

Sports Fall 2010

Descriptions, Time and Dates

Basketball

Recreational Leagues: September 18 - November 6th

Competitive Leagues: September 18th - November 13th

D3 Jr. Suns

(Recreational Basketball)

Jr. Suns Boys YMCA leagues are the best and most fun around! Coaches work on basic ball handling, passing, shooting and defensive skills while introducing defensive and offensive schemes, while kids enjoy learning this great game!

Bring your own team or the YMCA will place you on a team.

Ages

Grade Level breakdown:

Pre-K-K, Grades 1st-2nd, 3rd-4th, 5th-6th

Time:

Fri. evenings and Saturdays*

*Practices are decided by the coach and a game schedule will be available one week prior to the start of the season

Price:

\$75 Facility Members

\$95 Non-Members

(Jersey Required \$15)

D1/D2 Jr. Suns

(Competitive Basketball)

We have Jr. Suns Boys Leagues for the more advanced player! This league includes All-Star Competitions with awards at USAir Arena, and an end of the season tournament with all Valley of the Sun YMCAs participating.

Bring your own team or the YMCA will place you on a team.

Ages

Grade Level breakdown:

Grades 3rd-4th, 5th-6th, 7th and 8th

Time:

Fri. evenings and Saturdays*

*Practices are decided by the coach and a game schedule will be available one week prior to the start of the season

Price:

\$100 Facility Members

\$130 Non-Members

(Jersey Required \$15)

D1/D2 Jr. Mercury

(Girls Only Competitive Basketball)

Come join our competitive Jr. Mercury Girls Basketball League. This league Includes All-Star Competitions with awards at USAir Arena, and an end of the season tournament with all Valley of the Sun YMCAs participating.

Bring your own team or the YMCA will place you on a team.

Ages

Grade Level breakdown:

Grades 5th-6th, 7th and 8th

Time:

Fri. evenings and Saturdays*

*Practices are decided by the coach and a game schedule will be available one week prior to the start of the season

Price:

\$100 Facility Members

\$130 Non-Members

(Jersey Required \$15)

D1/D2 High School Jr. Suns

(High School Competitive Basketball)

Come join our competitive Jr. Suns Basketball League. This league Includes All-Star Competitions with awards at USAir Arena, and an end of the season tournament with all Valley of the Sun YMCAs participating.

Bring your own team or the YMCA will place you on a team.

Ages

Grade Level breakdown:

Grades Freshman - Senior

Time:

Fri. evenings and Saturdays*

*Practices are decided by the coach and a game schedule will be available one week prior to the start of the season

Price:

\$100 Facility Members

\$130 Non-Members

(Jersey Required \$15)

Volleyball

D3 Volleyball

(Recreational Volleyball)

Learn all the tricks to being your best at this popular sport by joining a YMCA Volleyball Recreational League. This great introduction to volleyball has modified rules.

Bring your own team or the YMCA will place you on a team.

Ages

Grade Level breakdown:

4th-6th, 7th-9th

Time:

Friday evenings and Saturdays*

*Practices are decided by the coach and a game schedule will be available one week prior to the start of the season

Price:

\$75 Facility Members

\$95 Non-Members

(Jersey Required \$15)

D1/D2 Volleyball

(Competitive Volleyball)

For the more competitive player, these games grind it out and everyone has a "ball"!

Bring your own team or the YMCA will place you on a team.

Ages

Grade Level breakdown:

4th-6th, 7th-9th

Time:

Friday evenings and Saturdays*

*Practices are decided by the coach and a game schedule will be available one week prior to the start of the season

Price:

\$100 Facility Members

\$130 Non-Members

(Jersey Required \$15)

Flag Football

Jr. Rattlers

Join the YMCA Junior Rattlers league and learn basic footwork, ball handling techniques and fundamental football skills without the risk of heavy contact.

Bring your own team or the YMCA will place you on a team.

Ages

Grade Level breakdown:

1st-3rd, 4th-6th

Time:

Saturday's*

(*Possible weeknight games)

Price:

\$75 Facility Members

\$95 Non-Members

(Jersey Required \$15)

Cheer

Jr. Cheer

(Ages 5-12)

A great introduction to cheerleading! Participants will get to cheer at Saturday Jr. Suns/Mercury games during the season. Participants will learn basic cheerleading and dance routines that they will demonstrate at basketball games.

