



*Bellevue Parks &
Community Services*

YOUTH SPORTS 2015 SPRING / SUMMER



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.

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 coach's 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 15 by email to sgonzales@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 19.

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.

Tuesdays, April 21 – June 2

Robinswood Sports Field Resident: \$83 Non Resident: \$99

#91008

4:15 – 5:15pm

YOUTH SOCCER LEAGUE (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.

Wednesdays, April 22 – June 3

Robinswood Sports Field Resident: \$83 Non Resident: \$99

#91009

4:15 – 5:30pm



COURSES

TRACK & FIELD

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!

Tillicum Middle School Track **Thursdays, April 16 – June 4**

BIDDY TRACK & FIELD (AGES 4-6)

Resident: \$65 **Non-Resident: \$75**

#95120 4 – 4:45pm

YOUTH TRACK & FIELD (AGES 7-14)

Resident: \$70 **Non-Resident: \$80**

#95121 5 – 6pm



SUPERSTIX GIRLS LACROSSE CLINIC (AGES 6-12)

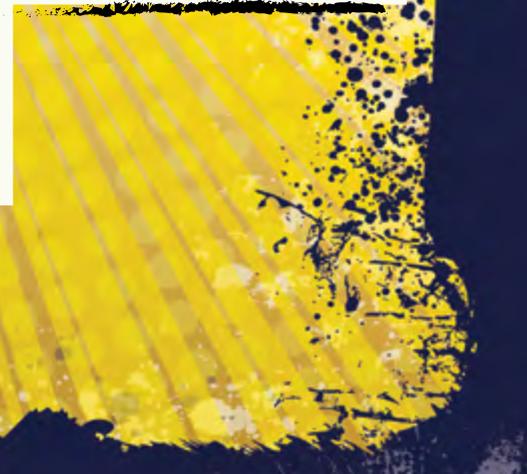
Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6-12; Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for 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

Robinswood Sports Park **Thursdays: May 21 – June 25**

Resident: \$125 **Non-resident: \$150**

#95037 4:15 – 5:30pm



MARTIAL ARTS

KENDO (AGES 8 & UP)

Highland Community Center

Resident: \$70

Non Resident: \$84

Fridays, May 29 – August 14 (No Class on July 3)

Intermediate: 6:30 – 8pm

Advanced: 7:30 – 9:30pm



INTERMEDIATE KENDO

#91094 (Prerequisite-Completed Beginning Kendo Class or equivalent)

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. During intermediate kendo students generally purchase uniforms which are required for advanced kendo. All students in armor are in the Advanced Class.

ADVANCED KENDO

#91098 (Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). 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. 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.

North Bellevue Community Center

Resident: \$49

Non-Resident: \$59

Mondays & Wednesdays

5:30 – 6:30pm

#95174

May 4 – 27

#95175

June 1 – 24

#95176

July 1 – 29

395177

August 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. Student rank certificates will be certified and signed by the pResident: of the World Hapkido Association, www.worldhapkido.com. Instructor permission required to attend.

North Bellevue Community Center

Resident: \$49

Non-Resident: \$59

Mondays & Wednesdays

6:30 – 7:30pm

#95178

May 4 – 27

#95179

June 1 – 24

#95180

July 1 – 29

#95181

August 3 – 26



SUMMER CAMPS

YOUTH SPORTS SUMMER DAY CAMP (AGES 7-12)

Bored of the same ol' TV re-runs and video games? Looking for something fun and new to do this summer? Sign up for one (or all) of our Summer Day Camps! Our sports camps are designed for your children's growth and entertainment. Your children will be introduced to a variety of sports, including all their favorites like soccer, baseball, basketball, while also exploring new activities (ie. hiking, lacrosse, dodgeball and much, MUCH more!) Coaches provide an incredibly fun week of activities, improving the skills of the campers, while maintaining a safe and educational environment. Campers will have the opportunity to make new life-long friends, become physically fit, and explore new and exciting places. All camps will participate in a weekly field trip to local attractions. These trips may include outings to local beaches, swimming pools, Wild Waves, movie theatres or other fun events! No matter what your child's interest may be, we have the right camp for them!



Tyee Community Gym

Camp Hours: 9:30am – 3:00pm

Weekly Camp Fees:

Resident: \$180 camp

Non-Resident: \$200 camp

Extended Care Hours: 7:30 – 5:30pm

Extended Care Fees:

Resident: \$50 weekly rate

Non-Resident: \$60 weekly rate

Resident: \$10 daily rate

Non-Resident: \$12 daily rate

SPORTS STARS

(Fee adjusted due to end date on July 2)

#94377 June 29 – July 2

#94390 Extended Care

Are you the type of kid who likes to play EVERY sport possible? This camp is for you; basketball, baseball, flag-football, rock climbing, soccer, dodgeball, ultimate frisbee, golf... whatever the sport may be, our widely talented counselors will make sure you know how to play it!

