



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVING FUN & LEARNING AS A TEAM

Youth Sports
CENTRAL YMCA





LEARN MORE

LITTLE SPORTSTERS LEAGUES

(Ages 3-6)

Little Sportsters is a weekly (Friday or Saturday only) parent/child program that emphasizes skill development, improving self-esteem, fair play, and fun while teaching the fundamentals of sports. The whole family is involved in this program. Little Sportsters is for kids who have little or no experience and want to learn and improve their skills in sports. Don't miss this excellent opportunity to introduce your child to sports with the introduction of league play. Due to the young age of the participants, we ask that at least ONE parent plan on participating with your child each week in drills and games.

YOUTH AND TEEN SPORTS LEAGUES

(Ages 7-16)

Youth sports at the Y is for boys and girls who want the opportunity to play in an organized sports program. Skill development, participation and teamwork are stressed in this non-competitive program. Teams will be organized to ensure that everyone plays and that all teams have equal ability.



TO REGISTER

Register at the Central YMCA or online at ymcasv.org/central. If you are not currently a YMCA Facility Member, you can access YMCA programs as a Program Member with a \$25 Program Membership fee annually per person, plus the cost of the program. Program fees include team photo, t-shirt (reversible jersey for teen basketball leagues), and end-of-season medal. A late fee of \$25 will be applied if registration is past the deadline for the season.

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.

REFUND/CANCELLATION POLICY

In the event you withdraw your participation, credits and refunds only will be issued one week prior to the start of the session. **No make-ups for missed practices or games.**

FACILITY ACCESS POLICY

Parent/guardian must accompany child and present valid membership card or photo ID when entering YMCA. Program members and guest must sign a liability waiver every day you enter the YMCA.

PARENTAL SUPERVISION

Children under age 6 must have a parent present in the gym during practices and games. Siblings and friends of participant must be supervised at all times.

