

Ahwatukee Foothills Family

YMCA



YMCA Sports Programs build winners in life,
one child at a time. Our philosophy is simple:

Everybody Plays, Everybody Wins.

We emphasize good sportsmanship, fitness, fair play,
fundamentals and fun while implementing our core
values of Caring, Honesty, Respect and Responsibility.

YMCA MISSION STATEMENT

To put Christian principles into practice through
programs that build healthy spirit,
mind and body for all.

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www.quickscores.com/ahwatukeeymca

www.ahwatukeeymca.org

WINTER 2009/2010 SEASON DATES

Games begin Saturday December 12th

No Games December 26th & January 2nd

Last Games for Recreational Divisions February 13

Last Games for Competitive Divisions February 20th

RECREATIONAL YOUTH SPORTS

SOCCER

Ages 3 - 4th Grade \$60 for Facility Members \$75 for Program Members

This by far is the best sport to have your little ones start with. Participants learn the fundamentals of kicking, dribbling, passing, shooting, defending and teamwork. **Smaller teams and smaller fields make for a fun experience for all.**

Games are held at Desert Foothills Park Saturdays between 8am - 12:00pm

Required Equipment:

- Team Soccer Shirt \$10 (Pay for at pick-up see important dates section)
 - **Must pre-order by 12/01/09**
 - www.quickscores.com/ahwatukeymca/registrations/surveys link
- **Shin Guards & Soccer Socks**
- Size 3 ball for PK - K.....Size 4 ball for 1st & 2nd.....Size 4 or 5 for 3rd Grade

RECREATIONAL JR. SUNS BASKETBALL

Ages 3 - 6th Grade \$60 for Facility Members \$75 for Program Members

Fun and exciting basketball program that provides recreation and skill development. Games are referred by coaches. Practices are held at local parks/schools.

Games are held on Saturdays 11:30am - 3:00pm

Required Equipment:

- Jr. Suns Jersey \$15
- 28.5 size Basketball

LIL' D'BACKS TBALL

Ages 3 - K \$60 for Facility Members \$75 for Program Members

Emphasis on baseball fundamentals with hitting off a tee.

Games are held at Desert Foothills Park Saturdays between 8am - 12:00pm

Required Equipment:

- Lil' D'Backs Shirt \$15
- Glove / Soft T-Ball (Make sure child's name is on the ball)

FLAG FOOTBALL

Ages 6 - 8 / Ages 9 - 11 \$60 for Facility Members \$75 for Program Members

Learn basic footwork, ball handling techniques and fundamental football skills without the risk of heavy contact.

Games are held at Desert Foothills Park Saturdays between 8am - 12:00pm

Required Equipment:

- Navy/White Rattler's Jersey \$15
- Mouthpiece

VOLLEYBALL CLINICS:

1st - 3rd Graders \$60 for Facility Members \$75 for Program Members

Back by popular demand! We will be offering these clinics again. Just a great opportunity to learn this fun game! There are no scheduled games for this division.

All Clinics start the week of December 7th.

- Mon/Wed 5:30pm—6:15pm
- Tues/Thurs 4:15pm—5:00pm
- Wed 2:30pm - 3:15 pm **\$30 for Facility Members \$38 for Program Members**

Required Equipment:

Volleylite Volleyball (Any other type of volleyball is too heavy for little arms.)

Knee Pads

Gym shoes

RECREATIONAL VOLLEYBALL LEAGUE

4th - 6th Grade \$60 for Facility Members \$75 for Program Members

Learn the basics of passing, serving and setting.

Games held at the Ahwatukee YMCA on Saturdays 7:45am - 12:00pm.

Required Equipment:

Volleylite Volleyball (Any other type of volleyball is too heavy for little arms.)

Knee Pads

Gym shoes

Team shirts will be decided on with volunteer coach and team.



COMPETITIVE YOUTH SPORTS

Ready to take it to the next level? These leagues are for those players with 3 or more seasons of experience. Free Agent evaluation required for all players not signing up with an existing team. Most teams in these divisions are BYOT Rosters.

COMPETITIVE VOLLEYBALL LEAGUE 4th—9th Grade

\$100 for Facility Members \$130 for Program Members

4th—6th grade games are held Saturday mornings 7:45am—12:00pm at the Ahwatukee YMCA. 7th-9th grade games are held at the MULTI-GEN Center in Tempe off Scottsdale Road and McKellips on Saturdays between 8am - 5pm

Required Equipment:

4th - 6th Volleyleite volleyball—(Any other volleyball is too heavy.)

7th - 9th "Super Touch" Indoor Volleyball—this is VERY important.

Knee Pads

Gym shoes

Team shirts will be decided on with coach and team.

