



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LEARN NEW SKILLS

YMCA Youth Sports Registration Winter 2019-2020

Late Fee:

Any participant registering after the deadline for YMCA Youth Sports will be charged a \$5.00 late fee.

KINDERGARTEN BASKETBALL

This program introduces kids to the basic fundamentals of basketball in a friendly, fun, supportive and competitively low environment.

Ages: AK/Kindergarten
Where: HGN, Marion or Stoney Point YMCAs
Day and Time: Tue/Thu, 5:30-6:15pm
Session 1 Dates: 10.22.19-12.10.19
Register By: 10.07.19
Session 2 Dates: 1.21.20-2.27.20
Register By: 1.06.20
Cost One Session Only: Member-\$37, Community Member-\$70
Cost BOTH Sessions: Member-\$57, Community Member-\$115

YOUTH BASKETBALL

Volunteer coaches emphasize team work, fair play and equal participation but most of all FUN! Teams practice once a week at area schools. Games will be played on Friday evenings and/or Saturday mornings at any of the YMCA branches. Players are divided into teams by gender and grade. No practices/games during Thanksgiving week.

Ages: 1st - 6th graders
Where: HGN, Marion or Stoney Point YMCAs
Day and Time: Games Fri night and/or Sat morning
Session 1 Dates: Practices begin the week of 10.14.19 and session ends week ending 12.14.19
Register by: 9.30.19
Games Begin: 11.01.19
Coaches Meeting: 10.10.19
Session 2 Dates: Practices begin the week of 1.13.20 and session ends week ending 3.07.20
Register By: 12.30.19
Games Begin: 1.31.20
Coaches Meeting: 1.09.20
Cost One Session Only: Member-\$42, Community Member-\$85
Cost BOTH Sessions: Member-\$72, Community Member-\$150

BOYS AND GIRLS BASKETBALL TEAM LEAGUE

This program is designed for boys and girls in 1st through 6th grades. Rules are designed to accommodate players at a more advanced skill level and enhance learning of the game. Teams play six games at the YMCA; 1st/2nd play Saturday mornings, 3rd-6th play Friday nights. Teams provide their own uniforms, equipment, and practice sites. Referees stress sportsmanship and fun. All teams are welcome! Complete roster needed at registration.

Ages: 1st/2nd, 3rd/4th and 5th/6th graders
Where: HGN, Marion or Stoney Point YMCAs
Day and Time: Friday nights or Saturday mornings
Session 1 Dates: 11.01.19-12.14.19
Register By: 10.07.19
Session 2 Dates: 1.10.20-2.15.20
Register By: 12.27.19
Cost: \$250.00 per team

Financial Assistance is available.

Contact Dale Emerson at 319-390-3488 for more information.

Volunteer Coaches Needed:

Come be part of the fun! The Y needs coaches for Youth Sports teams. Contact Dale Emerson, 319-390-3488 for more info.

FORMULA BASKETBALL TRAINING

With Formula Basketball, we provide a structured learning environment through basketball skill development training sessions both one-on-one or small groups. These sessions will focus on building and strengthening skills in the areas of: shooting, ball-handling, footwork, technique, body positioning, body control, defense, as well as basketball IQ for in game situations. These workouts will be high-intensity with new drills being implemented at each workout! All ages and skill sets welcome. For more information or to schedule a workout contact Coach Sam Elgin at elgin@crmetroymca.org

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ACTIVITY & LOCATION OPTIONS			
<input type="checkbox"/> Kindergarten Basketball Session 1 _____ Session 2 _____ Both _____	(Choose a location) HGN _____ Marion _____ Stoney Point _____	Meets T/TH 5:30pm-6:15pm	
<input type="checkbox"/> Youth Basketball Session 1 _____ Session 2 _____ Both _____	Practice locations may vary. Games are at one of the YMCA facilities.		
<input type="checkbox"/> Boys/Girls Basketball Team League Session 1 _____ Session 2 _____	Games are at one of the YMCA facilities or Roosevelt Middle School.		

REGISTRATION INFORMATION

Youth Name: _____ Address: _____ City/State: _____ Zip Code: _____

Birthdate: _____ Male _____ Female _____ Parent/Guardian Name (and DOB): _____

Phone: _____ Cell Phone: _____ Email: _____

School: _____ Grade: _____ Choose the YMCA nearest you: HGN _____ Marion _____ Stoney Point _____

Coach/Teammate Request: _____

Yes, I want to Volunteer Coach for my child's team-Name: _____ Phone: _____ Email: _____

Circle Uniform Size: Youth SM Youth MED Youth LG Adult SM Adult MED Adult LG Adult XL

Waiver: In consideration of membership current or new, or participating in YMCA activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence the YMCA of the Cedar Rapids Metropolitan Area and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows: I acknowledge that participating in YMCA activities involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments or other injuries as a result of falls or contact with other participants; death as a result of drowning or brain damage caused by near drowning in pools or other bodies of water; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity. 2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation. 3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs. 4. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume - and bear the costs of - all risks that may be created, directly or indirectly, by any such condition. 5. In the event that I file a lawsuit, I agree to do so in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply. 6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect. 7. "By participating in the YMCA Nationwide Membership Program, I agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law." Activities included but not limited to: Adaptive Swim lessons, Adventure Guides, Adventure Trips-Canoe, Rock Climb, Cave, American Kenpo, Basketball Programs, Cabin Campers Programs, Canoeing, CIT, Climbing Tower, Competitive Swim Programs, Competitive Stroke Development, Day Camp Programs, Eggstravaganza, Family Camp Programs, Flag Football Programs, Golf Classic, Halloween Camp, Horseback Programs, Kickball, Lifeguard Training-Red Cross, LIT, Massage, Mighty Mites, Mighty Sluggers-coed, Mother Daughter Camp, Parent Night Out, Personal Training, Ranger Programs, Rock Climbing/Repelling, Rookie Swim Camp, Soccer Programs, Spring Fling Camp, Stoney Stunner Kids Fun Run, SwampFox3-on-3 Basketball, Swim Lessons Adult - Youth, Tae Kwon Do, Tee Pee Village Programs, Treadmill Trekkers, Visitor Day Passes, Volleyball Programs, Wapsie Camp Retreats, Wapsie Campouts, Wapsie Team Building Programs, Water Movement, Water Stamina Programs, Water Acclimation Programs, White Water Rafting, Wilderness First Aid, Wilderness, Education, Winter Camp, shooting sports, riflery, Archery The above list is not intended to be and is not exhaustive. There may be YMCA activities the undersigned participates in which are not listed above; but said activities are intended to be and are included in the terms and conditions of this release. By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence. Further, I grant the YMCA of the Cedar Rapids Metropolitan Area permission to use photos and/or videos of myself and/or my family taken during YMCA programs, classes and activities to be used in its promotional materials, locally and nationally and grant the YMCA of the Cedar Rapids Metropolitan Area permission to send SMS text notifications to my mobile phone and/or devices. Lastly, the YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access. I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. I have read and understood this document and I agree to be bound by its terms.

Signature of Parent/Guardian _____ Date _____

Office Use Only: Receipt# _____ Date _____ Amount _____ Staff Initials _____