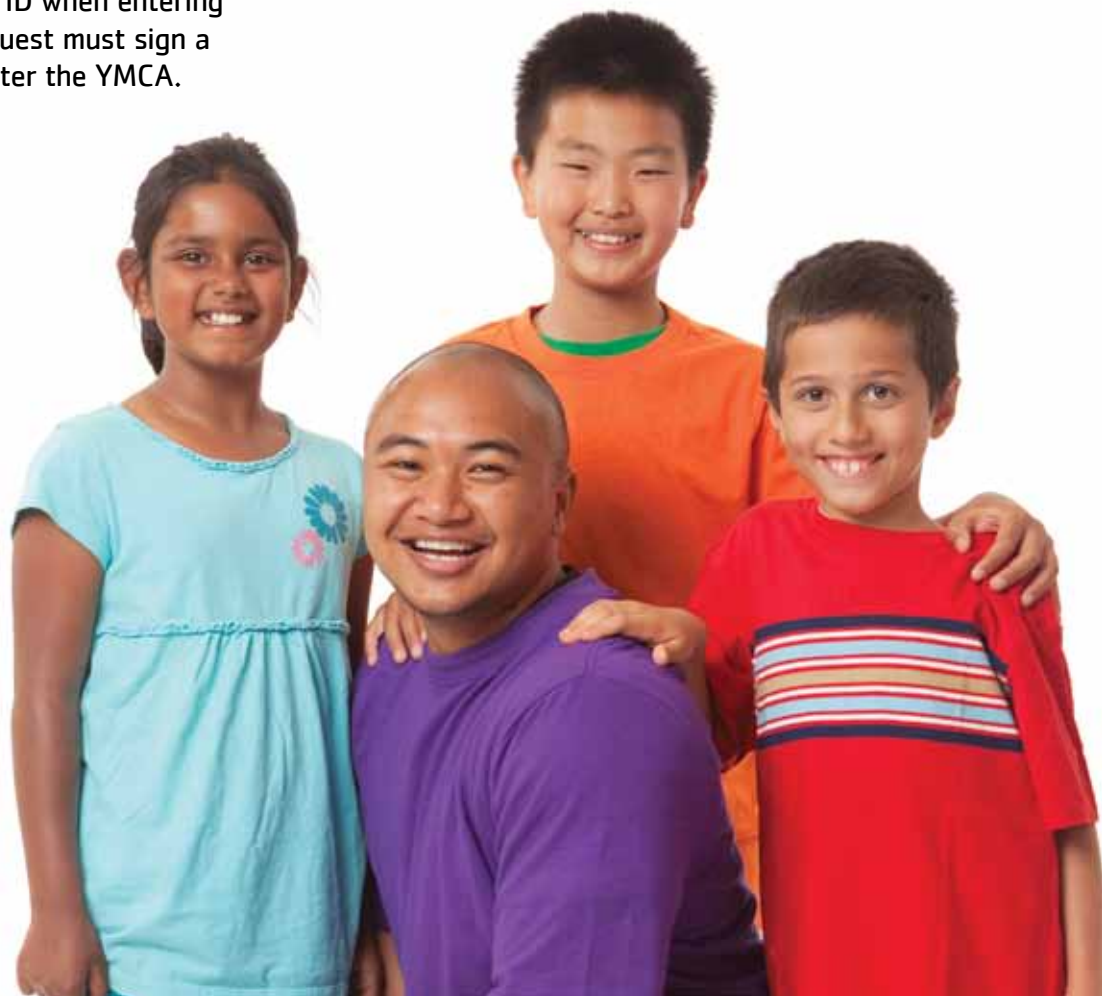
VOLUNTEER COACHES

All YMCA youth sports teams are coached by volunteer coaches. Many volunteers are parents who have children on the team. All coaches attend a mandatory Coaches Training in addition to the Positive Coaching Alliance Double Goal Coach workshop. Coaches' Clinics, YMCA staff assistance, and drill packets are available. All coaches are fingerprinted, and background checks are run to ensure they are suitable to work with children.

If you are interested in volunteering as a coach, please check the coach's box on the registration form.

CONTACT US

For general youth sports questions, call 408 298 1717. For more specific questions on Youth Sports or volunteer opportunities, contact our Youth Sports Program Director at 408 351 6330.



OUR FOCUS

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life. In our youth sports programs, children and teens engage in positive, fun activities that build athletic, social and interpersonal skills. We encourage safety, fair play and good sportsmanship. Everyone plays. Everyone practices. Everyone contributes to the team's success.

HEALTHY LIVING

Improving the nation's health and well-being

Youth sports at the Y promote lifestyle activities that bring together people with shared athletic and recreational interests. We encourage parent involvement, including volunteering as a coach, official, timekeeper or team parent. We encourage you to attend all practices and games, as we work together to support your child.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

At the Y, we create support systems that welcome, celebrate, educate and connect diverse demographic populations. The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. We count on the generosity of people like you to contribute to our Y to help provide financial assistance for children to participate in youth sports and other Y programs. When you give, your gift has a meaningful, enduring impact right in your own community.



Online registration available
for all youth sports at
ymcasv.org/central.

CENTRAL YMCA

1717 The Alameda
San Jose, CA 95126
408 298 1717
ymcasv.org/central

LEAGUES OFFERED

LITTLE HITTERS T-BALL SPRING 2012 ONLY!



Ages 3-6
Games Saturdays
Location Downtown College Prep HS Fields:
 1460 The Alameda, San Jose
Fee Facility Member: \$80 Program Member: \$135*

LITTLE HOOPSTERS BASKETBALL



Ages 3-4
Games Saturdays
Location Central YMCA
Fee Facility Member: \$80 Program Member: \$135*

LITTLE KICKERS SOCCER



Ages 3-6
Games Saturdays
Location Downtown College Prep HS Fields:
 1460 The Alameda, San Jose
Fee Facility Member: \$80 Program Member: \$135*

5-6 INSTRUCTIONAL LEAGUE BASKETBALL



Ages 5-6
Games Saturdays
Location Central YMCA Big Gym
Fee Facility Member: \$55 Program Member: \$110*

YOUTH SOCCER SPRING 2012 ONLY!



