



- Strengthen community image and sense of place
- Protect environmental resources
- Foster human development
- Strengthen safety and security
- Support economic development
- Provide recreational experiences
- Increase cultural unity
- Promote health and wellness
- Facilitate community problem solving

INSIDE THIS ISSUE:

- Adults Sports Summary** 2
- Case Management Commences in CONTIGO** 3
- Summer Programs Up and Running** 3

Getting Out and Getting Fit at the Youth Center

This summer, participants of the Get Out, Get Fit Camp have had many opportunities to engage in activities that promote health and wellness and learn about the many parks and programs the City has to offer.

One of the activities they participate in is a

Gym. Activities offered in these classes include jogging through

pool. The confident swimmers swim an average of 12-15 laps



practicing various swimming techniques. On Fridays, the Camp offers participants a variety of fieldtrips. So far, trips have included hiking at Mt. Madonna, and paddle boating at Pinto Lake Park. All these activities demonstrate to participants that there are many fun, active and alternative things for them to do in their



the Watsonville Slough trails, professional instructional support during exercises, as well as learning how to properly stretch prior to exercising.

community that help them keep busy, healthy and moving through the summer. Through this camp, participants have also been exposed to the G.H.W.R. Youth Center, which some of them never knew existed, therefore opening up the opportunity to bring in more participants into the Center.

program called Jovenes Sanos. In this program, participants learn about a variety of healthy foods, the benefits of eating healthy foods and how to read food labels. All of this information is taught to them by local high school students who advocate in our community about the importance of healthy eating habits.

In addition to the nutritional portion, the camp also incorporates rigorous physical activities. Participants attend bi-weekly strength training classes at the local Body Zone

On Wednesdays, participants continue their strength training with 30, 60 second and 1 min intervals of

push-ups and sit-ups. Participants also get the opportunity for weekly swimming lessons at the Watsonville High School



Nature and Culture at Callaghan

These activities are examples of youth as resources, because youth gained new skills they can apply at home and practice with friends.

On May 11, 2011, participants became gardeners for a day. They each potted their own pots with soil, placed seeds in them, and watered their pots. In the spirit of summer they also decorated their pots to look like flowers! To give it a chia pet look, they planted fast growing grass seeds, which germinate in 3 days and grow to about 4 inches in a week. Since it is grass, participants can cut it and give a unique look, which they liked to be able to add their own personality to the project.



On May 19, 2011, participants

at the Callaghan Park Cultural Center participated in a creative activity which involved step by step folds on how to make an origami star.

While the youth were creating the stars, they also learned that origami was invented in Japan, and has now become quite an art in their country. The participants really enjoyed this creative activity and expressed that they plan on showing family members at home how to make an origami star.

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Adult Sports Summary

Spring 2011 Softball

The Men's and Co-ed softball Spring divisions wrapped up an exceptionally exciting season at the Ramsay Park softball field on Wednesday, June 22nd through to Monday, June 27th. The one remaining Men's playoffs is scheduled to be played in July.

With the highest amount of softball teams registered in one season (35 total, beating out 34 registrations in Spring 2006), a total of 24 Men's teams registered among four separate divisions, playing Monday-Thursday.

The overwhelming re-

sponse of Co-ed team registrations created a second division, "E", for teams lower in caliber of playing ability from the more experienced teams playing in the "D" division. Keeping the level of competition balanced provides a recreational experience, ensuring personal enjoyment for all softball participants. In all, eleven co-ed teams registered, six on Friday nights and five on Sunday afternoons. The Spring 2011 Softball program was enjoyed by just over 600 participants! This number is up 160 participants from last spring's count, an all-time high! The Fall 2011 season is scheduled to start Sunday, August 14th.

Spring 2011 Men's Basketball

The Spring 2011 Men's Basketball leagues came to a close at the Veteran's Memorial Building on Tuesday, June 21st and Thursday, June 30th. Seven teams registered for the "C" league, and five teams for the "B" league, including many returning teams. The variety in the Watsonville's Men's basketball program fosters human development by also building developmental assets such as personal power and self-enrichment.

The Fall 2011 Men's Basketball season is set to start Tuesday, September 13th and Thursday, September 25th.



Case Management Commences in CONTIGO

As part of the program written into the grant for CONTIGO, case management services began in May for participants and their families.

Working with Pajaro Valley Prevention and Student Assistance, staff has begun conducting intakes with the parents and participants. So far, response from the families has been very positive and parents have expressed their gratitude



conferences will be scheduled to include all family and/or household members that are significant in the participants life. The goal of the family confer-

ence is to address both strengths and challenges in the family and child; to form a plan of action to achieve the positive outcome desired by family members.

to be able to receive such services free of charge. Once all the intakes have been conducted, family

conferences will be scheduled to include all family and/or household members that are significant in the participants life. The goal of the family confer-

ence is to address both strengths and challenges in the family and child; to form a plan of action to achieve the positive outcome desired by family members.

PCS Staff is working closely with PVPSA in monitoring and tracking the case management process, which also includes providing referrals to the families for any services

Computer Centers Update

Staff and youth at the Marinovich Community Center are putting the final touches on three Public Service Announcements (PSA) that will be aired on Channel 70. Youth at the center came up with the topics, created storyboards for the PSA's, wrote the scripts, shot the footage and edited the



final products. Topics include pedestrian safety, and prevention of underage drinking, teen pregnancy and bullying.

The staff at the Enterprise Community Computer have been busy maintain-

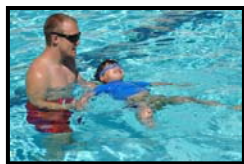


ing the City website. Much of the work has revolved around advertising the summer programs on the PCS website and updated the sites for the 2011 Watsonville Strawberry Festival and Monterey Bay Birding Festival.

Summer Programs Up and Running

The summer season is here and the Recreation Centers are buzzing with activities! At a glance, these are the events happening in the Department:

- Summer Lunch Program: free for youth up to 17 years of age; La Manzana provides the meals, PCS Staff picks up and delivers all the food to each recreation center; each center sets up lunch area for children; starts on June 13 and ends on August 5.
- Summer Drop-In: each center offers a wide variety of free physical, creative and fun activities for the youth



while school is out.

- Aquatics Program: classes and recreational swim time are offered at the Watsonville High School pool; classes available for ages 6 month–adult; four sessions of classes are offered, each lasting two weeks, starting June 13 and ending on August 5.
- Summer Day Camp, Camp W.O.W.:back by popular demand, this fun-filled day camp is held at Ramsay Park Family Center from June 13-August 19; each week provides a new theme for the campers and a field trip

to enjoy; daily activities include arts & crafts, games, outdoor challenges, and projects; lunch is provided.

- Youth Tennis Camp: offered at Watsonville High Tennis Courts for youth ages 3-14; divided into three different classes by age/experience; two sessions available starting June 6 and ending on August 1.

