



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

PLAY NOW, BENEFIT FOR LIFE

SPORTS DEPARTMENT PROGRAMS



ED ISAKSON/ALPHARETTA FAMILY YMCA
3655 Preston Ridge Road ,Alpharetta, GA 30005
Jessica Tucker, Sports Director
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Y Soccer

League Schedule

Fall 2012

Registration Deadline:	8/25/2012
Coaches Meetings:	8/28/2012
First Week of Practice:	9/04/2012
First Game:	9/22/2012
Final Game:	11/10/2012
Jamboree for U8 and Up	11/16 through 11/18

Y Soccer Fees

Program Registration Age 4-11:	\$110
Program Registration Age 12-14:	\$125
Uniform Fee:	\$30

Age Divisions

U6 Coed, U8 Girls, U8 Coed, U10 Girls, U10 Coed, U12 Girls, U12 Coed, U14 Girls, U14 Coed

Program Specifics

The soccer league is open to children ages 4-14 as of Aug 1st 2012 for the Fall Season. Practice during the week, games on Saturdays. All players must wear shin guards at all times. Uniforms must be purchased separately. Coaches will pick their practice time the week before practices start. If you can not do the allotted time, you can contact the Y to change to a different team. You will be contacted by your coach by the Friday prior to the first week of practice.

Y Field Locations:

Haynes Bridge Middle School, New Prospect Elementary School & Webb Bridge Middle School

City of Milton Soccer

League Schedule

Fall 2012

Registration Deadline:	8/25/2012
Coaches Meetings:	8/28/2012
First Week of Practice:	9/04/2012
First Game:	9/22/2012
Final Game:	11/10/2012
Jamboree for U8 and Up	11/16 through 11/18

City of Milton Soccer Fees:

Program Registration Age 4-11:	\$110
Program Registration Age 12-14:	\$125
Non-Milton Resident Reg. Fee 4-11:	\$165
Non-Milton Resident Reg. Fee 12-14:	\$185
Uniform Fee:	\$30

Age Divisions

U6 Coed, U8 Girls, U8 Coed, U10 Girls, U10 Coed, U12 Girls, U12 Coed, U14 Girls, U14 Coed

Program Specifics

The soccer league is open to children ages 4-14 as of Aug 1st 2012 for the Fall Season. Practice during the week, games on Saturdays. All players must wear shin guards at all times. Uniforms must be purchased separately. Coaches will pick their practice time the week before practices start. If you can do the allotted time, you can contact the Y to change to a different team. You will be contacted by your coach by the Friday prior to the first week of practice. If you would like to register for the Y Soccer program, there is no difference in cost, just the locations of practices and games.

Field Locations:

Hopewell Middle School, Cogburn Woods Elementary School & Birmingham Falls Elementary

Volleyball

League Schedule

Registration Deadline:	10/12/2012
Coaches' Meeting Week:	10/16/2012
First Week of Practice:	10/22/2012
First Game:	11/03/2012
Final Game:	12/08/2012
Jamboree Weekend:	12/15/2012

Fees

Program Registration: 9-14	\$95
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Gym Locations

Haynes Bridge Middle School, Webb Bridge Middle School

Program Specifics

Practices are held during the week for 60 minutes. Games will be held on Saturdays and possibly some Sundays. Players in the 9-11 year old league will use Volley-Lites. Players in the 12-14 year old league will use official size and weight volleyballs. Participants should wear knee pads and athletic shoes. A shirt is provided for each player. Coaches will pick their practice time and day at the Coaches' Meeting and contact you by the end of the week. If the practice details do not fit your schedule please contact the Y to switch you to another team.

Preschool Leagues

All preschool leagues are held on Saturdays. T-shirts are provided for all participants. The registration fee for each session is \$75. Coaches' meetings are scheduled on the Tuesday before the first Saturday.

Mini Kickers

All games will be held at 11:00am at Webb Bridge Middle School. There are two Mini Kickers' seasons.