ADVENTURE EXPLORERS

#94378 July 6 – 10

#94396 Extended Care

Come explore with us and become an expert on your surroundings. Get ready for hiking, swimming, exploring and getting to know the world around you by experiencing it 1 hand. Adventuring at its finest, this is one you won't want to miss out on!!

WATER, WATER & MORE WATER

#94379 July 13 – 17

#94402 Extended Care

Come SPLASH into summer with this fun filled water week! A week full of trips to local beaches, and FUN water games you won't be able to get enough of! This camp is sure to fill up quickly, so sign up today.

WET N' WILD

#94380 July 20 – 24

#94408 Extended Care

Celebrate the sunny weather by getting outside, enjoying the sunshine and playing in the water!!! Spend a day at the water park, explore a local beach, or experience one of the longest slip n' slides you've ever seen...who *wouldn't* want to be a part of that?! Sign up today because this camp always fills to capacity quickly!

GAMER'S DELIGHT

#94381 July 27– July 31

#94414 Extended Care

No matter what the sport or game may be, we'll teach you how to play it better! Don't know any good games we'll teach you how to create them! Ever played Super Mario's Power-Up Home Run Derby? How about the Angry Bird's Obstacle Course?...whether you want to learn a new game or just get better at something familiar like flag-football, this camp is awesome and it's just what you're looking for!

WATER, WATER & MORE WATER II

#94382 August 3 – 7

#94420 Extended Care

Turn that TV off, shut down the computer and come enjoy summer with us! We'll visit water parks, local beaches, play water balloon games, and have a ton of fun in the sun. This week always fills up quickly, so be sure to sign up today!!

SPORTS FANATICS

#94383 August 10 – 14

#94426 Extended Care

Are you a sports fan, or are you a Sports FANatic!? Join us for a fun filled week celebrating the wide world of sports by learning and playing new games, competing in round robin tournaments, and challenge contests. Come learn a new sport, get better at an old one, recruit some new players for an old team, or just come make some new friends. Whatever it is that you're looking for, you'll find it in this camp!



LAND & WATER SPORTS

Crossroads Community Center

#94384 August 17 – 21

#94432 Extended Care

Make sure you don't miss the final hoo-rah of summer! A week full of beaches, water parks, pools and water games, this is a TERRIFIC way to end your summer on a high note!! Sign up today because this camp always fills to capacity quickly!

MINI SPORTS STARS SUMMER DAY CAMP (AGES 4-6)

Mini Sports Stars Summer Day Camp helps children explore the fun sports of t-ball, basketball, football, soccer, arts and crafts and much more in a day camp program setting. This summer camp is specially designed to develop basic motor skills, teaching age appropriate fundamentals and teamwork. Coaching staff are trained to meet the special needs of young children and are committed to helping children start off on the right foot in their first steps as athletes.

Hidden Valley Field House 9am – Noon

Resident: \$110

Non Resident: \$ 125

#94353

June 29 – July 2 (Resident: \$88, Non Resident: \$100)

#94354

July 6 – 10

#94370

July 13 – 17

#94371

July 20 – 24

#94372

July 27 – 31

#94373

August 3 – 7

#94374

August 10 – 14

#94375

August 17 – 21

#94376

August 24 – 28



SOCCER CAMPS WITH MICHAEL SMITH / SOCCER TECH, INC

Bellevue Parks & Community Services will again team up with Soccer Tech, Inc. for their 15 summer to offer youth soccer camps. Each day participants will focus on the techniques of dribbling, passing and scoring goals. Participants will also open the session and close the session with fun small sided soccer games. Campers will be divided into groups according to age and ability level. Approximately 1:10 ratio of staff: participants.

Monday - Thursday

Resident: \$95 Non Resident: \$114

Ages 4 & 5

9:30am – 12 pm

#94306	July 6 – 9	Robinswood Park
#94306	July 13 – 16	Robinswood Park
#94310	August 3 – 6	Lewis Creek Park
#94313	August 10 – 13	Robinswood Park

Ages 6-10

9:30am – 12 pm

#94307	July 6 – 9	Robinswood Park
#94309	July 14 – 16	Robinswood Park
#94311	August 3 – 6	Lewis Creek Park
#94312	August 10 – 13	Robinswood Park



UK INTERNATIONAL SOCCER CAMP

We have partnered with United Kingdom (UK) International Soccer Academy to bring you the best of UK soccer which now includes the "INSPIRE" curriculum, a methodology to develop the whole player, as an athlete and as a person, to provide them with the tools and self-belief to reach their goals on and off the field. 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 a ball, water bottle, shin guards, sunscreen, snack or lunch.

