

Opportunities for Youth in Our Area

Career development

- **ECHO Program** - Career
Sponsor: WMAHEC
Contact: 301-777-9750
Target: Grades 9 – Early College
Website: <http://www.wmahec.com/services/echo/index.html>
A health careers exploration program which provides multi-disciplinary experiences through a variety of learning opportunities to high school students who are interested in pursuing careers in health care.
- **Rocky Gap State Park Rangers**
Contact: 301-722-1480
Target: 16 +
Website: - <http://www.dnr.state.md.us/publiclands/rockygapvolunteer.asp>
Rock Gap offers a wide range of volunteer opportunities for various age groups. The junior ranger program provides multi-disciplinary experiences through a variety of learning opportunities to high school students who are interested in pursuing careers in wildlife management.

Life skills/skill development

- **4H**
Sponsor: University of Maryland Extension
Contact: 301-724-3320
Target: Ages 5-18
Website: <https://extension.umd.edu/allegany-county/4-h-youth>
A community of young people across America who are learning leadership, citizenship and life skills.
- **Cross and Trails** (outdoor skills)
Sponsor: Tri State Ministry Center
Contact: 814-767-9100
Target: Males, School-age
Website: <http://www.tristateministry.com/>
A group for boys to learn outdoor skills.
- **Cub Scouts and Boy Scouts**
Sponsor: United Way
Contact: 301-729-1300
Target: Males, 7-18
Website: <http://www.scouting.org/scoutsource/CubScouts.aspx>
A program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness
- **Financial Literacy**

- **Fire & Rescue**
Sponsor: Good Will Volunteer Fire Department
Contact: 301- 463-2555
Target: Any youth interested in the fire services living in the Lonaconing Area.
If you're under the age of 18 contact your local department to for information. Lots of departments have bingo night, fundraisers, etc... If 18 years of age or older contact local department for an application. If accepted many department will pay for your Firefighter Training through Maryland Fire Rescue Institute.
- **Girl Scouts**
Sponsor: United Way
Contact: 301-359-9540
Target: Females, 5-17
Website: <https://www.girlscouts.org/>
A place where girls can have fun, learn leadership skills, develop their moral compass, and build self-esteem.
- **Maryland Master Gardener Program**
Sponsor: University of Maryland Extension
Contact: 301-724-3320
Target: Maryland resident, 18 years of age or older
Website: <https://extension.umd.edu/mg>
Designed to train participants as volunteer horticultural educators to support the University of Maryland Extension mission by educating residents about safe, effective and sustainable horticultural practices that build healthy gardens, landscapes, and communities.
- **Soil Conservation**
Contact: 301-777-1747
Target: High School Students
Website: <http://mascd.net/scds/Allegany/index.htm>
Sponsors a number of programs aimed at educating tomorrow's leaders on the benefits of clean water, productive soil and a healthy food supply.

Recreation/sports

- **Aquatics**
Sponsor: YMCA of Cumberland
Contact: 301-777-9622
Target: Various ages
Website: http://www.cumberlandymca.org/?page_id=26
Offers swim lessons, lifeguard courses, swim team clinics, swim team and summer swim leagues
- **Baseball/Softball/ Dapper Dan Little League/Pee Wee League/T-Ball**
Sponsor: Cumberland Parks and Recreation Department
Contact: 301-722-5490
Target: Ages 4-12
Website: Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211

Hot Stove Baseball

Contact: 301-724-7200

Target: Ages 13-15

Website: <http://www.leaguelineup.com/welcome.asp?sid=787841100&url=hotstove>

Recreation Baseball League

Sponsor: Recreation Baseball Organization

Contact: 301-722-4275

Target: Ages 16-18

Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211

- **Dance**

Sponsor: YMCA of Cumberland

Contact: 301-777-9622

Target: All ages

Website: <https://theydance.wordpress.com/>

Provides quality, professional dance instruction for all ages. Ydance offers Beginner, Intermediate, and Advanced dance classes

- **Fishing**

Sponsor: Cumberland Parks and Recreation Department

Contact: 301-759-6636

Target: Ages 5-15

Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211

Annual rodeo held at the Battie Mixon fishing hole in Oldtown.

