



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2022 YOUTH BASKETBALL LEAGUE

JANUARY 17TH – MARCH 12TH

### Overview

Basketball has been a tradition of the YMCA since it was created by Dr. James Naismith in 1891. At the Valparaiso Family YMCA we embrace our history and are proud to offer Youth Basketball to children as young as age 3, up to 6th Grade.

We believe that Youth Sports should be used to develop a child's character while also giving them an opportunity to be active and enjoy being introduced to a new sport. For more experienced players we still believe in giving all children the opportunity to succeed and always place the emphasis on providing a fun environment for your kids.

### Divisions (Co-ed)

Ages 3 & 4

3rd & 4th Grade

Ages 5 & 6

5th & 6th Grade

1st & 2nd Grade

**\*Bitty Divisions** will use an adjusted rim height and smaller ball for younger players.

### Practice

- ◆ Practices will begin the week of January 17th
- ◆ Your child will practice only once per week (Monday, Tuesday Wednesday, Thursday, or Friday).
- ◆ Unless otherwise specified, all practices will be held at Bridgepoint Church
- ◆ Requests cannot be guaranteed.

### Games

- ◆ Games will begin Saturday, February 5th
- ◆ Unless specified, games will take place at the Valparaiso Family YMCA.

VALPARAISO FAMILY YMCA

1201 Cumberland Crossing Drive, Valparaiso Indiana 46383

P 219 462 4185 F 219 477 4720 [www.valpoyymca.org](http://www.valpoyymca.org)



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## **Pictures**

- ◆ Picture packets and schedules will be distributed at practice, as well as via email.
- ◆ Picture day will be January 31st—February 4 (same as practice day)

## **Coaches**

Like almost all youth sports organizations, the YMCA depends on volunteer coaches to lead our teams. We believe strongly in the impact a volunteer can have on a child and encourage all parents who are able, to volunteer. Lesson plans can be provided.

It is also our goal to allow all players to participate in 1/2 of each game. However, if we are unable to obtain enough volunteer coaches to keep rosters manageable, your child's playing time may be affected.

For information on the responsibilities of a volunteer coach please contact the Sports Coordinator, Kevin Freyenberger, at (219) 462-4185 extension 239 or [kfreyenberger@valpoyymca.org](mailto:kfreyenberger@valpoyymca.org)

## **Coaches Meeting**

Tuesday, January 11th

5:30pm YMCA Community Room

\*Please bring a photo ID to the meeting.

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