Half Day (AGES 4-14)

9am – Noon

Resident: \$118

Non Resident: \$142

#94326	July 20 – 24	Ivanhoe Park
#94328	July 27 – 31	Wilburton Park
#94331	August 17 – 21	Ivanhoe Park
#94312	August 24 – 28	Robinswood Park

Full Day (AGES 7-14)

9am – 3pm

Resident: \$186

Non Resident: \$223

#94327	July 20 – 24	Ivanhoe Park
#94328	July 27 – 31	Wilburton Park
#94331	August 17 – 21	Ivanhoe Park
#94332	August 24 – 28	Robinswood Park



KENDO CAMP (AGES: 8 – 18)

Junior Kendo Camp (Prerequisite-Intermediate Kendo Class or permission from instructors)

Kendo camp is for those students that have completed beginning and are in either intermediate or advanced kendo. Individuals with previous experience from other programs must contact the teacher for approval to enroll in the kendo camp.

Highland Community Center

Resident: \$100

Non Resident: \$120

#94337

9am – 12pm

July 13 – 17

I-BALL SUMMER BREAK SKILLS CAMPS (AGES: 6-15)

The City of Bellevue and i-Ball have partnered to offer Pro Basketball Camps for kids, ages 6-14. i-Ball is ran 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.

Crossroads Community Gym

Resident: \$169

Non Resident: \$202

#94338

9am – 3pm

June 29 – July 2

International High School

Resident: \$211

Non Resident: \$253

#94339

9am – 3pm

July 27 – 31

Crossroads Comm. Center

#94340

Resident: \$211

Non Resident: \$253

9am – 3pm

August 24 – 28

PRO BASEBALL SUMMER CAMP (AGES 8-13)

Quality baseball instruction - hitting, throwing, fielding, games, scrimmages, and more. Located at the new Hidden Valley Park, this baseball camp is well-suited for all players from the aspiring to the elite taught by Steve Goucher and his staff. Steve is a former professional baseball player, and an Atlanta Braves scout who has coached baseball at all levels. Don't miss out on the fun.

Hidden Valley Park (Baseball Field #2)

Resident: \$179

Non Resident: \$208

#94345

10am – 1pm

June 29 – July 3

#94346

10am – 1pm

August 10 – 14



SEREVI YOUTH RUGBY SUMMER CAMP (AGES 6 – 12)

Fun, active and exciting are three words often used to describe to our youth rugby summer camps. Presented by Serevi Rugby® and Bellevue Parks & Community Services for the 4 time, boys and girls, ages 6 to 12 will learn how to play rugby and develop kicking, passing and decision making skills through small sided games and scrimmages. Safety, teamwork and sportsmanship will be emphasized at all times. Activities include rugby golf, rugby soccer, rugby tennis, sharks and minnows, tag rugby and ultimate rugby, along with team and individual competitions. Participants will receive an assortment of Serevi Rugby® merchandise including a t-shirt, wristband and gift card.

Robinswood Park

Resident: \$250 Non Resident: \$300

#94347

June 29 – July 3 9am – 3pm

#94348

August 17 – 21 9am – 3pm

SEREVI YOUTH RUGBY SUMMER CAMP ½ DAY (AGES 4 – 6)

Presented by Serevi Rugby® and Bellevue Parks & Community Services, for the 1 time this summer boys and girls, ages 4 to 6 will have the opportunity get a rugby ball in their hands and develop basic motor skills within a half-day (9am-12pm) period. Safety, teamwork and sportsmanship will be emphasized at all times. Activities include sharks and minnows, ultimate rugby, freeze rugby-tag and stuck-in-the-mud; all with a rugby ball included to begin learning the sport and develop the skills necessary to play. Participants will receive an assortment of Serevi Rugby® merchandise including a t-shirt, wristband and drawstring bag.

Robinswood Park

Resident: \$150

Non Resident: \$175

#94349

June 29 – July 3 9am – 12pm

#94350

August 17 – 21 9am – 12pm



TRACKS

SUMMER CAMPS 2015

SCRAMBLERS HIGH ADVENTURE CAMP

(AGES 10-13)

Do you hear the call of the wild? Join us for a week of outdoor adventure. We will explore the wilderness around us and learn new skills all week, including rock climbing, biking, hiking, and canoeing, and challenging ourselves on the high ropes course. Each day we will travel to new terrain. Gear is provided. Dress to be outside every day, and get ready to explore!

