



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SPRING INTO ACTION

Youth Sports Programs  
Spring 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**  
Sports & Adaptive Program Director  
Eric.Sullivan@ymcasv.org  
408 351 6337

or

**LeAnn Carrillo**  
Youth & Family Programs Director  
LeAnn.Carrillo@ymcasv.org  
408-351-6360

### 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.



Interest in volunteering? Contact:  
[leann.carrillo@ymcasv.org](mailto:leann.carrillo@ymcasv.org)  
408-351-6360



## 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 1** – Thursday, March 15, 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

### SPRING SESSION APR. 28 – JUN. 23, 2018

#### YOUTH SOCCER

Priority Registration: Mar 16 – 18  
Registration: Mar 20 – Apr 20  
First Practice: Saturday, Apr 28  
Break Week: May 26, 2018 (no practice)  
Last Practice: Saturday, Jun 23

**Ages:** 3-5  
**Practice:** Saturdays 9:00 – 10:00 am  
10:00 – 11:00 am  
**Fee:** \$75 facility member  
\$130 program member

# T-BALL

## AGES 3-5



America's pastime begins at the YMCA. This program will encourage development of hitting, throwing and base running. Above all, we want your child to enjoy t-ball and have fun.

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

### SPRING SESSION APR. 28 – JUN. 23, 2018

#### YOUTH T-BALL

Priority Registration: Mar 16 – 18  
Registration: Mar 20 – Apr 20  
First Practice: Saturday, Apr 28  
Break Week: May 26, 2018 (no practice)


Last Practice: Saturday, Jun 23  
**Ages:** 3-5  
**Practice:** Saturdays 11:00 am – 12:00 pm  
**Fee:** \$75 facility member  
\$130 program member

# 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

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



### SPRING SESSION APR. 28 - JUN. 23, 2018

#### YOUTH HANDBALL

Priority Registration for Winter participants:  
Mar 16-18  
Registration Period: Mar 20 - Apr 20  
First Practice: Saturday, Apr 28  
Break Week: May 26, 2018 (no practice)  
Last Practice: Saturday, Jun 23

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

# 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 winter 2018 participants the opportunity to register for the upcoming spring season before any new participants. Priority registration will Take place March 16-18. 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	7:00 - 8:00 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	6:00 - 7:00 pm			
		7:00 - 8:00 pm			
11-13	Tuesdays	7:00 - 8:00 pm		Saturdays	12:30 - 4:30 pm
	Wednesdays	7:00 - 8:00 pm			
	Thursdays	7:00 - 8:00 pm			
	Fridays	7:00 - 8:00 pm			
14-17	Fridays	8:00 - 9:00 pm		Saturdays	3:30 - 6:30 pm

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

## SPRING SESSION

APR. 24 – JUN. 23, 2018

Priority Registration for Winter participants:  
Mar 16–18

Registration Period: Mar 20 – Apr 20

First Week of Practice: Apr 24–28

No Game: Sat, Apr 28 for Basketball 5–17\*

First Game Day: Saturday, May 5

Break Week: May 22–26, 2018

Last Game Day: Saturday, Jun 23

**Ages:** 3–4  
**Fee:** \$75 facility member  
\$130 program member

**Ages:** 5–17  
**Fee:** \$95 facility member  
\$170 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

## INSTRUCTORS

### ELIJAH DEVONSHIRE–ARMS

Elijah Devonshire–Arms is our current Youth Sports Gym Supervisor and has been playing basketball for 15+ years. He has coached for 5 years and specializes in working with younger basketball players, advanced training, footwork, ball handling, shooting, defense, and athleticism.

### BENJAMIN TSAI

Benjamin Tsai is a current Youth Sports Referee and Private Basketball Coach. He has played basketball for 12+ years. He specializes in working with youth age range of 9–17.

# HOW TO BE A TEAM PLAYER



## 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.