



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2024 YOUTH BASKETBALL LEAGUE

## JANUARY 8TH – MARCH 2ND

### 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

### Practice

- ◆ Practices will begin the week of January 8th
- ◆ 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, January 27th
- ◆ 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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### Age 3 & 4

- ◆ Mini size basketball
- ◆ 6' rim height
- ◆ ½ court
- ◆ No stealing or blocking

### Age 5 & 6

- ◆ 25.5" (rookie) size basketball
- ◆ 7' rim height
- ◆ ½ court
- ◆ No stealing or blocking

### 1<sup>st</sup>-2<sup>nd</sup> Grade

- ◆ 27.5" (junior) size basketball
- ◆ 8' rim height
- ◆ ½ court
- ◆ No stealing or blocking

### 3<sup>rd</sup>-4<sup>th</sup> Grade

- ◆ 28.5" women's size ball
- ◆ 10' rim height
- ◆ Full court
- ◆ Shooting fouls will shoot free throw(s), normal middle school rules

### 5<sup>th</sup>-6<sup>th</sup> Grade

- ◆ Men's ball
- ◆ 10' rim height
- ◆ Full court
- ◆ Shooting fouls will shoot free throw(s), normal middle school rules

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## **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 Director, Kevin Freyenberger, at (219) 462-4185 extension 239 or [kfreyenberger@valpoyymca.org](mailto:kfreyenberger@valpoyymca.org)

## **Coaches Meeting**

Tuesday, January 2nd, 6:15pm

In person in the Community Room at the Y or

Via Zoom

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