Resident: \$300

Non Resident: \$340

#94073

June 29 – July 3

#94077

July 6 – 10

#94076

July 27 – 31

#94075

Aug. 17 – 21



TREKKERS HIKING ADVENTURE CAMP (AGES 10-13)

Hit the trails with us. Our leaders will teach the outdoor skills to help campers take their hiking to the next level, such as plant identification and foraging, navigation, animal tracking, and Leave No Trace. Campers will also spend a day building a trail with the Washington Trails Association. Then we'll test our skills with an overnight backpacking trip (Thurs-Fri.) into the North Cascades.

Resident: \$300

Non Resident: \$340

#94074

July 20 – 26

BACKPACKING ADVENTURE (AGES 12-17)

This is a 4 day/3 night backpacking trip designed to take your hiking and camping to the next level. This camp will include moderate to strenuous backpacking and three nights of backcountry camping. We will focus on the skills and knowledge to help you gain confidence in the wilderness, while letting you experience the freedom, relaxation, and fun that is found in the mountains. Pre-trip meeting on 8/10 to arrange gear and discuss our destination.

Resident: \$400

Non Resident: \$450

#94078

August 11 – 14, Pre-Trip meeting August 10



SKATEPARK

BIDDY BOARDERS (AGES 4-7)

Resident: \$100

Non Resident: \$120

Finally...a skateboard camp for the little shredders. This camp is designed to get the little ones standing up and rolling on their boards safely. This fun camp also includes ramp riding skills, falling correctly, taking turns and skate park etiquette. Parents are encouraged to attend. Safety gear and skateboards are available if needed.

#93101	July 6 – 10
#93102	July 13 – 17
#93103	July 27 – 31
#93104	August 3 – 7
#93105	August 17 – 21

SUMMER SKATEBOARD CAMP (AGES 8-16)

Resident: \$135

Non Resident: \$165

The longest running skateboard camp in the state just got even better! Skaters now have the opportunity to experience the best of both worlds from ramp skating in the incredible, all new for 2015 indoor park or street skating at the nationally recognized and freshly renovated skate plaza. Our expert staff have years of experience helping beginners to advanced skaters. With over fifteen years under our belt we believe we offer the most comprehensive camp out there. The camp includes park safety, trick tips, skate games, a contest, and a pizza party, all with an emphasis on friends and fun. Whether you're just starting out or an experienced skater this camp is for you. All the skateboarding equipment is available for use. Camp registration includes camp T-shirt.

#93944	June 29 – July 3
#93945	July 6 – 10
#93946	July 13 – 17
#93947	July 20 – 24
#93948	July 27 – 31
#93949	August 3 – 7
#93950	August 10 – 14
#93951	August 17 – 21



MAGIC SKATE BUS – SKATE CAMP TOUR (AGES 10-16)

#94042

August 24 – 26

9am – 4pm daily

Resident: \$160

Non Resident: \$190

Ride with Captain Safety and his enthusiastic crew, as their Magic Skate Bus takes them on three exciting, cliff-hanging field trips exploring the deepest of bowls and the best skateboard parks that Washington has to offer. This wondrous adventure is best suited for skaters with some experience!

EVENTS

4TH ANNUAL LAKE TO LAKE BIKE RIDE (AGES 8 & UP)

An enjoyable, non-competitive ride, that explores the hidden treasures of Bellevue. This ride utilizes low traffic roads, bike lanes and part of the Lake to Lake trail (non technical gravel) and traverses much of the City. Greenbelt Loop – mostly flat 8 mile route; Lake Loop – more challenging 22 mile route with significant elevation gain. The course is well-marked and supported by staff and volunteers.

Riders under 18 must be accompanied by an adult. First 150 registrants receive custom event socks!

Saturday, June 13, 2015

Lake Hills Community Park, 1200-164th Avenue SE

Day of event registration: Pending availability, onsite registration will take place from 8–9 am. Start area open 9–10 am.

Recommended for riders ages 8 and up

Ages 8-12 ride the Greenbelt Loop

Registration and Entry fees

#95182

\$15 pre register

\$20 day of event

Free under 8

Register early, limited space.





Bellevue Parks & Community Services

Register today

425-452-6885

or



MyParksandRecreation.com
A Service of eCityGov.net

Scholarships available for all programs.

American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

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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.