Ages 7-10
Practice TBD by coaches
Games Saturdays
Location Downtown College Prep HS Fields:
 1460 The Alameda, San Jose
Fee Facility Member: \$80 Program Member: \$135*

SEASON	CODE	DATES	REGISTER BY:
Fall 2011	F11	Sept. 6-Oct. 15	Aug. 15
Winter 2011	W11	Nov. 2-Dec. 17 No games Nov. 26	Oct. 23
Winter 2012	W12	Jan. 14-Feb. 25	Dec. 23
March Madness Clinics	S11	Mar. 10, 12 & 24	Mar. 1
Spring 2012	SP12	April 7-May 19	Mar. 26
Summer 2012	SU12	June 2-Aug. 14	Jun. 1

MARCH MADNESS CLINICS



Ages 7-8, 9-10, 11-12, 13-16
Games Saturdays
Location Central YMCA
Fee Facility Member: \$50 Program Member: \$100*

YOUTH BASKETBALL



Ages 7-8, 9-10, 11-12
Practice One weeknight (to be determined by coaches) for one hour
Games Saturdays
Practice Central YMCA
Fee Facility Member: \$80 Program Member: \$135*

TEEN BASKETBALL



Ages 13-16
Practice One weeknight (to be determined by coaches) for one hour
Games Saturdays
Practice Central YMCA
Fee Facility Member: \$95 Program Member: \$145*

* Current Program Membership Required (\$25)

REGISTRATION FORM

(one form per player; online registration also available)

Player Name _____

E-mail _____

Please add me to your e-mail list to receive your branch newsletter.

Birthdate ___ / ___ / ___ Male Female Age _____

Address _____

City _____ Zip _____

Parent/Guardian _____

Day Phone (____) _____ - _____ Mobile Phone (____) _____ - _____

I have read and understand the cancellation and make-up policy.

Initial **X** _____ Date _____

Please select the league(s) you are registering for:

League

Season

(List all applicable season codes.)

- | | |
|--|-------|
| <input type="checkbox"/> Little Hitters T-Ball | _____ |
| <input type="checkbox"/> Little Hoopsters Basketball | _____ |
| <input type="checkbox"/> Little Kickers Soccer | _____ |
| <input type="checkbox"/> 5-6 Instructional League Basketball | _____ |
| <input type="checkbox"/> Youth Soccer | _____ |
| <input type="checkbox"/> March Madness Clinics | _____ |
| <input type="checkbox"/> Youth Basketball | _____ |
| <input type="checkbox"/> Teen Basketball | _____ |
| <input type="checkbox"/> Basketball Mini Season | _____ |

T-Shirt Size: Please select the size accordingly, as T-shirts tend to run small. If you chose a size that does not fit your child, a replacement T-shirt will cost \$6.

Initial: _____ **YXS YS YM YL AS AM AL AXL AXXL**

Note to Parent/Guardian: I hereby certify that the above named child is in normal health and capable of participating safely in youth sports at the Y. I grant permission for the above named child to participate in this program.

X

Parent/Guardian Signature _____

Date _____

Emergency Treatment Release

As a parent/guardian of _____, a minor, I herewith authorize treatment by a qualified and licensed medical doctor in the event of a medical emergency which, in the opinion of the attending physician, may endanger his or her life, cause disfigurement, physical impairment, or undue discomfort if delayed. This authority is granted only after a reasonable effort has been made to reach me.

Family Physician _____ Phone _____

Allergies/Conditions (please describe) _____

Emergency Contact _____ Phone _____

Parent/Guardian Signature Date

Volunteer Opportunities: I am interested in volunteering as a...

- Referee Team Parent Head Coach Assistant Coach

We do our best to accommodate special requests; however, we cannot make any guarantees. Please write any special requests on the registration form. We will honor requests on a first-come, first-served basis.

Facility Member Fee: \$ _____

Program Member Fee: \$ _____

Program Membership: \$25 per year, if not already paid \$ _____

Late Fee: \$25 \$ _____

Total Enclosed: \$ _____

Financial Aid Application Enclosed: (Form available online)

Return this form (including full payment of fees) to:

Central YMCA, 1717 The Alameda, San Jose, CA 95126

Office Use Only:

Received By: _____ Date: _____

Payment Type: Check Credit Card Cash