

Coaching and Volunteering Opportunities

Keeping the children safe is our top priority. To help ensure this safety, background screens for volunteers are necessary. We have contracted with BBI to conduct high quality background checks to ask potential volunteers using their Secure Volunteer Technology. Go to our website and click on I want to be a volunteer.

Interested individuals can contact:

Julie M Strickland, Director

606 N. Thompson St, Whiteville, NC 28472

(910) 640 6624 voice, (910) 640 2135 fax

Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in Columbus Parks and Recreation youth sports program by following this "Parents' Code of Ethics"

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, staff, officials, and spectators at every game, practice or other event.

I will place the emotional and physical well-being of my child ahead of my personal desire to win.

I will remember that the game is for youth, not adults.

I will do my best to make youth sports fun for my child.

I will, and I will ask my child to, treat other players, coaches, spectators and officials with respect regardless of any differences.

Locations for Signups:

Columbus County

Parks and Recreation

606 North Thompson St.  
Whiteville NC, 28472

For any further questions:

Please call Parks and Recreations office at  
(910)-640-6624

# Better Health Through Activity



Located:

Whiteville, NC Columbus County.

Prepared by Ashley Carter  
for Gold Award  
Girl Scouts- NC Coastal Pines



## Physical Benefits

- Decreases obesity
- Decrease risk for type 2 Diabetes
- Strengthens heart, muscles and bones
- Lowers body fat
- Coordination & flexibility



## Mental Benefits



- Grows self-confidence
- Grows social skills
- Improves self-esteem
- Improves mental energy
- Increases skills for concentration and self-discipline
- Reduces anxiety



## Season Sports

Winter: Youth Basketball

Registration Fee: \$10.00

Boys and Girls- ages 6-15

Locations: Acme Delco Middle School, Hallsboro Middle School, Nakina Middle School, Tabor Middle School, Williams Township Middle School, Chadbourn Middle School

Fall: Youth Soccer

Registration Fee: \$30.00

Boys and Girls- ages 4-15

Locations: Edgewood Park, Kramer Soccer Fields, Whiteville Recreation Center, Columbus Christian Academy, Columbus Regional Hospital

Summer Clinics:

Basketball      Softball

Tennis            Soccer

Art                Volleyball