COMPETITIVE JR. SUNS BASKETBALL

3rd Grade—High School

\$100 for Facility Members \$130 for Program Members

FULL COURT w/ referees! Some travel required. 9 games (including tournament)

Required Equipment:

- Jr. Suns Jersey
- 29.5 size Basketball

**WHAT IS A "FREE AGENT EVALUATION"?

A "Free Agent Evaluation" is a time for those players registered in the COMPETITIVE division not on a BYOT roster to have their skills assessed using a linear ranking tournament. This is to ensure they are being placed in a league that will best fit their level of play.

November 30th - Competitive Volleyball

- 5:00pm - 6:00pm for 4th - 6th Grades
- 6:00pm - 7:00pm 7th - 9th Grades

December 1st - Competitive Basketball

5:30pm - 6:00pm for 3rd - 4th Grades

6:15pm - 6:45pm 5th - 6th Grades

7:00pm - 7:30pm 7th - 8th Grades

7:30pm - 8:00pm High School



Get Your Shirt Ordered TODAY!

Soccer, Flag Football &
Lil' D'Backs T-Ball Participants Only.
Jr. Suns we have in stock.

Shirts are not included in any of the sports programs.
All Shirts must be ordered by 12/1/09 to ensure
Delivery at Jersey pick-up on
Thursday December 10th - 5:30pm - 7:30pm
Friday December 11th - 5:30pm—7:30pm

Child's Name: _____

Best Phone Number: _____

Sport:

Flag Football

Lil' D'Backs

Soccer

Team Name if Known _____

YS

YM

YL

AS

AM

You will pay for shirt at time of pick-up. Do not pay for now.



WINTER BYOT ROSTER

Are you interested in coaching a team?

Simply submit this as your roster or do it online at www.quickscores.com/ahwatukeeymca

As a reminder a player may not request COACH. The COACH must request the player.

Coach's Name _____

Email: _____

Phone: _____

Sport:

Soccer Lil' D'Backs Tball Flag Football Rec Volleyball

Rec Jr. Suns Competitive Volleyball Competitive Jr. Suns

Team Name: _____

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

Player 5: _____

Player 6: _____

Player 7: _____

Player 8: _____

Player 9: _____

Player 10: _____



HOW ARE YOUTH SPORTS TEAMS FORMED?

- **Bring Your Own Team....BYOT**

This is available for all sports at all levels. This is the only way that we can ensure that friends are placed with each other. What does it take to Bring Your Own Team? A Volunteer Coach and Four Players. You can bring an entire roster or we can fill your roster with available "free agents". The only way a player will be placed on a BYOT roster is if the coach requests them. Players may not request a coach.

- **Free Agent Teams**

This is how most of the recreational teams and very few of our competitive are formed. Free agents are those athletes that sign up without a team or a coach. Once a volunteer coach (usually a parent) is secured we take other free agents of the same age (not necessarily same ability) and preferably the same schools and put them on teams together.

HOW DO I GET ON A TEAM WITH MY FRIENDS?

- See the description above for BYOT. This is the only way this can be guaranteed. If the players all go to the same school they *might* have a chance unless there is more than one team of free agents from the school. We do not take friend requests.

IMPORTANT DATES

November 25th Registration Ends

November 30th - Competitive Volleyball "Free Agent Evaluation"

5:00pm - 6:00pm for 4th - 6th Grades

6:30pm - 7:30pm 7th - 9th Grades

December 1st - Competitive Basketball "Free Agent Evaluation"

5:30pm - 6:15pm for 3rd - 6th Grades

6:30pm - 7:15pm 7th - HS

Coaches Contact Players

Friday December 4th - Sunday December 6th

Practices Start: December 7th

Jersey Pick-Up (Flag / Tball / Soccer)

Thursday December 10th - 5:30pm - 7:30pm

Friday December 11th - 5:30pm—7:30pm



VOLUNTEER COACHES NEEDED

What better way to be a part of your kids life.
Be the hero of your child's team.

You can get an application from the member service desk or
on the www.quickscores.com/ahwatukeeymca
website under downloadable files.

Coaches' Meeting is Thursday December 3rd

It does not happen very often. But if your child's team does not
have a coach by the December 3rd Coaches' meeting the YMCA
will contact you and set a practice time
during the week of December 7th,
at which point hopefully somebody steps
up to take on the kids!

We would much rather have someone eager to coach.

We have lesson plans for most sports.
The internet is also a valuable resource.

Who Can Coach? Parent, Grandparent, Aunt , Uncle, Cousin,
Friend, Student (Over 16 w/ parent support)
Community members...anyone with a passion to help
Build Strong Kids, Strong Families and Strong Communities.

Background checks are done on all volunteers.

