

# youth in motion



**YOUTH SPORTS & FITNESS**

**April-June  
2014**



# SOCCER LEAGUES

## YOUTH SOCCER PROGRAM INFORMATION

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring 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.

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- Shin guards are required for all soccer leagues. Shin guards will be for sale on site for \$10.00
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **Volunteer Coaches Needed:** Volunteer soccer coaches are needed. Call 425-452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount.
- **Participants will be assigned to teams based on the following:**
  1. Special request for coach.
  2. Special request for ONE teammate. Additional requests for teammates will not be considered.
  3. Age and gender of participant.

PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REQUESTS OR TEAM ASSIGNMENTS. ALL REQUESTS MUST BE MADE BEFORE APRIL 15th BY EMAIL TO [tmittelstaedt@bellevuewa.gov](mailto:tmittelstaedt@bellevuewa.gov) or BY CALLING 425-452-4882

- **I've signed up for soccer...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than April 19<sup>th</sup>



## Mighty Mites Soccer League (Ages 5-6)

This 7 week co-ed league will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:15-5:30pm at Robinswood Sports Field. Volunteer coaches needed. Max. 6 players per team.

### Robinswood Sports Field

Resident: \$78

Non-Resident: \$94

83246

4:15-5:30pm

Tuesdays, April 22 – June 3

## Youth Soccer League (Ages 7-9)

This 7 week co-ed league will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:15-5:30pm at Robinswood Sports Field. Volunteer coaches needed. Max. 7 players per team.

### Robinswood Sports Field

Resident: \$78

Non-Resident: \$94

83247

4:15-5:30pm

Wednesdays, April 23 – June 4

## COURSES

## Biddy Multi Sport (Ages 3-4)

Come join the NEW Biddy Multi Sport class! This 6 week parent/guardian participation required program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence.

### Tyee Community Gym

Resident: \$66

Non-Resident: \$79

Saturdays, 9:30am – 10:15am

85088

April 19 – May 24

The Bellevue School District does not sponsor nor endorse this event and/or information, nor does the district assume responsibility for it. In consideration of the privilege to distribute materials, the Bellevue School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.

## Biddy Multi Sport II (Ages 5-6)

Come join the NEW Biddy Multi Sport II class! This 6 week parent/guardian participation required program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. Higher level skills, drills and fundamentals will be taught resulting in an action-packed curriculum which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. (Pre-requisite: Must complete three (3) Biddy Multi Sport age 3-4 classes or permission from instructor if under the age of 5)

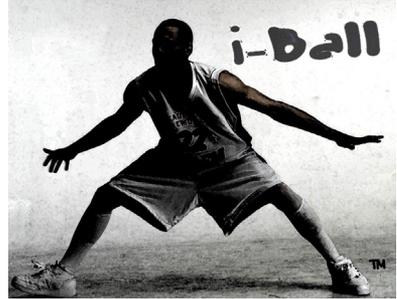
### Tyee Community Center

Resident: \$66      Non-Resident: \$79      Saturdays, 10:30am – 11:15am  
85090      April 19 – May 24

## i-Ball Basketball Clinics (Ages 7 – 14)

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 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, 5:50pm – 7:00pm  
83219      April 21st – May 12th  
85054      May 19 – June 16  
85087      June 23 – July 14

## Serevi Mini Rugby (Ages 4 & 5)

Serevi Mini Rugby is for active children who want to try a fun new sport. This program focuses on the development of age appropriate motor skills (running, catching, passing and kicking) and social skills (teamwork, following directions, sportsmanship) in a safe, fun and child centered-environment. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby® t-shirt. This program is an excellent complement and alternative to other common sports such as football, soccer, track, basketball and lacrosse.

### Robinswood Sports Field

Resident: \$125      Non Resident: \$150      Mondays, 4:30pm – 5:45pm  
83202      May 5th – June 30th

## Serevi Junior Rugby (Ages 6-12)

Serevi Rugby® and Bellevue Parks & Community Services are excited to offer Serevi Junior Rugby, a coed, limited-contact sport for young athletes, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Tag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and physical contact is limited. Evasive running and agility, ball handling, decision making and fitness are skills developed through small sided games.

### Robinswood Sports Field

Resident: \$125      Non Resident: \$150      Mondays, 4:30pm – 5:45pm  
83209      May 5th – June 30th

## Serevi Girl's Flag Rugby (Ages 6-12)

Girl's Rugby? Absolutely. The Serevi Rugby Girl's program allows young women to play rugby in a fun, active and safe atmosphere. Your daughter will learn how to pass, kick and run with a rugby ball, all while developing friendships along the way. This girl's flag rugby program is non-contact, with an emphasis on teamwork and sportsmanship. This program is an excellent complement and alternative to other common sports such as soccer, track, basketball and lacrosse. Don't delay, sign up for rugby today!

### Robinswood Sports Field

Resident: \$125      Non Resident: \$150      Fridays, 4:30pm – 5:45pm  
84933      May 9th – June 27th

## Indoor Soccer Lessons With Michael Smith (Ages 4-6)

Come and learn the fun game of soccer! Each session our theme will focus on one soccer technique; dribbling, passing or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/coordination while developing good habits of staying on task and improving their listening skills.

