

CHAMPIONS



NUMBER 1 after winning an overtime thriller in the Lake Region Youth Rec Basketball Grade 5/6 League championship were members of the Bridgton team, coached by Leslie Hayes (right). (Wayne Rivet Photo) Jacoby Bardsley scored five points in overtime and finished with a game-high 20 points to lead Bridgton to a 40-37 win over Casco/Naples in the Lake Region Youth Basketball Grades 5-6 Championship



Write us a letter or e-mail. Tyler and I would love to hear from anyone in the family. Tell us all the great things you are doing! Simply send an e-mail to rec@bridgtonmaine.org, in the first line indicate who you are writing to and we will be sure to respond! It will be so much fun to hear from everyone! Feel free to take a picture of your hand written letter and send it to 207-647-1126 or e-mail your letter to rec@bridgtonmaine.org!

Think of this as a “choose your own” adventure experience. First, pick your park virtual tour. Second, print and color Buddy Bison based on the park you choose. Third, build your own park home for Buddy or write a comic strip based on his outdoor explorations. Pick one of the national park virtual tours below to begin your journey. Will it be to the base of Devils Tower, to the fiery glow of Hawai’i Volcanoes, the billowing steam of Yellowstone’s geysers, or the turquoise waters of the Virgin Islands?

<https://www.parktrust.org/buddy-bisons-choose-your-own-park-adventure/>



COVID-19: PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS

Do not use parks or trails if you are exhibiting symptoms.

Be prepared for limited access to public restrooms or water fountains.

Share the trail and warn other trail users of your presence and as you pass.

Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

Observe CDC's minimum recommended physical distancing of 6' from other persons at all times.



INRPA National Recreation and Park Association
Because everyone deserves a great park

Being physically active during COVID-19

Increase productivity

Reduce symptoms of anxiety and depression

Improve your mood

Sleep well

Increase energy levels

Working from home

Break up time spent sitting still
Set 30 minute timers and move around for 2 minutes
If possible stand up for calls and meetings



Activity ideas

Walk laps inside your house
Have a dance
Attend an online class
Body weight exercises (e.g. lunges and squats)
Go up and down your stairs



Some activity is good, more is better

Connect with friends via text and social media to stay active

Make use of online activity resources

Infographic created by Steven Hancock - email: hancock@floatingboat.co.uk
This infographic is based on the RSPH blog
Be calm: five simple ways to boost your physical activity during COVID-19



Learning Center

www.nfhslearn.com

The National Federation of State High School Associations (NFHS) is to encourage the development of leadership skills through participation in high school sports and performing arts. You can learn more at **NFHS.org**.

As a way of saying thank you for serving as an official or the interest in becoming one, the NFHS Learning Center is offering **FREE** officiating courses until **July 1**. These same courses are perfect for those interested in becoming an official!

Take advantage of this opportunity to sharpen your officiating skills without spending a dime. You can be in the position to work with Rec, Middle School, Travel, and High School athletic programs.

BRIDGTON SUMMER REC @BridgtonMaine.org

Registration is Open Until Full

RED CROSS SWIM LESSONS

Registration is OPEN
@BridgtonMaine.org