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  
  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 +
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.

**Youth Groups**
Sponsor: Bruce Outreach Center  
Contact: 301-359-9706  
Target: youth  
Website: [http://www.bruceoutreachcenter.com/](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](http://www.revolutionstudentministries.com)

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