



Department of Parks and Recreation

City of Suffolk
110 W. Finney Ave.
P O Box 1858
Suffolk, Virginia 23439-1858
(757) 514-7250
Fax (757) 539-5179
www.city.suffolk.va.us/parks

NEWS RELEASE-

FOR IMMEDIATE RELEASE

SUFFOLK, VA – June 11, 2009 – The seven cities of Hampton Roads’ parks and recreation departments are promoting regional basketball in conjunction with Optima Family Care.

The Optima Fall Girl’s Basketball League is designed to enhance self-esteem and encourage at-risk girls ages 11-14 to achieve self-fulfillment and to understand the importance of higher education.

Try-outs will be held on June 19 and 26, from 6-8 p.m.; and on June 20 and 27, from 10 a.m.-1 p.m. at Mack Benn Jr. Recreation Center, 1253 Nansemond Parkway. Proof of age and a recreation ID is required for participation. The games will take place September 7-November 2, 10 a.m. - 2 p.m.

For more information, contact the Suffolk Parks and Recreation athletic office at 514-7254 or 514-7265.

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Don't Hesitate . . . Recreate!