



# Athletics

Winchester Parks and Recreation's Sports and Athletics division offer a wide variety of programs for the entire family.

## Youth Programs

Our youth programs focus on two key elements: learning the fundamentals of the sport and having fun. Kids can relax and enjoy being part of a team in these programs.

- Basketball – Ages 5-13
- BMX 101 – Ages 4+
- Field Hockey – Ages 7-12
- Flag Football – Ages 5-10
- Rugby – U11, U15 and U19
- Soccer – Ages 5-10
- Soccer Shots – Ages 3-8
- Summer Camps – 15 different camps for ages 5-18
- Volleyball – Ages 11-15

## Adult Programs

Our adult programs offer a great opportunity to get exercise and be active while playing a fun and fast paced sport.

- Kickball
- Pickleball – Senior drop-in programs (55+)
- Ultimate Frisbee
- Volleyball – Drop-in programs and tournaments
- Wallyball

## Special Events

- JAMFest Basketball Tournaments (see page 12)
- "Swinging Fore Sports" Golf Tournament (see page 9)
- Family Day Fishing Rodeo (Sponsored by Wilkins Trust Fund)
- Green Circle 5K
- Liberty 5K (Co-sponsored by Shenandoah Valley Runners)
- Nationals Baseball Bus Trips (Two trips each year to Nats Park)
- Tennis Play Day (FREE event with Shenandoah Valley Tennis Assoc.)

## Park Partners

We handle facility use reservations for our park partners:

- Blue Ridge Youth Soccer Association
- Handley High School (Baseball, Softball, Tennis)
- Shenandoah University (Baseball, Softball, Tennis)
- Shenandoah Valley Youth Lacrosse
- Winchester Baseball
- Winchester BMX
- Winchester-Frederick County Youth Football League
- Winchester Horseshoe Club
- Winchester Rugby Football Club

## Rentals/Open Gyms

- Rental of outdoor athletic facilities (baseball, softball and soccer fields, tennis and horseshoe courts, BMX track)
- Gym rentals at WPRD, WPS elementary and middle schools
- Supervise all open gym programs

## Volunteer Coaches

The majority of our youth programs rely on volunteer coaches. We are always looking for individuals who can help create a positive learning environment where the children learn sportsmanship, fundamental skills, teamwork and responsibility. If you are able to help, please contact the Sports and Athletics division.

## New Programs

We are always looking to add new programs, so if you have an idea, please let us know: (540) 662-4946 or [jennifer.justice@winchesterva.gov](mailto:jennifer.justice@winchesterva.gov).

# Meet the Staff



**Jennifer Justice,**  
Recreation Coordinator  
Athletic Services



**Kevin Matheson**  
Athletic Program  
Specialist II



**Larry Kempler**  
Athletic Assistant