














# LAKE NONA YMCA YOUTH SPORTS CALENDAR

## FALL 2016-SUMMER 2017

Season	Early Fall 2016	Late Fall 2016	Winter 2017	Spring 2017	Summer 2017
		  	  	 	 
<b>Sports Offered</b> (schedules subject to change)	Soccer	Flag Football Basketball Cheer	Basketball Flag Football Cheer	Soccer T-Ball	Basketball Cheer
	<b>8 GAMES</b>	<b>8 GAMES</b>	<b>8 GAMES</b>	<b>8 GAMES</b>	<b>8 GAMES</b>
NLP priority registration <i>*Must live in NLP*</i>	July 1st	Sept. 1st	Nov. 1st	Jan. 1st	April 1st
Early Registration Period (Guaranteed Placement)	Jul 5 - Aug 6	Sep 5 - Oct 1	Nov 5 - Dec 10	Jan 5 - Feb 18	Apr 5 - May 13
YMCA Member Early Registration	\$90	\$90	\$90	\$90	\$90
Program Participant Early Registration	\$175	\$175	\$175	\$175	\$175
Open Registration Period (Space is Limited)	Aug 7 - Aug 25	Oct 2 - Oct 27	Dec 11 - Jan 19	Feb 19 - Mar 30	May 14 - Jun 15
YMCA Member Open Registration	\$110	\$110	\$110	\$110	\$110
Program Participant Open Registration	\$195	\$195	\$195	\$195	\$195
<b>Grades</b> (Pre-K starts at age 3)	Soccer: PreK-12th	Flag Football: PK-12th Basketball: 2nd-12th Cheer: K-5th	Basketball: PK-12th Flag Football: 2nd-12th Cheer: K-5th	Soccer: PreK-12th  T-Ball: PK-1st	Basketball: PK-12th  Cheer: K-5th
<b>Practices Begin Week of...</b>	Aug 15th	Oct 17th	Jan 9th	March 13th	June 5th
<b>Holiday Time Off</b>	Sep 2 - 5	Nov 20 - 27	None	Mar 17 - 26	Jun 30 - Jul 4
<b>First Game</b>	Aug 26/27	Oct 28/29	Jan 20/21	Mar 31/Apr 1	Jun 16/17
<b>Last Game</b>	Oct 14/15	Dec 16/17	Mar 10/11	May 19/20	Aug 4/5

For more information check out our sports website: [lakenonaymca.playerspace.com](http://lakenonaymca.playerspace.com)  
or contact Jean-Marc Sanon at: [jsanon@cfymca.org](mailto:jsanon@cfymca.org)



## 2016-2017 PARENT INFORMATION SOCCER, BASKETBALL, FLAG FOOTBALL, CHEER and T-BALL

### WHY THE Y?

The YMCA Youth Sports philosophy is unique. We emphasize good sportsmanship, teamwork, values, and fellowship with others, alongside teaching sports skills. The three most important goals as a parent and a coach are to make sure each child is safe, has fun and learns the fundamentals of each sport.

The YMCA has a modified league format to help ensure this philosophy is fostered:

- EACH PLAYER PLAYS AT LEAST HALF OF EVERY GAME
- EMPHASIS ON FUN & SKILL DEVELOPMENT BEFORE WINS & LOSSES
- MODIFIED GAME RULES THAT HELP YOUR CHILD DEVELOP THEIR SKILLS
- REFEREES WHO 'COACH' WHEN ENFORCING THE RULES OF THE GAME

### PRACTICE INFORMATION

Each team practices one evening per week for one hour, expect for Pre-K (45 minutes). Practices are held Monday-Friday, with the earliest start time being 5pm. Generally the younger the age-group, the earlier the practice. When you register, you can request a day or time that works best for your schedule, as well as requesting a particular coach or teammate. Requests are filled on a first-come first-served basis. We provide balls and practice equipment here at the Y, and you are welcome to bring your own. Make sure you put your name on equipment you bring with you.



### GAME INFORMATION

Games take place on Saturdays, and sometimes Fridays. All teams will play eight games during the season and some seasons will be seven weekends so we will play weeknight games. Teams in grades 4th & up may travel some weeks to local Central Florida YMCA's for away games. Please see our season information sheet for specific game information for each season. Game schedules will be posted on our Playerspace website the week following the first day of practices.



### VOLUNTEER COACHES

Our coaches are background-screened volunteers who give back to their community through the sports that they love. They dedicate two hours a week to help kids develop skills, values and a love of the game.

#### Benefits of Coaching:

- > A coach will have more impact in one season than most people do in a lifetime
- > Coaches have fun with the youth in their community
- > Coaches get first pick of practice days/times
- > We hold a coaches' training each season so every coach is knowledgeable and informed

### COACHES AND PARENTS CODE OF CONDUCT

- > I truly understand that youth sports are intended for children and not for adults
- > I will place the well-being of the players ahead of my personal desire to win
- > I will treat each player with respect, & extend that respect to all parents, spectators and YMCA officials.
- > I will demonstrate good sportsmanship and fair play towards all players, opponents and coaches.

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