

# MetroWest YMCA Youth Sports leagues and Clinics



**Munchkin Soccer**  
**Girls and Boys Ages 4-6**

Children will be divided into teams and play actual games while learning teamwork and the skills of the sport. The first half-hour will be practice followed by a game against another team in the league. League T-shirt included! Program runs from Sept. 12<sup>th</sup> through Oct. 24<sup>th</sup>.  
\$55member/\$98non-member  
Saturday 9:00-10:00am 03214-61  
Saturday 10:10-11:10am 03214-62  
*Players are encouraged to wear chin guards, sneakers/cleats and bring a water bottle.*

**Kwik Kicks Soccer Clinic**  
**Boys and Girls Ages 7-8**

Players will be organized in a festival format with a staff facilitator and coach. Teams will play 5v5 with a goal keeper. T-shirt Included! Program runs from Sept. 9<sup>th</sup> through Oct. 24<sup>th</sup>  
Practice Wednesday nights 5:30-6:30pm  
Games on Saturday 3:15-4:15pm  
\$55member/ \$98non-members 03214-63  
*Players are encouraged to wear chin guards, sneakers/cleats and bring a water bottle.*

**Little Sox T-Ball**  
**Boys and Girls Ages 4-6**

Children will be divided into teams and play actual games while learning teamwork and the skills of the sport. The first half-hour will be practice followed by a game against another team in the league. League T-Shirt Included! Program runs from Sept. 12<sup>th</sup> through Oct. 24<sup>th</sup>.  
\$55member/ \$98non-member  
Saturday 11:30-12:30pm 03215-61  
Saturday 12:45-1:45pm 03215-62  
*Players are required to bring their own glove and encouraged to bring a water bottle.*

**Flag Football**

Pass catch and run your way to the end zone in our youth flag football league. Players will learn the fundamentals of offense, defense and special teams while learning sportsmanship and teamwork. Program runs Sept. 10<sup>th</sup> through Oct. 24<sup>th</sup>, includes league t-shirt! \$55member/ \$98non-member  
Practices Thursday nights 5:30-6:30PM  
Games Saturday 2:00-3:00PM 03218-41  
*Players should wear sneakers and bring a water bottle. A mouth guard is recommended.*

For more information please contact Jon Marshall, Sports and Teen Director.  
Email: [JMarshall@metrowestymca.org](mailto:JMarshall@metrowestymca.org)  
Phone: 508-879-4420 Ext.30



**The Y needs you!**  
Youth sports rely entirely on the kindness of volunteer coaches. Please indicate on the registration form your willingness to coach and attend our meetings on Tuesday, Sept. 8<sup>th</sup>  
6:00pm for Soccer and T-Ball,  
7:00pm for Flag Football.



**Registration Information: Member Mail-In Aug. 12<sup>th</sup>,  
Member walk in Aug. 17<sup>th</sup>, Non-Member Aug. 24<sup>th</sup> walk in only**

PLEASE DO NOT WRITE OR ADD ANY SPECIAL REQUESTS ON REGISTRATION

Parent/Guardian Name and Birth date:

\_\_\_\_\_

Participant's Name: \_\_\_\_\_

Participant's Gender      M      /      F      Participant's Age on 9-Sept-09: \_\_\_\_\_

Address : \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Contact Phone # \_\_\_\_\_

E-Mail

Address \_\_\_\_\_

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**Credit Card Number (MC/Visa/Discover Only)**  
**Expiration Date**

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**Signature or Card Holder (required)**  
**Mail-in/Fax is for MEMBERS ONLY**

**A SUCCESSFUL TEAM/LEAGUE IS NOT COMPLETE WITHOUT A COACH**

We rely entirely on volunteer coaches to be the positive role models our young athletes need. If you are interested in coaching please sign below and attend the coaches meeting on 9/8 at the MetroWest YMCA, 6PM for soccer/t-ball, 7PM for flag football..

Volunteer's Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**Waiver**

I understand that the MetroWest YMCA assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, the use of any equipment, exercise or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses which may result from participation in these activities. I hereby release and discharge the MetroWest YMCA, its agents, servants and employees from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the MetroWest YMCA is not responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities on YMCA premises. I acknowledge the WAIVER set forth above.

Signature of Participant/Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_

