



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BE A PART OF THE TEAM

Youth Sports Programs  
Fall 2018  
CENTRAL YMCA



## OUR PROGRAMS



Our sports programs develop more than skills—they develop character. We offer a variety of programs for youth through league sports. Instructors and coaches—often volunteers and including many parents—emphasize teamwork, cooperation, and developing good values.

For more information, please contact:

**Eric Sullivan**, Program Director  
Eric.Sullivan@ymcasv.org  
408-351-6337

“The focus on sportsmanship and teamwork at a young age is important and it is emphasized at the Y. Other programs don’t make it an integral part of the program. This is something that will stay with the kids forever”

### FINANCIAL ASSISTANCE

Central YMCA is a nonprofit organization. Membership and programs are open to everyone. Financial assistance is available. To apply, pick up a confidential application at our member services desk or download one online:

[ymcasv.org/central/html/join\\_financialassistance.html](http://ymcasv.org/central/html/join_financialassistance.html)

### REGISTRATION

Program Membership is required of all who participate in programs who are not currently Facility Members. New Program Members pay a once yearly fee of \$35, plus the cost of the program.

Register online: [ymcasv.org/central](http://ymcasv.org/central)



# VOLUNTEER

## BECOME A VOLUNTEER COACH

We offer year-round opportunities to help develop and mentor youth in sports. All YMCA youth sports teams are coached by volunteer coaches. Many volunteers are parents who have children on the team. All coaches attend trainings and workshops and are fingerprinted and background checked to become certified as YMCA coaches.

There are many volunteer activities within the youth sports program to choose from, including leading a team as a coach or an assistant coach, refereeing, passing out newsletters, managing a time clock, and assisting with season celebrations.

"The coach and volunteers were incredibly caring and embodied strong youth development principles, getting to my child's level, looking out for all the children, encouraging them, listening to them and reinforcing basketball skills. It was a fun experience and the involvement of the parents as partners in skill-building was great!"

– Youth Sports Parent



## INTERESTED IN VOLUNTEERING?

Contact: Eric Sullivan  
[eric.sullivan@ymcasv.org](mailto:eric.sullivan@ymcasv.org)  
408-351-6337



## PARENT ORIENTATION

We will be holding youth sports parent orientation meetings for parents or guardians who want to learn more about our youth sports program. Topics covered will include: how to register and select your team, season dates, league rules and guidelines, and answer any questions you may have.

We recommend all new sports parents or guardians should attend this orientation session.

**PARENT ORIENTATION** – Tuesday August 14, 2018  
6:30 – 7:30pm in Multipurpose Room A (upstairs)

# SOCCER

## AGES 3-5

At the YMCA, our youth soccer leagues combine elements of fun while emphasizing skill development and good sportsmanship. Participants will be placed on teams ensuring that everyone plays and that all teams have equal ability.

**LOCATION** Front Lawn  
Central YMCA  
1717 The Alameda  
San Jose, 95126



For all of our youth sports program policies (including refunds and cancellations), please visit our website.



## FALL SESSION SEP. 15 – NOV. 17, 2018

### YOUTH SOCCER

Priority Registration for Summer Participants:	<b>Ages:</b> 3-5
Aug 10 - 12	<b>Practice:</b> Saturdays 9:00 - 10:00 am 10:00 - 11:00 am
<b>Registration:</b> Aug 13 - Sep 11	<b>Fee:</b> \$85 facility member
<b>First Practice:</b> Saturday, Sep 15	\$139 program member
<b>Break Week:</b> Saturday, Oct 6	
<b>Last Practice:</b> Saturday, Nov 17	



# BASKETBALL

## AGES 3-17

At Central YMCA, we coach basketball players on fundamentals, technique and confidence so they don't feel the pressure of performance. Participate in a fun environment while working towards passing skills, dribbling, and shooting in a family-oriented, fun atmosphere. Basketball ages 5 and above includes one practice during the week and one game on Saturdays.

**LOCATION** Central YMCA  
1717 The Alameda  
San Jose, 95126



### PRIORITY REGISTRATION

Priority Registration allows summer 2018 participants the opportunity to register for the upcoming spring season before any new participants. Priority registration will take place August 10-12. Priority registration will be in person only at our member services office. Ineligible enrollments will be emailed and given a refund.

