

# youth in motion

## YOUTH SPORTS & FITNESS



April–June 2013



### REGISTRATION IS NOW OPEN FOR SUMMER CAMPS

For more information about each camp, visit  
[MyParksandRecreation.com](http://MyParksandRecreation.com)

- **YOUTH SPORTS SUMMER DAY CAMP (Ages 7 – 12)**
- **MINI SPORTS STARS SUMMER DAY CAMP (Ages 4 – 6)**
- **SOCCER CAMPS WITH MICHAEL SMITH/SOCCER TECH, INC (Ages 4 – 10)**
- **UK INTERNATIONAL SOCCER CAMP (Ages 4 – 14)**
- **KENDO CAMP (AGES: 8 – 18)**
- **i-BALL SUMMER BREAK SKILLS CAMPS (Ages 6 – 15)**
- **PRO BASEBALL SUMMER CAMP (Ages 8 – 13)**
- **SEREVI YOUTH RUGBY SUMMER CAMP (Ages 7 – 18)**

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for accommodation requests. Assistance for the Deaf / Hard of hearing can be provided through the 711 Telecommunications Relay Service.



Register today  
**425.452.6885**

or

[MyParksandRecreation.com](http://MyParksandRecreation.com)  
A Service of eCityGov.net

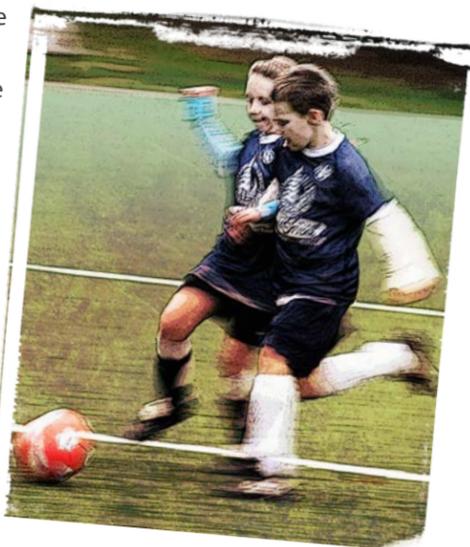
The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth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

*Scholarships available for all programs.*

## SOCCER LEAGUES

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing 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 24th by email to [hchristoff@bellevuewa.gov](mailto:hchristoff@bellevuewa.gov) or by calling 425-452-4627**

- **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 27<sup>th</sup>.

## MIGHTY MITES SOCCER LEAGUE (Ages 5 – 6)

This 5-6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week 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. Come and join the fun! **Volunteer coaches are needed for this league.** Max. 6 players per team.

Resident: \$78 Non-Resident: \$94  
**Robinswood Sports Field**  
#72912 4:15-5:30pm Tuesdays, April 30 – June 11

## YOUTH SOCCERLEAGUE (Ages 7 – 9)

This 7-9 year old co-ed instructional league, is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week 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. Come and join the fun! **Volunteer coaches are needed for this league.** Max. 7 players per team.

Resident: \$78 Non-Resident: \$94  
**Robinswood Sports Field**  
#72913 4:15-5:30pm Wednesdays, May 1 – June 12

## DON'T FORGET TO REGISTER FOR SPRING BREAK CAMPS

April 8th -12th

For more information about each camp, visit  
[MyParksandRecreation.com](http://MyParksandRecreation.com)

- **SPRING BREAK SPORTS CAMPS (Ages 7 – 12) • #72966**
- **i-BALL SPRING BREAK SKILLS CAMP (Ages 6 – 14) • #73140**
- **SPRING BREAK UK INTERNATIONAL SOCCER CAMP (Ages 4 – 13) • #72918, #72919**
- **SEREVI YOUTH RUGBY SPRING BREAK CAMP (Ages 6 – 12) • #73116**
- **PRO BASEBALL SPRING BREAK BASEBALL CLINIC (AGES 8 – 13) • #73142**

**MORE PROGRAMS ON PAGE TWO** ↓

## COURSES

### YOUTH TRACK & FIELD (Ages 4 – 14)

This program's main philosophy is to learn, participate, and 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!**

