



WHAT TO EXPECT WITH Y SPORTS!

Youth sports at the Y emphasize our core values of caring, honesty, respect, and responsibility. By focusing on teamwork and skill development, our sports leagues help teach kids sportsmanship and life long love for sports. We offer safe, organized, and fun opportunities for kids to learn and grow.

Coaches

We recruit parents, community members, and adult athletes who are committed to providing a positive experience for everyone. Each of our coaches goes through a YMCA Coach's Orientation where they commit to modeling the Y's core values, and complete concussion and child abuse prevention training. Background and reference checks are in place to ensure safety for all kids.

Registration After the Deadline (\$10 late fee)

Kids may register after the deadline, however, a \$10 late fee will be applied and there is no guarantee of team placement. If space is available, kids will be added to a team; if all teams are full, kids will be put on a wait list.

Waitlist

Within a couple days of the registration deadline, all new registrations will be placed on a waiting list. The registration form will need to be filled out, but no fee will be collected at that time. Parents will be contacted if a space on a team opens up. After the first week of practice, all kids on waitlists will be contacted.

How we form teams

We form teams by...

1. Grade level/sport
2. School/ home address
3. Special requests (coach preference, conflict days, buddies, etc.)

We do our best to accommodate special requests.

Unfortunately, not all requests can be fulfilled.



What will my child need for practices/games?

Athletic wear and water bottle, mouth guard recommended for contact sports

Basketball-athletic shoes and a basketball

(ball size: Pre K- 1st 27.5 in, 2nd-5th 28.5, 6th-12th boys 29.5, girls 28.5)

Outdoor Soccer- soccer ball, shin guards and cleats

(Ball sizes: Pre-1st size 3, 2-3rd size 4, 4-5th size 5)

Volleyball- volleyball, athletic shoes and knee pads

Lacrosse-lacrosse stick and cleats

Baseball-glove and cleats

Flag Football-cleats

Cross Country-running shoes

When will my child get a jersey?

Kids will receive their shirts from their coach at the first game. If kids register after the deadline they will receive their shirt at a later game.



Team Pictures

Pictures will be taken by a professional photographer at the 3rd game. Please arrive 45 mins. before scheduled game time. Purchase of pictures are optional, but we ask that all players get their photo taken.

YMCA Staff at games

We will have trained staff on hand at all games to manage and officiate. They are not professional officials. In many cases this is their first job. We ask that you keep our core values in mind.

Specialty sports info...

Pre-K and K/1 leagues-coaches will be on the field assisting kids.

Lacrosse- soft lacrosse balls, non-contact rules, kids do not need a helmet

Track-coach runs drills and teach skills for individual events. Running, relays, shot put, softball throw, and long jump; practice is once a week

Cross Country- kids stretch, do drills, and run different distances to improve their overall fitness level.