



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING SKILLS CONFIDENCE & CHARACTER

Youth Sports
SOUTH VALLEY FAMILY YMCA



SOUTH VALLEY FAMILY YMCA
5632 Santa Teresa Blvd., San Jose CA 95123
408 226 9622 • southvalleyymca.org

OUR FOCUS

Youth Development: Nurturing the potential of every child and teen

At the Y, our youth sports programs engage children and teens in positive, fun activities that build athletic, social and interpersonal skills. We encourage safety, fair play and good sportsmanship. Everyone contributes to the team's success.

We encourage parent involvement, including volunteering as a coach, official, timekeeper or team parent, as we work together to support your child.

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 Annual Giving Campaign to help provide financial assistance. When you give, your gift has a meaningful, enduring impact right in your own community.



YMCA YOUTH SPORTS

YOUTH SPORTS LEAGUES (Ages 5.5-16.5)

YMCA Youth Sports is for boys and girls who want the opportunity to play in an organized sports program. This noncompetitive program focuses on skill development, participation, and teamwork. We structure teams so that everyone plays and all teams have equal ability.

LITTLE SPORTSTERS LEAGUES (Ages 3-5)

Little Sportsters is a weekly (Saturday only) parent/child program that emphasizes skill development, improving self-esteem, fair play, and fun while teaching the fundamentals of sports. Little Sportsters is for children who have little or no experience and want to learn or improve their skills. The entire family can be involved in this program. Introduce your child to sports with Little Sportsters League play.

POWER IN PINK LEAGUES (Girls ages 3-5)

This girls-only league is a parent/child program that emphasizes developing skills, improving self-esteem, learning fair play, and having fun while teaching the fundamentals of sports. This league was designed with your daughter in mind. Research shows that girls ages 3-5 often get discouraged playing co-ed sports. Enrich your daughter's experiences through a team sport with other girls her age.

FINANCIAL ASSISTANCE

YMCA membership and programs are open to everyone. Financial assistance is available through the generosity of donors like you to our Annual Giving Campaign. To apply for financial assistance, pick up an application at our YMCA or download one online. South Valley Family YMCA is a nonprofit organization.

CONTACT US

For general YMCA Youth Sports questions, call South Valley Family YMCA at (408) 226-9622. For specific questions or volunteer opportunities, call (408) 513-3160.



FALL, WINTER & SPRING LEAGUES

LITTLE HOOPSTERS BASKETBALL ●●●

Ages: 3, 4 and 5 (co-ed)
Practice: Saturdays (50 min at 9am, 10am, or 11am)
Fee: Facility Member \$48
 Program Member \$96*

YOUTH BASKETBALL ●●●

Ages: 5.5-6.5 and 7-8.5 (co-ed)
 Boys and Girls ages 9-10, 11-13
Practice: One weeknight for 1 hour
Games: Fall: Saturdays (between 8am and 3pm)
 Winter: Saturdays (between 8am and 8pm)
 Spring: Saturdays (between 8am and 3pm)
Fee: Facility Member \$48
 Program Member \$96*

TEEN BASKETBALL CLINIC ●●

Ages: 14-17 (boys and girls)
Practice/ Saturdays between 8am and 6pm
Games: (3-hour weekly session)
Fee: Facility Member \$48
 Program Member \$96*

T-HITTERS BASEBALL ●●

Ages: 3, 4 and 5 (co-ed)
Practice: Saturdays (50 min at 9am, 10am, or 11am)
Fee: Facility Member \$48
 Program Member \$96*

YOUTH T-BALL ●

Ages: 5.5-7.5 (co-ed)
Practice: One weekday for 1 hour
Games: Saturdays (between 9am and 1pm)
Fee: Facility Member \$48
 Program Member \$96*

LITTLE KICKERS SOCCER ●●

Ages: 3, 4 and 5 (co-ed)
Practice: Saturdays (50 min at 9am, 10am, or 11am)
Fee: Facility Member \$48
 Program Member \$96*

POWER IN PINK - SOCCER (U8 LEAGUE) ●●

Ages: Girls ages 6-7
Practice: One weekday for 1 hour
Games: Saturdays (between 12pm and 3pm)
Fee: Facility Member \$58
 Program Member \$116*

RATTLESNAKE RED - SOCCER (U8 LEAGUE) ●●

Ages: Boys ages 6-7
Practice: One weekday for 1 hour
Games: Saturdays (between 12pm and 3pm)
Fee: Facility Member \$58
 Program Member \$116*

