

# WINTER 2011 YOUTH SPORTS

The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.



This basketball league is specially designed to help your child understand the team concept of basketball, enhancing their dribbling, shooting, passing and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst our youth.

- Practices and League Games:** Parents will be given an information packet outlining their practice times and game schedule. **Please note that practices and games are one hour in duration.** You must be available for the time frame listed in each league, as practices and game times may vary throughout the season. **No day of the week or time requests will be considered. PRACTICE AND GAME SCHEDULES WILL BE COMPLETED BY JANUARY 21st.** Contact Heather Christoff at [HChristoff@bellevuewa.gov](mailto:HChristoff@bellevuewa.gov) with questions regarding schedules.
- Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis shoes required.
- VOLUNTEER COACHES ARE NEEDED!** Parents are encouraged to attend activities and participate by supporting coaching staff and children. Join the fun! It is a rewarding experience. A coaches' clinic will be held to train all coaches. Save \$\$—volunteer to coach and reduce your fee by \$20. Call (425) 452-4627 for more information.
- Participants will be assigned to teams based on the following:**
  - Special request for coach.
  - Special request for ONE teammate. Additional requests for teammates will not be considered.
  - Age and gender of participant.
- PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REQUESTS OR TEAM ASSIGNMENTS. ALL REQUESTS MUST BE MADE BEFORE JANUARY 19, 2011 BY EMAIL TO [hchristoff@bellevuewa.gov](mailto:hchristoff@bellevuewa.gov)**

## MIGHTY MITES BASKETBALL LEAGUE (AGES 5-6)

This 3 on 3 league is specially designed to help your child understand the team concept of basketball. Enhancing their dribbling, shooting, passing, and defense. **Practice/games are 1 hour in duration and will be at 5:30pm OR 6:30pm depending on scheduling.** Volunteer coaches needed! Min 4/Max 6 per team  
**Resident:** \$69 (includes team jersey)  
**Non-Resident:** \$76 (includes team jersey)  
**Crossroads Community Center**  
 #56440 5:30-7:30pm Mondays or Tuesdays January 24–March 21

## YOUTH BASKETBALL LEAGUE (AGES 7-8)

Low-key one day a week 4 on 4 league is full of fun! Play in an environment learning to be a team player and becoming a better individual player. **Practice/games are 1 hour in duration and will be held at 5:30pm OR 6:30pm depending on scheduling.** Volunteer coaches needed! Min 5/Max 7 per team  
**Resident:** \$69 (includes team jersey)  
**Non-Resident:** \$76 (includes team jersey)  
**Crossroads Community Center & Highland Community Center**  
 #56442 5:30-7:30pm Tuesdays or Thursdays January 25–March 22

## JUNIOR BASKETBALL LEAGUE (AGES 9-11)

Have fun and further develop your skills with knowledgeable coaches and staff. This one day a week 5 on 5 league is for older kids. **Practice/Games are 1 hour in duration and will be held at 4:00pm, 5:00pm, 6:00pm OR 7:00pm depending on scheduling.** Volunteer coaches needed! Min 6/Max 8 per team  
**Odle Middle School**  
**Resident:** \$69 (includes team jersey)  
**Non-Resident:** \$76 (includes team jersey)  
 #56441 4:00-8:00pm Wednesdays or Thursdays January 26–March 30

## i-BALL BASKETBALL CLINICS

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. I-Ball is ran and coached by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Please wear basketball shoes and shorts.

### Highland Community Center

**Resident:** \$79 **Non Resident:** \$ 95

#### Mondays

##### Ages: 7-10

#56443 5:50pm–7:00pm January 24–February 14  
 #56444 5:50pm–7:00pm February 28–March 21

##### Ages 11-14

#56445 7:10pm–8:20pm January 24–February 14  
 #56446 7:10pm–8:20pm February 28–March 21

## ATHLETIC CONDITIONING CLINICS BY MAXIMUM SPORTS CONDITIONING (AGES 12 & UP)

Come join Maximum Sports Conditioning as we facilitate exciting sports training workouts designed to enhance every part of a basketball player's performance. The workouts focus on quickness, jumping ability, strength, injury prevention, core stability and speed. As you probably already know, the competition keeps getting tougher, so the demand for an edge is also increasing. Not only do your sport-specific skills have to be impressive, but your physical abilities to run, jump, accelerate and defend have to be just as remarkable. If you are a basketball player and you need to improve your game, become more fit, get stronger and have some fun, then this program is perfect for you.