AGE	PRACTICE		GAMES*	
BASKETBALL				
3-4	Saturdays	8:30 - 9:30 am	Saturdays	Practice are games
5-6	Fridays	5:00 - 6:00 pm	Saturdays	8:30 - 10:30 am
7-8	Tuesdays	5:00 - 6:00 pm	Saturdays	9:30 am - 12:30 pm
	Wednesdays	6:00 - 7:00 pm		
	Thursdays	5:30 - 6:30 pm		
	Fridays	6:00 - 7:00 pm		
9-10	Tuesdays	5:00 - 6:00 pm	Saturdays	11:30 am - 2:30 pm
	Wednesdays	6:00 - 7:00 pm		
	Thursdays	5:30 - 6:30 pm		
	Fridays	6:30 - 7:30 pm		
11-13	Tuesdays	7:00 - 8:00 pm	Saturdays	12:30 - 4:30 pm
	Wednesdays	7:00 - 8:00 pm		
	Thursdays	6:30 - 7:30 pm		
	Fridays	7:00 - 8:00 pm		
14-17	Fridays	8:00 - 9:00 pm	Saturdays	3:30 - 6:30 pm

### FALL SESSION

SEP. 11 - NOV. 17, 2018

Priority Registration for Summer participants:  
Aug 10-12

Registration Period: Aug 13 - Sep 11

First Week of Practice: Sept 11-15

No Game: Sat, Sep 15 for Basketball 5-17\*

First Game Day: Saturday, Sep 22

Break Week: Saturday, Oct 6

Last Game Day: Saturday, Nov 17

**Ages:** 3-4  
**Fee:** \$85 facility member  
\$139 program member

**Ages:** 5-17  
**Fee:** \$105 facility member  
\$185 program member

### PRIVATE BASKETBALL LESSONS

#### AGES 3 AND OLDER

Develop basketball skills no matter what age or position you play. At Central YMCA, we coach basketball players on fundamentals, technique and confidence so they don't feel the pressure of performance. Participate in a fun environment while working towards measurable results.

Please visit our private basketball lesson inquiry page for more information.

**1 PLAYER**  
**Fee:** \$40 facility member  
\$80 program member

**2-5 PLAYERS (each)**  
**Fee:** \$30 facility member  
\$60 program member

**1 PLAYER (5 pack)**  
**Fee:** \$170 facility member  
\$340 program member

**2-5 PLAYERS (each) (5 pack)**  
**Fee:** \$125 facility member  
\$250 program member

"My child is always looking forward to basketball at Y the whole week and excited for the games. He has developed teamwork. He realizes there are different levels of players and knows how to engage with them. The staff is amazing and makes sure the kids are having fun while also learning, developing, and being disciplined."

— Youth Basketball Parent

### SPORTS RETURN POLICY

If request is made before the first week of practice, a full refund will be given. Inside of the first week of practice, a YMCA credit will be issued. Refunds or credits will not be allowed after practice has been in session for three weeks. Season long injuries with a doctor's note before the third game will be given a prorated credit. For special considerations, please contact the sports director. There will be no make up or refund for missed practices/games.


\*Game times are estimates only - Subject to Change.

# HANDBALL

## AGES 7-16

Students will learn hand/eye coordination, perception, and participation on Central YMCA's indoor handball courts. Youth Handball keeps kids on their toes while emphasizing good sportsmanship. Financial assistance is available.

**LOCATION** Central YMCA  
1717 The Alameda  
San Jose, 95126

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### FALL SESSION SEP. 15 - NOV. 17, 2018

#### YOUTH HANDBALL

Priority Registration for Summer participants:  
Aug 10-12

Registration Period: Aug 13 - Sep 11

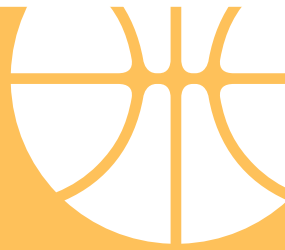
First Practice: Saturday, Sep 15

Break Week: Saturday, Oct 6

Last Practice: Saturday, Nov 17

**Ages:** 7-16  
**Practice:** Saturdays 9:00 - 10:00 am  
**Fee:** \$25 facility member  
\$50 program member

# HOW TO BE A TEAM PLAYER



### WELL DONE

Applaud good plays by your own team AND the opposing team.



### OUR CORE VALUES

Being part of the YMCA family means all players, parents, coaches, and referees will uphold our core values of caring, honesty, respect, and responsibility.



### WEAR SUNSCREEN

Keep your skin safe by applying sunscreen of SPF 30 or higher when you play outdoors. Prevent sunstroke by wearing hats and sunglasses.



### OUR RULES

Encourage players to always play according to the rules.

### POSITIVE REINFORCEMENT

Never ridicule or scold a child for making a mistake during a game or practice.

Instead, praise what they did well.



### STAY HYDRATED

Drink plenty of water to keep yourself hydrated while participating in all outdoor activities, especially on hot days.

### GIVE TO OTHERS

Together we can empower families and children to learn, grow and thrive. By giving to our Annual Campaign, you can help make a difference. Your gift will help our community and everyone in it shine.



### HAVE FUN

Youth sports leagues at the YMCA are built around having fun. You can help us make this season enjoyable.