- **Girls Softball**

Sponsor: Cumberland Parks and Recreation Department

Contact: 301-759-6635

Target: Girls, ages 5-16

Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211

- **Gym and Cheer Gymnastics**

Contact: 301-724-3547

Target: All age groups

Website: <https://www.facebook.com/CumberlandGymnasticsandCheer>

Offers a wide variety of classes for all different age groups.

- **Karate**

Sponsor: Kickmasters Karate, LLC

Contact: 888-568-7104

Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211

"Kick starting Confident Leaders" with weekly classes, summer camps, and special events.

- **LaVale Athletic Association**

Contact: 301-514-2439

Target: Various Ages

Website: <http://www.leaguelineup.com/>

A dedicated group of volunteers & supporters that manage athletic fields and organize youth team sports including baseball, softball, soccer, football, & cheerleading in LaVale.

- **Lego Sugo Tournaments**

Contact: 4H jhostut4@mail.wvu.edu

Target: 1st-8th grade

Website:

Kids build Lego robots & battle them in a sugo type ring. 1st Friday of the month at either Frankfort or Mineral County Health Dept.

- **Library**

Sponsor: Allegany County Public Libraries

Target: Various ages

Website: <http://www.alleganycountylibrary.info/default.asp>

Offers several events and clubs throughout the year.

- **Marbles**

Sponsor: Cumberland Lions Club and Cumberland Eagles and Eagles Past President Club

Contact: 301-759-6635

Target: Up to and including 14 years of age.

Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211

Boys and girls compete to represent their school in the City Marble Tournament.

- **Royal Rangers**(ministry)

Sponsor: *Calvary Assembly of God*

Contact: 417-862-2781

Target: Grades K-12

Website: <http://royalrangers.com/>

An activity-based, small group church ministry for boys and young men.

- **Running**

Hershey Track and Field Meet

Sponsor: Cumberland Parks and Recreation Department

Contact: 301-759-6636

Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211

Annual local meet, 1st and 2nd place finishers qualify to advance to the state Track Meet.

Sponsor: Queen City Junior Striders

Contact: 301-697-0996

Target: Ages 16 and under

Website: <http://www.qcstriders.com/>

- **Soccer**

Sponsor: YMCA of Cumberland

Contact: 301-777-9622

Target: Ages 6 and up
Website: http://www.cumberlandymca.org/?page_id=86
Offers both indoor and outdoor soccer.

Sponsor: Frostburg AYSO (soccer)
Contact: kevingwagner@gmail.com
Target: Age 4-13
Website: <http://aysofrostburg.org/index.php>

- **Summer Day Camps**

Sponsor: Cumberland Parks and Recreation Department
Contact: 301-722-5490
Target: Ages 5-12
Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211
Daily program runs Monday-Friday, 9-4 with extended hours 8-5. Activities include exercises, swimming lessons, tennis lessons, organized softball, volleyball, wiffleball, kickball, nature walks, arts and crafts, free swim, scavenger hunt, water Olympics, talent shows, awards programs and field trips.

Sponsor: YMCA of Cumberland
Contact: 301-777-9646
Target: 1st – 8th graders
Website: http://www.cumberlandymca.org/?page_id=305
An amazing experience, all in a safe, inclusive, nurturing environment. Camp is about friendships, accomplishments and belonging and about making this the Best Summer Ever!

- **Teens**

Sponsor: YMCA of Cumberland
Contact: 301-777-9622
Target: 6th – 8th grade
Website: http://www.cumberlandymca.org/?page_id=24
Provides great activities and entertainment for youth in the middle school, all in a safe environment that parents can trust.

