



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Flag Football, Soccer & Volleyball

Y Youth Sports focuses on three primary objectives: Fun, Fundamentals, and Character Development.
Program Values are: teamwork, sportsmanship, and character development of caring, honesty, respect and responsibility.

League Information

Season: Saturdays from Sept 14th-October 19th

Location: Soccer and Flag Football @ Whitney Park /Volleyball in YMCA gym

Registration Deadline: Saturday, September 7th

Late fee: \$5 will be charged after assigned deadline.

Fees: Member \$25 Non-Member \$45

- Financial Assistance is available to those who qualify.

Jersey: Reversible Y sport shirts are used for all sport leagues. Please purchase the jerseys at the YMCA before the first practice. Jersey fee is \$14.

****Volunteer coaches are needed—No experience necessary****

Coaches will be given Y sports training. All coaches will need to complete a background check.

Please register online at www.scymca.org or in person at the YMCA.



Flag Football

Y Youth Flag Football League focuses on the fundamental skills: blocking, passing, catching, handoffs, footwork, kicking, basic offensive and defensive plays, and games.

****Practices/ games will last one hour (will be assigned time by September 11th)****

Grades K-1st
11:30a.m. – 2:30p.m

Grades 2nd– 3rd
8:30a.m. – 11:30a.m.

Grades 4th– 5th
2:30p.m. – 3:30p.m.

Micro Soccer

Y Micro Soccer League focuses on the fundamental skills: basic footwork, ball handling, and an introduction of games in Micro II.

Micro I (Ages 3-4)- 10:30- 11:00am

Micro II (Ages 4-5)- 11:00- 11:45am

**Consists of Parent/Child
Participation**



Youth Soccer

Y Youth Soccer League focuses on the fundamental skills: blocking, passing, basic footwork, defense, shooting, and games.

Youth (Grades K&1)- 8:30- 10:30am
5 on 5 league

Youth (Grades 2&3)- 11:30-1:30pm
4 on 4 league

**Practices/games will last one hour and will
be assigned before September 11th)**
This is a no goalie league.



Volleyball

Y Youth Volleyball League focuses on the fundamental skills: passing, setting, and serving.

****Practices/games will last one hour (will be assigned time before season) ****

Grades 2nd- 3rd
8:30- 10:30 a.m.

Grades 4th- 5th
10:30- 12:30



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Y Youth Sports Registration Form

(Circle all sports youth will play)

Fees: Member \$25/ Non- Member \$45

Sports	League	Fee:
Flag Football	K&1 2&3 4&5	
Soccer	Micro I Micro II K&1 2&3	
Volleyball	2&3 4&5	
Total Fee:		

Volunteer Coaches

I wish to serve as a Volunteer Coach for my child's team as a (Circle One or Both) Head Coach/ Assistant Coach

Coach's Name: _____ Best Phone Number to Reach: _____

Player Information

Participant Name: _____ DOB: _____ Grade: _____ School Attends: _____

Gender: Male/ Female

Family Information

Parent Name: _____ Email (for league updates): _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Participation Release:

I release the St. Cloud Area Family YMCA, its coaches and officials from all claims of injury which may be sustained by above child while participating in any YMCA sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required I give my permission for such medical care. I also agree to follow the St. Cloud Area Family YMCA's sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/educational materials.

Parent Signature: _____ Date: _____