Resident: \$87 Non-Resident: \$104.6

#### Tillicum Middle School Track

#72924 4-5:30pm Mondays & Thursdays, April 22 – June

### 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.

Resident: \$66 Non-Resident: \$79

#### Tyee Community Gym

#72904 April 20 – May 25 Saturdays, 9:30am – 10:15am

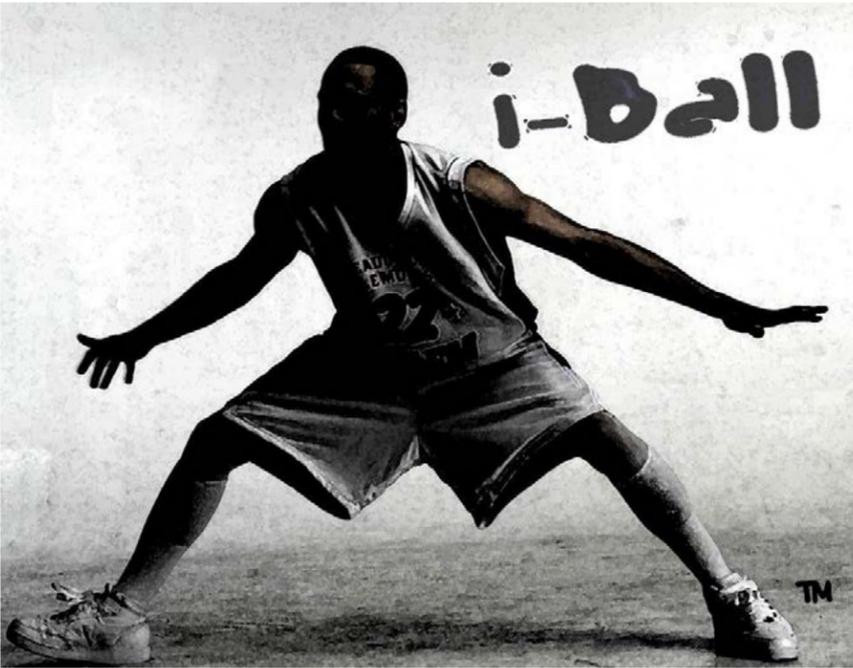
### BIDDY MULTI SPORT II (Ages 5 – 6)

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)*

Resident: \$66 Non-Resident: \$79

#### Tyee Community Gym

#72903 April 20 – May 25 Saturdays, 10:30am – 11:15am



### 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 run 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.

Resident: \$79 Non-Resident: \$95

#### Highland Community Center

#73122 April 22 – May 13 Mondays, 5:50pm – 7:00pm

#73123 June 3 - 24

#73124 July 8 - 29

#73125 August 5 - 26

### SEREVI MINI RUGBY (Ages 4 & 5)

Serevi Mini Rugby is designed to introduce young children to the fun and basics of rugby through skill based games. Participants will learn how to run, pass, catch and kick in a fun friendly environment. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times. This program is non-contact and co-ed.

Resident: \$42 Non-Resident: \$50

#### Robinswood Sports Field

#73101 April 1 – 22 Mondays, 4:30pm – 5:45pm

#73102 April 29 – May 20

#74079 June 3 - 24

#74080 July 8 - 29

#74081 August 5 - 26

### SEREVI OLYMPIC FLAG RUGBY (Ages 6 – 12)

Serevi Rugby and Bellevue Parks & Community Services are excited to offer Serevi Olympic Flag Rugby, a co-ed, limited-contact sport for children, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Flag 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 the use of flags limits physical contact. Skills developed are: evasive running and agility, passing, ball handling, catching and small sided games. This program is co-ed.

Resident: \$50 Non-Resident: \$60

#### Robinswood Sports Field

#73104 April 1 – 22

#73105 April 29 – May 20

Mondays, 4:30pm – 5:45pm

### 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.

Resident \$55 Non-Resident \$66

#### Highland Community Center

Tuesday April 23rd – May 28th

#7295 1:00 – 1:45 pm

#72945 2:00 – 2:45 pm

Wednesday April 24th – May 29th

#72947 2:00 – 2:45 pm

Thursday April 25th – May 30th

#72951 1:00 – 1:45 pm

#72948 2:00 – 2:45 pm



## MARTIAL ARTS

### 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. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for a fee. Association membership required for promotion testing.

Resident \$48 Non-Resident \$58

Mondays & Wednesdays 6:15pm – 7:15pm

#### Crossroads Community Center

#72983 May 1 – 29

#72984 June 3 – 26

### SELF DEFENSE/HAPKIDO (Intermediate/Advanced) (Ages 13 & up)

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above.

#### Crossroad Community Center

Resident \$48 Non-Resident \$58

Mondays & Wednesdays 6:30pm – 7:45pm

#73003 May 1 – 29

#73004 June 3 – 26

