

Sport Programs

Fall 1 2010 SESSION
Sept 7-October 24



YOUTH INSTRUCTIONAL SPORTS WITH COACH KISHA

Double Play (Soccer/Basketball) Ages 3.5 - 4 years old
Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.

\$47 members / \$95 non members

Wednesday	9:30 - 10:10 am	03210-31
Thursday	9:30 - 10:10 am	03203-41

Dad/Mom & Me Ages 2 - 3 years old

An introduction to lifetime and team sports, ranging from basketball to lacrosse. Parents and children will play actual games and focus on teamwork.

\$47 members / \$95 non members

Thursday	11:10 - 11:50 am	03203-42
Saturday	8:30 - 9:00 am	03210-62

Intro to Soccer Ages 3 - 4 years old

Children will learn to dribble, pass and shoot through a variety of skills and fun games while learning hand and eye coordination. The focus will be on teamwork and just having fun!

\$47 members / \$95 non members

Tuesday	9:30 - 10:10 am	03207-21
Saturday	9:10 - 9:50 am	03207-63

Soccer Stars Ages 4-5

Children will learn more advanced soccer skills. It is recommended that children have taken either Intro to Soccer or Just for Kicks Soccer.

\$47 members / \$95 non members

Saturday	10:50 - 11:30 am	03207-65
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YMCA Super Sports Ages 3 - 5 years old

This program features a "games approach" with an array of innovative resources designed to teach effective sports skills and develop mature sports behavior.

\$47 members / \$95 non members

Tuesday	10:20 - 11:00 am	03203-21
Wednesday	10:20 - 11:00 am	03202-31
Saturday	10:00 - 10:40 am	03207-64

M.L.B. T-Ball Ages 3.5-5 years old

Munchkins with Little Bats T-ball class introduces the concepts of baseball for the beginning player. Throw, catch and hit your way to a fun and exciting Saturday morning!

\$47 members / \$95 non members

Thursday	10:20 - 11:00 am	
Saturday	8:00 - 9:00 am	03201-61

After School Sports Blast Grades 1-5

Join the staff of the YMCA after school for some fun outdoor activities. Games will range from flag football to wiffle ball. A great way to enjoy the fall weather and keep active!

\$47 members / \$95 non members

Wednesday	3:45 - 4:30 pm	03212-41
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SPORTS LEAGUES & CLINICS

Munchkin Soccer Girls & 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 September 11 through October 23

\$56 members / \$103 non members

Saturday	9:00 - 10:00 am	03214-61
Saturday	10:10 - 11:10 am	03214-62

Little Sox T-Ball Girls & 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. Program runs from September 11 through October 23

\$56 members / \$103 non members

Saturday	11:30 am - 12:30 pm	03215-61
Saturday	12:45 - 1:45 pm	03215-62

Kwik Kicks Soccer Clinic Boys & Girls Ages 7-9

Players will be organized in a festival format with a staff facilitator and volunteer coaches. Teams will play 5v5 with a goal keeper. T-shirt included. Program runs from September 11 through October 23. Games are Saturdays at 3:15pm **Thursday practice from 5:30-6:30pm starting Sept 9.**

\$63 members / \$113 non members

Saturday	3:15 - 4:15 pm	03214-63
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Youth Flag Football League Girls & Boys Ages 7-10

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. 11 through October 23. **Teams will practice Wednesdays at 5:30pm starting Sept 8.** Games are Saturday at 2:00pm

\$63 members / \$113 non members

Saturday	2:00 - 3:00 pm	03218-41
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Field Day Class, ages 3-5

Children will learn the basics of sports while engaging in total body development. Various traditional field day events, parachute games, potato sack race, long jump, and more.

\$41 members / \$81 non members

Monday	10:10 - 10:45 am	03210-33
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"Every great team needs a great coach"

If you are interested in volunteering to coach a youth team, please

Contact Cija Affannato at caffannato@metrowestymca.org for more details.

Or Please attend the T-ball and Soccer Coaches meeting on September 7 at 6pm and the Flag Football Coaches meeting at 7pm.