YOUTH SOCCER (U10 LEAGUE) ●●

Ages: Boys ages 8-9
 Girls ages 8-9
Practice: One weekday for 1 hour
Games: Saturdays (between 12pm and 3pm)
Fee: Facility Member \$58
 Program Member \$116*

YOUTH SOCCER (U12 LEAGUE) ●●

Ages: Boys ages 10-11
 Girls ages 10-11
Practice: One weekday for 1 hour
Games: Saturdays (between 12pm and 3pm)
Fee: Facility Member \$58
 Program Member \$116*

● **FALL 2011** **Sep 12 - Nov 5**
 Sportster leagues ages 3-5 begin Sep 24

● **WINTER 2011** **Nov 14, 2011 - Feb 11, 2012**
 Sportster leagues ages 3-5 begin Dec 10
 Holiday Breaks: Nov 19-27 and Dec 18-Jan 1

● **SPRING 2012** **Mar 19 - May 12, 2012**
 Sportster leagues ages 3-5 begin Mar 31

YOUTH SOCCER (U14 LEAGUE) ●●

Ages: Boys ages 12-13
 Girls ages 12-13
Practice: One weekday for 1 hour
Games: Saturdays (between 12pm and 3pm)
Fee: Facility Member \$58
 Program Member \$116*

POWER IN PINK - SOCCER ●

Ages: Girls ages 3, 4 and 5
Practice: Saturdays (50 min at 10am)
Fee: Facility Member \$48
 Program Member \$96*

POWER IN PINK - BASKETBALL ●

Ages: Girls ages 3, 4, and 5
Practice: Saturdays (50 min at 9am or 10am)
Fee: Facility Member \$48
 Program Member \$96*

POWER IN PINK - T-BALL ●

Ages: Girls ages 3, 4, and 5
Practice: Saturdays (50 min at 10am)
Fee: Facility Member \$48
 Program Member \$96*



*Program Members require additional \$25 Program Membership fee annually

VOLUNTEER COACHES

All YMCA Youth Sports teams are coached by volunteer coaches. Many are parents who have children on the team. There must be **at least one parent volunteer to help coach a team**. We fingerprint and administer background checks on all coaches to ensure they are suitable to work with children.

To volunteer as a coach, check the coach's box in this YMCA Youth Sports registration form or call (408) 513-3160 for more information.

MANDATORY COACH AND PARENT TRAININGS

South Valley Family YMCA will hold mandatory coach and parent trainings each season. During the training we will go through the season format, inform you of important dates, and answer questions.

MEETING DATES:

Fall Season: Sep 10, 2011
Winter Season: Ages 5-13 Nov 12, 2011
Ages 3-5 TBA
Spring Season: Mar 17, 2012

MANDATORY COACHES WORKSHOP

South Valley Family YMCA will hold mandatory coach workshops each season. The training will be sport-specific, giving you important tools and drills to have a successful season. Training will include league rules and procedures, drills, how to's, and a question and answer session.

WORKSHOP DATES:

Fall Season: Sep 10, 2011
Winter Season: Ages 5-13 Nov 12, 2011
Ages 3-5 TBA
Spring Season: Mar 17, 2012

REGISTRATION DEADLINES

Fall Season: Ages 5-13 Sep 5, 2011
Ages 3-5 Sep 17, 2011
Winter Season: Ages 5-13 Nov 5, 2011
Ages 3-5 Dec 3, 2011
Spring Season: Ages 5-13 Mar 10, 2012
Ages 3-5 Mar 24, 2012

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 youth basketball leagues) and end-of-season medal. Refund requests are subject to a \$20 service fee.

Register now! Space is limited.



REGISTRATION FORM (one form per player)

Player Name: _____

Age: _____ Weight: _____ Height: _____ Birthdate: ____/____/____

Sex: Male Female How many years experience in sport? _____

School and District: _____

Parent(s) Name: _____

Address: _____

City, State, Zip: _____

Home Ph: _____

E-Mail (mandatory): _____

Please list the league you are registering for on the corresponding season line(s) below:

Fall 2011: _____

Winter 2011-2012: _____

Spring 2012: _____

T-Shirt Size (shirts are 50/50; select the size accordingly):

YS YM YL YXL AS AM AL AXL AXXL

If you choose a size that does not fit your child, a replacement t-shirt will cost \$6.

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

Referee Team Parent Head Coach Assistant Coach

Special requests _____

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

Parent/Guardian Signature: **X** _____

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: _____ Ph: _____

Allergies/Conditions (please describe): _____

Emergency Contact: _____ Ph: _____

X _____
Parent/Guardian Signature Date