- **Theatre**

Apple Alley Players
Contact: applealleyplayers@yahoo.com
Website: <http://applealleyplayers.com/contact.html>

Cumberland's One & Only
Contact: 301-697-7951
Website: <https://www.facebook.com/cumberlandsoneandonly/info?tab=overview>
A non-profit children's theatre company based in Cumberland, Maryland.
Summer Teen Musical Theatre Camp
Sponsor: Mountain City Center for the Arts, LLC.
Contact: 240-357-0699
Website: <http://mtncityarts.com/>

Students participate in acting, dance, voice, conditioning, and audition technique classes in the morning and then rehearse a musical revue that will be performed for family and friends on the final day of camp.

- **Youth Groups**

Sponsor: Bruce Outreach Center

Contact: 301-359-9706

Target: youth

Website: <http://www.bruceoutreachcenter.com/>

Weekly meetings on Wednesday nights at 6PM, including overnight lock-ins, bonfires, tubing, retreats, mission trips, etc., weekly rec. league basketball for men in high school, and annual basketball camp for instruction and scrimmage in August.

Sponsor: Central Assembly of God (Cumberland, MD)

Contact:

Target: 6-12th grade

Website:

Revolution Student Ministries-Youth service Wednesday Nights 7:00-8:30 pm

Sponsor: Cornerstone Baptist Church

Contact:

Target: 12 yrs – 18 yrs

Website:

Activities include retreats, fellowship, musical band, basketball/volleyball, college visitation trips, mission trips, youth rally, amusement parks and much more. Also provides the opportunities for youth to serve others through various outreach ministries.

Sponsor: Our Lady of the Mountains

Contact: Brett Downey

Target: K-12

Website:

High School Youth Group, Middle School Youth Group, Youth Leadership Team, Youth Music Ministry Group (8th-12th grade) and Children's Choir (For the Younger Students). Nursing home visitation and a variety of service activities in the community throughout the year.

Sponsor: St. John's Church

Contact:

Target: K-12

Website:

Every Wednesday 6-7 for a meal, arts, crafts, Bible Study and other activities

Support

- **Childcare**

Sponsor: YMCA of Cumberland

Contact: 301-777-9646

Target: K- 8th Grade

Website: http://www.cumberlandymca.org/?page_id=26

Programs for complement and enhance formal education and provide physical fitness and wellness opportunities that build relationships, develop character and inspire discovery to help foster your child's lifetime success.

- **Community Center**

Piedmont Library

Sponsor: United Way

Target: Adults and children

Contact: 304-355-2757

Website: <http://piedmont.lib.wv.us/>

Serves as a community center for residents of Mineral County and Westernport. Adults and children rely on the Library for help with schoolwork, projects, GED classes, college information, copying, faxing, audio books, notary services, tax services, internet access, and literature.

- **Foster Grandparents**

Sponsor: Region 8 Planning and Development Council

Contact: 304-257-2448

Website: <http://www.regioneight.org/programs.html>

Offers placement of senior volunteers in schools, day care facilities, and/or head start centers to help tutoring/ mentoring students with special needs.

- **Gilchrist Center**

Sponsor: YMCA of Cumberland

Contact: 301-724-5445, ext. 107

Target: Expectant parents and families with children aged 8 weeks - 48 months old

Website: http://www.cumberlandymca.org/?page_id=8

Provides a supportive environment and positive role models who help to meet social service needs for both individuals and families that might otherwise be unmet. Activities for families include indoor/outdoor play, art, music, dramatic play, computer time, and pre-reading. There are also activities geared toward parents including parent enrichment, parent support group, and computer literacy programs. All activities and programs are free of charge and transportation is available.

- **Mentoring/Tutoring**

Energy Express (Reading)

Sponsor: AmeriCorps

Contact: 304-788-3046

Target: School-age children

Website: <http://energyexpress.ext.wvu.edu/>

Helps children in West Virginia maintain reading levels while on summer break from school. The program also provides two nutritious meals each day.

