

Y System Breakdown

Fundamentals

Rookies (Ages 3-5) + Kindergarten - Grade 1

- Focusing on the young athletes fundamental skills, such as catching, throwing, kicking, hitting, coordination, etc. prior to competing in organized league play.
- The aim of these sessions are to work on basic skills, and incorporating them into friendly game play, focusing on development and understanding over competition.

Program Format

5 weeks - (2 sessions per week)

Rookies - 1 hour sessions

Grade K-1 - 1 hour sessions

Training Style Sessions

- Warm up
- Skill Development
- Mini Game Play - Using learned skills from session in game-like scenarios
- End of season Tournament/Scrimmages
- YMCA Jerseys -Blue & Red (\$16 Total) NEW Rookies Jersey - \$8

Program Cost

\$0 - Single Parent/Family Membership

\$20 - Youth Membership

\$45 - Non-Member

Recreational Pathway

Grades 2-8

- Focusing on those new or still gaining confidence in a sport
- These sessions are to help develop the athlete's skills, in order to get to a level in which they are ready to compete.
- Create a safe environment for athletes to learn new sports without the pressure of score keeping.

Program Format

6 weeks (1 Practice and 1 Game per week)

Non-Competitive League Play

- Teams formed by YMCA Staff
- YMCA created session plans
- YMCA Jerseys - Blue & Red (\$16 Total)
- Volunteer Parents as Coaches
- Y Staff Referees

Program Cost

\$0 - Single Parent/Family Membership

\$20 - Youth Membership

\$45 - Non-Member

Competitive Pathway

Grades 2-8 (+ HS in selected sports)

- Branded organized sports linked with NFL Flag and MLS GO where those wanting a more competitive experience will compete against those of the same caliber.
- Competition is more prominent here.

Program Format

8 weeks (1 Practice and 1 Game per week)



Competitive League Play

- Teams organized prior to registration - Coaches submit a roster & players will register individually
- Individual registrations available - Teams randomized after registration deadline
- NFL and MLS branded reversible Jerseys
- NFL Flag Belts - access to NFL website to purchase additional NFL - branded accessories
- MLS Soccer Uniform - including reversible jersey, shorts and socks
- NFL, MLS and NBA planned session guides
- Coaching Apps provided for organizing sessions
- Branded Balls and Equipment

Program Cost

**\$50 for all participants
(Members & Non-Members)**