The Spring 2012 games Session 1: 3/03, 3/10, 3/17, & 3/24

Session 2: 4/14, 4/21, 4/28, & 5/5

The Fall 2012 games Session 1: 9/8, 9/15, 9/22, & 9/29

Session 2: 10/6, 10/13, 10/20, & 10/27

4 year olds are eligible to participate in the U6 soccer league.

Pee Wee Basketball

The Pee Wee Basketball league is open to children ages 3-4 years old. Games will be held at Webb Bridge Middle School or the Alpharetta YMCA.

The Winter 2013 games will be held on: 1/12, 1/19, 1/26, 2/2 & 2/9.

Tiny Tykes T-Ball

The t-ball league is open to children ages 3-4 years old. Games will be held at Webb Bridge Middle School at 11:00am on the baseball field.

The Spring 2012 games will be held on: 4/21, 4/28, 5/05, 5/12

Flag Football

Program Schedule

Registration Deadline:	11/11/2012
Coaches Information Meeting:	11/13/2012
Assessments:	12/1, 12/8, 12/15
First Game:	1/5/2013
Final Game:	2/9/13

Fees

Program Registration:	\$95
Uniform Fee*:	\$15

Field Location:

Webb Bridge Middle School

Ages Divisions

5-6 Year Olds, 7-9 Year Olds & 10-13 Year Olds

Program Specifics

Games and practice time are held within the same allotted time on Saturdays. Additional weekday practices are available based on coaches' schedules. There will be only 1 game per week for all age groups and all children receive an award. This is a recreational league based solely on the introduction of the sport to all players. We will have 3 weeks of skills and drills where kids will become acquainted with the game and assessments will be held to make even teams. Games will begin in January.

Basketball & Cheerleading

League Schedule

Registration Deadline:	11/10/2012
Age 5-13 Coach Meeting:	11/13/2012
Age 5-13 First Week of Practice:	11/26/2012
First Game Age 5-13:	12/08/2012
Final Game Age 5-13:	02/16/2013
Jamboree Weekend (8-13yo) :	02/23/2013

Fees

Program Registration Ages 5-13:	
Early Reg: \$95	Regular Reg: \$110
Uniform Fee*: \$10	

Gym Locations

Haynes Bridge Middle School, Findley Oaks Elementary School, Webb Bridge Middle School, New Prospect

Age Divisions

U6 coed, U8 coed, U10 coed, U12 coed, U14 coed

Program Specifics

Practices are during the week and games are on Saturdays. Each child will receive an award at the end of the season. The uniforms are reversible jerseys and will not change in the following seasons. The Jamboree is an end of season play-off between the Alpharetta Y. We also have an Area Y tournament between local YMCAs.

Cheerleading Specifics

Participants will cheer for basketball games on Saturdays. Those games will be held at Webb Bridge Middle School. Same schedule as Basketball listed above for practice and games dates. Practice will be held at the Y on Tuesday nights from 6-7pm.

Age: 6-12* dependent on the number of girls who sign up is how we will divide the groups.

Cost: By 10/01: \$115* After 10/01: \$125*
*includes pompoms, skirt and top.

Track and Field/X-Country

www.spirittrackclub.org

League Schedule Track and Field

Registration Deadline:	03/02/2012
First Week of Practice:	03/12/2012

League

Schedule: Cross Country

Registration Deadline:	09/07/2012
First Week of Practice:	09/11/2012

Fees

Program Fees**:	Track/\$135 XC/\$95
Uniform Fee:	\$25

Practice: All practices are 5-6:30pm

XC is held T and TH at the YMCA Greenway
Track is held M, W, & TH at Webb Bridge MS

Ages: Track and Cross Country

Ages 8-18 at time of competition

Program Specifics

Sanctioned by USATF. USATF Level 1 certified coaches. Track meets held on various weekends. We participate in the USATF Junior Olympic Program. Events offered: Long Distance, Middle Distance, Sprints, Hurdles, Relays, Mini-Javelin, Shot put, Discus, Long Jump, High Jump & Pentathlon. **Fee covers USATF membership and entry fees into the local area meets and USATF Association, Region, and National Meets. Additional costs for travel to meets are the responsibility of the participating families. Contact the Y for information regarding fundraising opportunities.