Ages

5-12 years

Time:

Saturdays

(During Basketball games)

Two practices a week*

(Thursdays 4-5pm, Sundays 2-3pm)

Price:

\$85/ Season - Facility Members

\$105/ Season - Non-Members

(A cheerleading shirt is included)

Bitty Ball

Bitty Ball Sports**

(Ages 3-5)

This six week program will focus on the basic fundamentals of three sports: Basketball, Soccer and T-ball. Each sport will be played for two weeks. Parental involvement is required.

**September 25th-October 30th

Time:

9:00a-9:45a

Price:

\$60/ Season - Facility Members

\$80/ Season - Non-Members

(No jersey or shorts required)

Summer Basketball Camp

(July 26-July 30) Want to get to "the next level" or improve your basketball knowledge and skills. Then this camp is for you. Whether you are a recreational player or a player looking to play in the competitive leagues, this camp will help you focus on what it takes to be a fundamentally sound player. The coaching staff will cover passing, dribbling, defense, rebounding and more.

Ages

5 & Up

Time:

1:00p-2:30p

Monday - Friday

Price:

\$65 Facility Members

\$75 Non-Members

Important Dates and Information

Schedules will be posted at www.quickscores.com/desertfoothillsymca on September 14th. Coaches will be contacting participants by September 12th. If you do not hear from your coach by September 12th please contact Drew Master at dmaster@vosymca.org. Registration Deadline is September 5th. Financial Assistance is available by contacting Welcome Center @ 480-596-9622 prior to September 5th. Players are not guaranteed a spot after September 5th. Practice Times at the Desert Foothills YMCA for all sports except Cheer are not included in the program prices. Gym times are available for rental at the Desert Foothills YMCA and are limited in availability. Practice times and locations are up to our volunteer coaches.

Sports Registration Form Fall 2010

Please select the sport you are registering for.

Basketball

Volleyball

Flag Football

Cheer

Bitty Ball

- D3 Jr. Suns
(Recreational Basketball)
- D1/D2 Jr. Suns
(Competitive Basketball)
- D1/D2 Jr. Mercury
(Girls Only Competitive Basketball)
- D1/D2 High School Jr. Suns
(High School Competitive Basket-

- D3 Volleyball
(Recreational Volleyball)
- D1/D2 Volleyball
(Competitive Volleyball)

- Jr. Rattlers
 - Jr. Cheer
(Ages 5-12)
- Summer Basketball Camp**
- July 26, 2010-July 30,2010

- Bitty Ball Sports
(Ages 3-5)

CHILD'S NAME _____ AGE _____ GRADE _____ D.O.B. ___/___/___ SEX: M OR F

E-MAIL _____ JERSEY SIZE: YS YM YL AS AM AL AXL AXXL
SHORT SIZE: YS YM YL AS AM AL AXL AXXL

ADDRESS _____ APT. # _____ CITY _____ ZIP _____

PRIMARY CONTACT NAME _____ HOME # _____ CELL or WORK # _____

EMERGENCY CONTACT NAME _____ HOME # _____ CELL or WORK # _____

Sports Fee	\$
Jersey \$15	\$
Shorts \$15	\$
Late Fee \$15 (After Sep. 5th)	\$
TOTAL FEES	\$

PLAYER REQUEST* (Practice day/time, etc.) (request not guaranteed)
Three or more requests need to have volunteer coach

Volunteers Needed!
Make an impact in children's lives. Volunteer Coaches are available for all sports and are an integral part to a successful program.

COACH REQUEST* (request not guaranteed)
Please have first and last name of coach

Volunteer Involvement Interest: (Please Circle) **Head Coach** **Assistant Coach**

Important Dates and Information
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Desert Foothills YMCA-Facility Usage

***If applicable**

Release and Waiver of Liability and Indemnity Agreement

In consideration for being permitted to utilize the Desert Foothills YMCA, facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation.

In further consideration of being permitted to enter the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned hereby agrees to the following:

1. The undersigned hereby releases, waives, discharges and covenants not to sue the YMCA, its directors, officers, employees and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his/her personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the death undersigned therein, or participating in any program affiliated with the YMCA, without respect to location.

2. The undersigned hereby agrees to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA the undersigned hereby assumes full responsibility for and risk of bodily injury, death, or property damage while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned further expressly agrees that the forgoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the State of Arizona and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

I have read this release and hereby agree, upon signing, to all of the above terms.

Date: _____ **Signature:** _____