Reach & Rise

Sponsor: YMCA of Cumberland

Contact: 301-724-5445

Website: http://www.cumberlandymca.org/?page_id=1238

A mentoring program in the area, with many of the matches and children waiting for a match at Big Brothers Big Sisters moving to the new program.

Tri-Towns after School Program

Sponsor: United Way

Contact: 304-355-2089

Target: School-age children

Website: <http://mineral.cuw.org/content/partners>

A tutoring, mentoring and enrichment program that provides 100 children help with homework, a hot meal, internet access, and school supplies.

Volunteer/Civic Engagement

- **Allegany County Animal Shelter**
Contact: 301-777-5930
Target: 16 +
Website: <http://www.petfinder.com/shelters/MD203.html>
Youth will assist in caring for the animals.
- **American Red Cross**
Contact: 301-722-1760
Target: 13 and up
Website: - <http://www.redcross.org/>
Offers domestic and foreign relief to areas affected by disasters, organizes blood drives, offers entry level positions, and internships.
- **Ark of Hope**
Contact: - (301) 478-3300
Target: Various age groups (Volunteers always needed)
Website: - arkofhoperescue@yahoo.com
The youth can foster animals until they are ready for adoption or assist in the day to day needs of the animals at the facility.
- **Fire & Rescue**
Sponsor: Good Will Volunteer Fire Department
Contact: 301- 463-2555
Target: Any youth interested in the fire services living in the Lonaconing Area.
If you're under the age of 18 contact your local department to for information. Lots of departments have bingo night, fundraisers, etc... If 18 years of age or older contact local department for an application. If accepted many department will pay for your Firefighter Training through Maryland Fire Rescue Institute
- **Habitat for Humanity**
Contact: 301-687-1006
Target: 16+ (need to sign a waiver)
Website: - alleganycountyhfh@verizon.net
This opportunity gives young people the chance to gain skills while helping families in need.

- **Leo Club**
 Sponsor: Lions Club
 Contact: 630-571-5466
 Website: http://www.ci.cumberland.md.us/new_site/index.php/contents/view/211
 Gives young people the opportunity to serve their communities and make a positive impact.
- **Special Olympics**
 Contact: 301-689-5590
 Target: Various ages, must be 16 or older to be a coach.
 Website: <http://www.specialolympics.org/Regions/north-america/Locations/SpecialOlympics-NA-Maryland.aspx>
 Special Olympics offer disabled adults and children the opportunity to compete in Olympic style games. Volunteers are always in a high demand which covers a wide range of age groups and skill settings.
- **Summer Lunch Box Program**
 Contact: Becky Millar- 301-729-3136 rebjon@atlanticbb.net
 Target: any age group, transportation not provided several locations through-out the county 9 just in Cumberland.
 Website:
 The summer lunch box program provided over 800 meals last summer to children, pregnant woman, and at risk adults in Cumberland, they also have additional programs in Frostburg, Lonaconing, Midland, Barton and Mount Savage. Volunteers will assist in making/packing the meals and delivering them to the distribution locations.
- **Teen Volunteer Program**
 Sponsor: WMHS
 Contact: 240-964-8499
 Target: Ages 14-18
 Website: [website: http://www.wmhs.com/volunteers.html](http://www.wmhs.com/volunteers.html)
 Young people can serve their community and gain valuable insight into healthcare careers as part of our Teen Volunteer Program at the two hospital campuses. Teens provide assistance to the busy nursing staff and other professional personnel and serve as ambassadors to the health system.
- **Union Rescue Mission**
 Contact: 301-724-1585
 Target: Any Age Group (not currently taking volunteers until thanksgiving)
 Website: <http://www.homelessshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=10735>
 The Union Rescue Mission serves the homeless community of Allegany County providing shelter, food, and clothes.
- **Western Maryland Food Bank**
 Contact: 301-722-2797
 Target: 16 +

Website: <http://www.wmdfoodbank.org>

Youth can help community members struggling with food insecurity by assisting the pantry in distributing the available food and organize the pantry when deliveries arrive.

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