



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Fall 2022

Dear Parents and Participants,

Welcome! I am excited for Soccer, Basketball and, new this year, Lacrosse to start this fall! The Soccer and Lacrosse program will be on the Soccer Fields at the YMCA and Basketball will be in the north/south gym at the YMCA. I am definitely looking forward to our leagues getting back in full swing this season. Thank you for joining us!

The Y is the starting point for many young athletes learning a new sport and staying active. This program will help build the fundamentals, confidence, positive relationships, good sportsmanship, and leadership skills in a safe and positive environment.

Soccer leagues run Saturdays from September 10 – October 22. The first Saturday will be a practice and “get to know your team.” During weeks 2-7, K-6 will run a 20-minute practice/warm up and 40 minute continuous clock games. Each field is labeled for easy identification. Times are subject to change based on registrations per each grade level. I will individually contact participants with these changes, if needed.

New this year, we are introducing a fall ball Lacrosse league! This program is run by Clayton Bentz and his Stevens Point Youth Lacrosse coaches. This program will help introduce children to the sport of lacrosse as well as develop skills and knowledge of the game. Whether you are new to the game or looking for a fall ball experience, this league will meet the child where they are at with the game. Week 1 & 2 will be “learn the game” with 15 minute scrimmages. Week 3-7 will run 15 min warm up and 2- 15 minute halves. Lacrosse league will run Tuesdays 5:30-6:30pm, September 6 – October 18.

Basketball Skills will run Thursdays 6:00-6:45pm, September 8 – October 20. Fundamental skills are taught by YMCA coaches throughout the 7 weeks.

In the event of bad weather for Soccer/Lacrosse, decisions are made as early as possible, typically 1-hour before the scheduled start. Cancellations will be posted on Facebook and via phone to call in at the Service desk. As usual, please use your best judgment and parental discretion on your attendance.

Volunteer coaches for all league teams are essential in the success of this program. We are always in need of volunteer coaches! Are you interested in coaching, assisting, or even just helping out? If so, I would like to encourage you to try it! The experience, many times, is just as rewarding for the coaches as it is for the children. If you are interested, contact me at (715) 952-9364 or email Tchristianson@spymca.org for more details.

Again, I want to say THANK YOU to all of the participants and parents for supporting our YMCA Youth Sports programs. Please see below for additional Youth Sports information.

Kindest Regards,

Theresa Christianson
Youth Sports Coordinator

STEVENS POINT AREA YMCA
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Stevens Point, WI 54481
www.spymca.org



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ADDITIONAL INFORMATION

ILLNESSES: Please monitor your children/family for symptoms of illness. Your child should stay home if any symptoms are observed by the participating child.

ARRIVAL/DEPARTURE: Please do not arrive more than 10 min prior to your scheduled practice/game/class time. Participants should go directly to their field/gym to check in. Please leave the fields/gym promptly at the end of their scheduled program.

EQUIPMENT: Participants must bring their own labeled and filled water bottle, snacks and personal equipment for leagues. The YMCA will provide the equipment for the following sports:

SOCCER: The Y will provide soccer balls. Soccer cleats are recommended and shin guards are required. Baseball cleats are NOT allowed for soccer.

LACROSSE: Sticks/ball will be provided. Any style cleats are recommended (No metal spikes).

BASKETBALL: The Y will provide basketballs.

PRESCHOOL SPORTS: All equipment is provided. You are welcome to bring your own too. Please refrain from sharing water bottles, equipment or snacks.

WHAT TO BRING:

- YMCA Jersey for all leagues (Purchase new at the service desk for \$15 and can be reused for all leagues)
- Labeled water bottle, snacks and personal equipment, if needed. Please refrain from sharing water bottles, equipment or snacks.
- Soccer cleats are recommended. Baseball cleats are NOT allowed for soccer.
- Shin guards are required for soccer.

RESTROOMS: Outdoor sports – restrooms located in the building. Enter the main entrance and head to the right of the Service Desk. Indoor sports- restrooms are located to the left of the Service desk in the Universal locker rooms.

SPECTATORS: Please sit at a distance of approximately 6 feet from the field to allow room for officials, throw-ins, and to hopefully avoid being hit by a ball!