



COUGAR DOME CHATTER – 13th EDITION

Hello Chatter Readers & Happy New Year!!! 2015 is off to a great start this year, and we are so excited about what's to come! Let me fill you in on just a sampling...

In celebration of our 1 Year Anniversary, which took place on January 2nd, we offered a *Free Trials Week* here at the Dome. All “newbies” were welcome to give tennis, soccer, ultimate frisbee, pickleball, flag football or golf a try, at no charge! Spaces filled-up fast, but all who took advantage of the opportunity to try something new, seemed to really enjoy themselves, and some, have already come back to play again! Thanks to all for giving the Dome a “first try!”

Last week, being the week of January 12th-18th, we started our first round of tennis programming for 2015, led by Tennis Tim, and our newest Pro, Liam MacDonald. Sam Lycan, Sid MacIsaac and Shelley Flemming complete the Pro line-up, filling the courts with quality instruction for all, ages 3 to 103! Although spaces are limited, registration continues, so sign-up now!

For those new, or returning, we are pleased to announce that we have two new classes, which are sure to impress! A mix between tennis and cross-fit, “Tennis X,” is a heck of a workout, and so much fun! Come on down and give it a try! For those looking to hit lots of balls, and at a fast pace, the 10,000er is the class for you, and remember, as Tennis Tim always tells me, “keep your eye on the ball (ha, ha)!”

Outside of lessons, for those looking to merely hit some balls, we have courts available for rent via drop-in, and/or member booking, as well as a Monday Mix-N-Match league, where you'll play a doubles match, every week, with a different partner. It's a great way to meet fellow tennis players, and to enjoy some friendly (and social) competition.

Speaking of competition, in addition to hosting the Truro New Year's Junior Tennis event on January 10th-11th (where our own Clarke Fullerton won the Boys U-14 Final), we played host to Athletics Nova Scotia's first throws event of 2015. For those who have not come to see a throws competition, here at the bubble, you should! The power, athleticism and drive of these athletics is incredible!

Although Athletics is not part of the mix, our Rec Sports on Thursday nights are going well, with Flag Football, Co-Ed Soccer and Ultimate Frisbee offered back-to-back beginning at 5:00pm. The cost is a mere \$5.00, and there is no commitment required. For those who may be more interested in Bocce or Pickleball, we offer drop-in sessions for both of these sports as well, also at a cost of \$5.00/person. Bocce is hosted every Wednesday from 2:00pm-3:00pm, and

Pickleball runs every Friday night from 6:00pm-8:00pm, and Saturday mornings from 9:00am-11:00am. All of our Rec Sports are a lot of fun, and a great way to meet people, while being active!

Another way to have fun, and be active, which you wouldn't normally associate with The Cougar Dome, is dancing, but guess what, for all you dancers out there, it's time to get your groove on! Together with the Truro Tennis Club, we are co-hosting a Blast From the Past Auction & Dance Fundraiser, in support of Youth Tennis, on February 28th, 2015, at the Vocational School Gym. The Silent & Live Auctions are scheduled from 7:00pm-9:00pm, and wow, do we have some incredible items to auction off; items you can't find anywhere else! As for the dance, beginning at 9:00pm (until 1:00am), you can expect impersonations and music from the likes of Merle Haggard, Johnny Cash, Elvis and more! Tickets are \$10.00 if pre-ordered at The Cougar Dome, or \$12.00 at the door! This is an event not to be missed – get your tickets now!

2015 is already filling-up, and we have so much more in store for the months to come. That said, one of the pressing items, especially for all you parents out there, is March Break planning. Well, look no further, as The Cougar Dome will once again be offering an All Sorts of Sports March Break Camp, beginning March 16th, and running until the 20th. Full and half day options are available, and registration is open now. There are only 30 spots available each day, so don't delay! Your kids will have a blast!

Ok, as I sit here and write, we have Sport NS and the County of Colchester visiting with approximately 60 Grade 4 students who are being introduced to lacrosse and pickleball, which means the Dome is hopping! Needless to say, it's probably time I signed-off to check-in with the youngsters to see how they're enjoying their visit. That said, I will chat with you soon... Thanks for reading!