**Maximum Sports Conditioning—14320 NE 21st St # 16**

**Resident \$60**

**Non-Resident \$72**

#### Wednesdays

**4:00-5:00pm**  
 #56580 January 5–26  
 #56581 February 2–23  
 #56582 March 2–30  
 #56583 April 6–27

## BIDDY SPORTS PROGRAMS (AGES 3-6)

Give your child the opportunity to participate in sports through 3 different programs designed to develop basic motor skills, teaching age appropriate fundamentals. You can choose from Soccer, T-ball, or Basketball, or you can sign-up for all three classes. This program is a Parent/guardian participation required program, which will offer quality bonding time with your children.

### South Bellevue Community Center

**Resident:** \$37

**Non-Resident:** \$44

#### Saturdays

##### Soccer

#56456 9-9:45am January 22–February 12  
 #56457 9-9:45am February 19–March 12  
 #56458 9-9:45am March 19–April 9  
 #56459 9-9:45am April 16–May 7

##### T-Ball

#56447 10-10:45am January 22–February 12  
 #56448 10-10:45am February 19–March 12  
 #56449 10-10:45am March 19–April 9  
 #56450 10-10:45am April 16–May 7

##### Basketball

#56471 11-11:45pm January 22–February 12  
 #56472 11-11:45pm February 19–March 12  
 #56473 11-11:45pm March 19–April 9  
 #56474 11-11:45pm April 16–May 7

# CAMPS

## MID WINTER BREAK SPORTS CAMP (AGES 7-12)

A week of fast paced action where kids will have a blast!! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, volleyball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. Field trip to local recreational attraction is included in the price of camp.

### Crossroads Community Center

**Resident \$ 124**

**Non-resident \$149**

#56480 February 22-25

8:00am-4:00pm



## HOOPADDICT/FIVE STAR PACIFIC NORTHWEST MID WINTER BREAK CAMP (AGES 8-14)

Bellevue Parks & Community Services Department is teaming up with Hoopaddict to bring Five Star Basketball to the Northwest, to offer youth Basketball camps. Five Star offers the best combination of teaching, competition and exposure from East to West. The Five-Star experience allows for all levels of players to move closer to reaching "their" highest level. All campers will go through 6 sets of stations—Fast Break Competition, Playoffs, League Games, Three-on-Three Tournament and No-Dribble or Situation Tournament. Campers will be divided into groups according to age and ability level.

### Newport High School

**Resident \$200**

**Non Resident \$240**

#56577 February 22-24

9:00am-3:00pm

## i-BALL SPRING BREAK SKILLS CAMPS (AGES: 6-14)

The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. I-Ball is ran and coached by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will have a fun and exciting experience learning a wide array of basketball skills, developing sportsmanship and playing games at i-Ball Skills Camps. Players will be drilled throughout camp on the proper form and technique that it takes to be both confident and successful in real games. Players will gain a wealth of basketball knowledge at i-Ball Camps.

### Newport High School

**Resident \$205**

**Non Resident \$246**

#56482 April 4-8

9:00am-3:00pm

## SPRING BREAK SPORTS CAMP (AGES 7-12)

A week of fast paced action where kids will have a blast!! Campers will receive instruction and participate in a variety of sports including basketball, dodgeball, indoor soccer and floor-hockey. Outdoor activities will take place as weather allows. A field trip to a local recreational attraction is included in the price of camp.

### Crossroads Community Center

**Resident \$155**

**Non-resident \$186**

#56483 April 4-8

8:00am-4:00pm

## SPRING BREAK UK INTERNATIONAL SOCCER CAMP

We have partnered with United Kingdom (UK) International soccer academy to bring you the best of UK soccer. UK British soccer coaches will instruct your child. Daily schedule includes warm up, skills, fundamentals, small sided games, technical session, tournaments and awards. Children need to bring ball, water bottle, shin guards, sunscreen snack or lunch.

### Robinswood Community Park

**April 4-8**

#56484 9:00am-12:00pm

Ages 4-13

**Resident \$110**

**Non Resident \$132**

#56485 9:00am-3:00pm

Ages 7-13

**Resident \$172**

**Non Resident \$206**



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