-  
nic & games at Faunt Le  
Roy Park

July 30—August 4  
Camp Hoblitzelle

Youth of the Month  
Bigham Unit  
**Frank W.**

Clements Teen Center  
**Charlyne J.**

Stonehaven Unit  
**Jadon D.**

Trimmier Unit  
**Paul W.**

*Quote of  
the Month*

Nobody will  
believe in you  
unless you believe  
in yourself.

—Liberace  
(1919-1987)

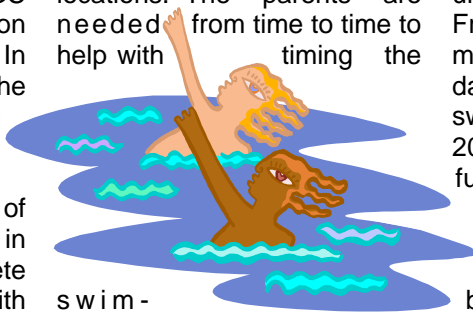
# Summer Swim Team going strong at CBGC in Killeen, TX

Some of Chemar Jones's best memories as a child come from being in her native country of Venezuela competing with her classmates at various swimming competitions. Currently she enjoys the atmosphere of the CBGC Natatorium and the children on the Barracuda swim team. In the second season of the CBGC Barracudas swim team, they are off to a flying start.

The Barracudas consist of around 60 children ranging in ages from 7-14 and compete in an eight-week schedule with other local teams. Last season, the Barracudas consisted of 27 children and produced 5 state qualifiers competing at the T.A.A.F. Games of Texas in Cedar Park, Texas in a three day competition with over 1,000 swimmers.

Jones coaches the Barracudas with the help of her husband, Charles Jones, in the

day to day operations of the team training and drills. Parents are also assisting in the Barracudas swim team's daily regiment and swim meets, whether hosting a meet or visiting the other teams at their locations. The parents are needed from time to time to help with timing the



swimmers and staging the swimmers into the correct areas. The CBGC Natatorium Lifeguard staff are also a big part of the team's success. The first few weeks of the season, they assisted in group exercises and help assess deficiencies in each swimmer's technique. The team competes against clubs from

around Central Texas including the Hubbard Wet Cats and the Waco Wave.

Our swimmers and their parents are dedicated to each other and the team. The swimmers practice from 9:00 a.m. until 11:00 a.m. Monday thru Friday, with the goal of swimming a little better than yesterday. The children work hard swimming between 1500 – 2000 meters a day, and have fun in the process.

"We have 50 families on the team and their kids are our kids. The kids want to be competitive in our meets but at the same time the reason most of them are involved is to have fun" Chemar Jones. With that being said, our kids are at the meets to WIN, and winning is what the Barracudas do. Each and every child swims their hearts out, 25 meters at a time. All of them WIN every time they reach the wall at the end of the pool.



## Strawberry Chiffon Pie

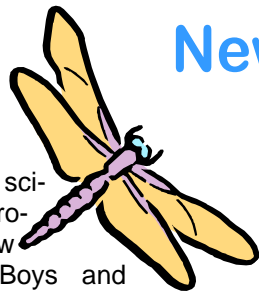
### Ingredients:

1 package (.3 oz) sugar free strawberry jello  
 $\frac{3}{4}$  c. boiling water  
 $1\frac{1}{4}$  c. cold water  
 1 c. frozen fat free, whipped topping (thawed)  
 $2\frac{1}{4}$  c. sliced fresh strawberries  
 1 reduced fat graham cracker crust, 6 oz. size

### Directions:

In a large bowl, dissolve jello in boiling water. Stir in cold water. Refrigerate until thickened (I did 30 minutes, it made need more). Fold in whipped topping and strawberries. Pour into the crust. Refrigerate for 3 hours or until set.

Makes 8 servings. For WW, it's 2 points per serving...about 120 calories.



## New Program: Dragonfly Quest at the Bigham Unit

A science program new to the Boys and Girls Club is being implemented at the Bigham Unit. This new program, Dragonfly Quest, is designed to help kids "think outside the box" by using the scientific method when presented with a problem or challenge. Participating members will acquire writing and math skills, and most importantly they will have the oppor-

tunity to apply their knowledge by helping their club and community!

Topics of investigation can include our solar system, nature, or animals, to name a few. Members will first find a problem. Then, form a hypothesis on how to solve this problem. Next, a plan will be designed to prove or disprove the hypothesis. Finally, once the experiment has been carried to completion, the children will draw conclusions from

their experiment and discuss what they have learned. They may even decide to form a new hypothesis and test again.

Once the investigation is completed, the participants will receive rewards and recognition for the hard work. Participants may choose to present their finding to a group of peers (and parents) if they wish. Parents are invited and encourage to attend these activities in support of their child's achievements.

## Creative Dramatics Class at Stonehaven Site

Southwestern University conducted Creative Dramatics Class at Stonehaven site. For the second summer, Southwestern University is actively involved with club members in Georgetown as The Stonehaven Unit becomes a classroom for 10 students enrolled in a Creative Dramatics class. These students then become the teachers and spend time covering

poetry, role playing, puppetry, as well as dramatic play games with club members who have an interest in this field. The class runs for two weeks with the children able to take part in eight forty five minute sessions. The culmination of the program will be a performance that both students and club members will present to the rest of the unit.

For upcoming events or for general information please call:  
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