### Highland Community Center

Resident \$55      Non Resident \$66  
Session V  
Tuesdays      April 22nd – May 27th  
83166      1:00 – 1:45 pm  
83181      2:00 – 2:45 pm  
Wednesdays      April 23rd – May 28th  
83182      1:00 – 1:45 pm  
83167      2:00 – 2:45 pm  
Thursdays      April 24th – May 29th  
83183      1:00 – 1:45 pm  
83168      2:00 – 2:45 pm

## Youth Track & Field (Ages 4-14)

This program will introduce your child to physical fitness through basic track and field events such as running, jumping and throwing. We want your child to further increase their knowledge of this sport by teaching a variety of techniques and skills needed in understanding and playing this sport. Practices are held on Mondays and Thursdays and track meets are held on Fridays starting in May. Volunteer Adult runners are needed for this program!

### Tillicum Middle School Track

Resident: \$87      Non-Resident: \$104

83239

4-5:30pm

Mondays & Thursdays, April 21 – June 5

## SuperStix Girls Lacrosse Clinic (Ages 6 -12) (New)

Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6-12; Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. The program will be run by US Lacrosse credited coaching staff and High School girls lacrosse players. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Team work and sportsmanship are fundamental to this program. Players of ALL Skills levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min8/Max 30

Equipment Needed: Mouth Guard, Lacrosse Goggles, Lacrosse Stick Cleats recommended. Some goggles and sticks available to borrow. Available at cost from SuperStix

### Wilburton Sports Field

Resident: \$125.00      Non-resident: \$150.00

84938

4:30p.m. – 5:45p.m.      Thursdays: May 22-June 26

## Little Big Man Camp, hosted By Nate Robinson and Isaiah Thomas (New)

“Lil Big Man Camp” will feature two of the most popular Washington Huskies of all time who are symbols of hope and inspiration to all. With their short stature (in the basketball world) they will show as well as share with the kids that ANYTHING IS POSSIBLE. This won't be just another basketball camp; this will be a basketball EXPERIENCE. Come train for 10 hours with your favorite Huskies! Each camper receives an official camp T-shirt and signed 8 x 10's of Nate & Isaiah. This camp will feature daily skill training, contests, random NBA giveaways, and other fun surprises!

### South Bellevue Community Center

June 21 and 22nd      Saturday and Sunday 9am-3pm      \$150

Where to register; [www.eliteyouthcamps.com](http://www.eliteyouthcamps.com) Camp Hotline 347-327-4995

# MARTIAL ARTS

## Kendo (Ages 8 & up)

### Highland Community Center

Resident \$62

Non Resident \$74

Fridays, June 6 – August 15 (No Class on June 27 & July 4)

Intermediate: 6:30pm – 8pm

Advanced: 7:30pm – 9:30pm

### 83159 Intermediate Kendo

(**Prerequisite**-Completed Beginning Kendo Class or equivalent) Progression to Intermediate Kendo allows students to strike live targets.

### 83163 Advanced Kendo

(**Prerequisite**-Intermediate Kendo Class or permission from instructors) Students in Advanced Kendo will wear armor (bogu) and engage in bouts with other students. Individuals with previous experience must contact the teacher for approval to enroll in Advanced Kendo.

## Self Defense/Hapkido (Beginning) (Ages 6-12)

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. Uniform required & available at class for a fee. Association membership required for promotion testing.

### North Bellevue Community Center

Resident \$49 Non-Resident \$59

Mondays & Wednesdays 5:30pm – 6:30pm

83285 May 5 – 28

83286 June 2 – 30

## Self Defense/Hapkido (Intermediate/Advanced) (Ages 13 & up)

This co-ed course builds on skills introduced in the beginning class. Learn to identify, avoid and de-escalate potentially dangerous situations. Learn joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above. Student rank certificates will be certified and signed by the president of the World Hapkido Association, [www.worldhapkido.com](http://www.worldhapkido.com). Instructor permission required to attend

### North Bellevue Community Center

Resident \$49 Non-Resident \$59

Mondays & Wednesdays 6:30pm – 7:30pm

83285 May 5 – 28

83286 June 2 – 30

# SPRING BREAK CAMPS

## Sports Camps (Ages 7–12)

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.

### Tyee Community Gym

Resident: \$192      Non-resident: \$214  
83238                      8am – 4pm                      April 7-11

## i-Ball Skills Camp (Ages 6 – 14)

Have a fun and exciting experience while gaining basketball skills and confidence, learning proper form and techniques from former Globetrotter's Harlem All-Star, Kyle Keyes and i-Ball staff.

### Newport High School

Resident: \$164      Non-Resident: \$197  
83236                      9am – 3pm                      April 7 – 10

## UK International Soccer Camp (Ages 4-13 and 7-13)

Exciting new camp schedule includes ball mastery, fundamentals, small sided games, tournaments, and awards plus a NEW online ranking system.

### Robinswood Community Park

Ages 4-13                      Resident: \$115                      Non-Resident: \$138  
83196                      9am-12pm                      April 7-11  
Ages 7-13                      Resident: \$181                      Non-Resident: \$217  
83197                      9:00am-3:00pm                      April 7-11

## Pro Baseball Clinic (Ages 8–13)

Quality baseball instruction well suited for all players. Hitting, throwing, fielding, games, scrimmages, and more. Taught by Steve Goucher, a former professional baseball player, and an Atlanta Braves scout, and his staff.

### Newport Hills Park

Resident: \$59                      Non-Resident: \$71  
83767                      11am – 1pm                      April 11 & 12



Register today  
**425-452-6885**  
or

MyParksandRecreation.com  
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