YOUTH BASKETBALL LEAGUES



Please register before Saturday October 30. All players registered after Saturday October 30 will be placed on a waiting list and may be assigned to a team if space is available. Please ensure you register your child before this date to guarantee a slot.

Please use the Program Registration Form on page 26 to sign up for Basketball League.

Practices start week of November 29. Games starts on Saturday, December 6. Be sure to SAVE THE DATE for MEET YOUR COACH DAY, Saturday November 13th. All games are played on SATURDAYS. All league prices include a league t-shirt.

All players registered into Hoopstars II, Hot Shots and Big Shots division will need to participate in a jamboree/evaluation day to ensure balance of play. **Players must attend ONE of either two jamboree days: October 30 or November 6th**

Hoopstars II 12:30 pm
Big Shots 2:00 pm
Hot Shots 3:30 pm

Small Shots I GIRLS & BOYS Kindergarten - Grade 1

Skills, drill and teamplay. Baskets are set at 8 feet. Half-hour practice followed by half-hour of team play. Games will be held on Saturdays between 9:00am-2:00pm **\$93 Members/\$131 non-members**
Saturday 9:00 am - 2:00 pm 03216-61

Small Shots II BOYS ONLY Grade 2-3

Skills, drill and teamplay. Baskets are set at 10 feet. Half-hour practice followed by half-hour of team play. Games will be held on Saturdays between 9:00am-2:00pm **\$93 members/\$131 non-members**
Saturday 9:00 am - 2:00 pm 03217-61

Big Shots Boys BOYS ONLY Grade 4-5

Hoops are set at regulation height. Practices will emphasize beginner level plays for games. Teams will practice either Tues/Wed/Thurs night and play games on Saturday between 9:00am-2:00pm **\$98 members/\$141 non-members**
Saturday 9:00 am - 2:00 pm 03218-61

Hot Shots Boys Division BOYS ONLY

Grade 6-8 Hoops are set at regulation height. Practices will emphasize beginner level plays for games. Teams will practice either Tues/Wed/Thurs night and play games on Saturday. **\$98 members/\$141 non-members**
Saturday 3:00 pm - 6:00 pm 03219-61

YMCA Youth Travel Basketball Leagues Information:

The MetroWest YMCA will be fielding a limited number of youth travel teams to compete in the MetroWest Youth Basketball League. Travel teams are open to boys & girls in grades 4-8 (depending upon interest and coach availability) and must be residents of the town of Framingham. If interested please contact the Assistant Youth & Family Director at 508-879-4420 x30



Interested in coaching but have some questions? Attend our new coaches clinic October 23, 3:00pm and learn from veteran staff and coaches. All are welcome to attend!

ALL COACHES NEED TO ATTEND ONE OF THE MEETINGS LISTED BELOW.

Small Shots I & II: Tuesday October 26, 7:00pm
Big Shots & Hot Shots: October 27, 7:00pm
Hoopstars I & Hoopstars II: October 28, 7:00pm

November 13th Meet Your Coach Day!!

Come meet your coach, receive your t-shirt and game schedule.

Small Shots I	12:30pm
Small Shots II	1:30 pm
Hoopstars I	2:30pm
Hoopstars II	3:30 pm
Big Shots	4:30 pm
Hot Shots	5:30pm

Girls Hoopstars I GIRLS ONLY

Grades 2-3 Basket are set at 8 feet with an emphasis on skills, drill and team play. Half hour practice followed by half hour game. **\$93 members/\$131 non-members**
Saturday 9:00 am - 12:00 pm 03221-61

Girls Hoopstars II GIRLS ONLY

Grade 4-6 Hoops are set at regulation height. Practices will emphasize beginner level plays for games. Teams will practice either Mon/Tues/Wed night and play games on Saturday. **\$98 members/\$141 non-members**
Saturday 12:00 pm - 3:00 pm 03221-62

Important Registration Information:

- One of the primary missions of YMCA Youth Sports is to create balance in play, due to this reason we are unable to accept requests for team placement or practice times. All divisions play a rotating schedule so game times will rotate through the time slots indicated in the division details.

- *If you are unable to attend the Meet Your Coach Day, on Saturday November 13, player schedules, t-shirts and other information will be available November 18th @ 7:00pm.