New Programs

in 2012!

ADULT KICKBALL

League Schedule

Registration Deadline:	5/18/2012
Coaches' Meeting:	5/22/2012
First Game:	6/03/2012

*No games on 6/01 or 6/08 due to Fourth of July

Final Game:	6/22/2012
Season Tournament:	6/29/2012

Fee

Program Fee: \$60
(Fee includes shirt)
Ages: 18+

Specifics

Games held on Sundays at Webb Bridge MS

INDOOR FUTSOL

League Schedule

Registration Deadline:	11/23/2012
Coaches' Meeting:	11/27/2012
First Game:	12/01/2012
Final Game:	01/19/2013

Fee

Program Fee: \$60
(Fee includes shirt)
Ages: U10, U12, U14

Specifics

Games held on Fridays @ Webb Bridge MS and the times will be dependent on number of teams.

ADULT FALL

SOCCER

League Schedule

Registration Deadline:	9/7/2012
First Game:	9/9/2012
Final Game:	10/28/2012

Fee

Program Fee: \$95
(Fee includes shirt)
Ages: 18+

Specifics

Eight week season with games held on Sundays @ Haynes Bridge MS. Times will be dependent on number of teams.

All-Season Sports – Summer Sessions

Toddler Sports

Mini Sports

This class is designed to introduce your child to sports. It will include, but not limited to, t-ball, soccer, basketball, flag football, golf and other great games.

Age: 2-4YO

Cost: MEM \$25; PRO \$37

Class offered: Fridays, 10:15am-10:45am

Combination Classes

Move-n-Groove

This 60 minute class will provide an introduction to tumbling and dance for your toddler. We will also begin introducing yoga and climbing on our rock wall.

Age: 2-3YO

Cost: MEM \$50; PRO \$75

Class offered: Wednesdays, 11:00am-12:00pm

Kick-n-Climb

Participants will spend the first 30 minutes working with Master Mike learning Karate. The second 30 minutes will be an introductory rock climbing class.

Age: 4-6YO

Cost: MEM \$50; PRO \$75

Class offered: Wednesdays, 5:30pm-6:30pm



Climbing Classes

Progressive Climbing

No previous experience or skills are required. Participants will learn spotting, bouldering, climbing commands, harness & knot basics. They will challenge themselves by learning new routes as they progress.

Age: 5-12YO

Cost: MEM \$45; PRO \$67

Class offered: Wednesdays, 5:00-6:00pm

Parent/Child Climb

This class was created to provide parents and their children an opportunity to learn basic climbing commands, harness and knot basics. The goal is for parents to become belay certified at the end of the fourth class so they may belay their children for the second four weeks.

Age: 4-12YO

Cost: MEM \$135; PRO \$200

Class offered: Thursdays, 6:00pm-7:00pm

Karate Classes

Beginner Karate

Children will build confidence and learn discipline while having fun. Karate uniforms are not required for class. If you'd like a uniform, please speak with the karate instructor.

Age: 6-14YO

Cost: MEM \$75; PRO \$85

Class offered: Mondays & Wednesdays, 6:00-7:00pm

Advanced Karate

Participants must have permission from Master Mike before enrolling in the Intermediate Karate class.

Age: 6-14YO

Cost: MEM \$75; PRO \$85

Class offered: Mondays & Wednesdays, 7:00-8:00pm

Adult Karate

Master Mike is extending his karate classes to adults! This class is open to beginners and participants with previous experience. Get a great work out while learning martial arts!

Age: 6-15+YO

Cost: MEM \$75; PRO \$85

Class offered: Mondays & Wednesdays, 8:00-9:00pm

Summer Session Dates:

Session 3: June 4th - June 27th

Session 4: July 9th - August 1st

Please note, due to the shorter sessions the cost of the classes have been reduced by 50%.

Ed Isakson/Alpharetta Family YMCA 2012 Sport Programs Registration Form



Participant Information

Player's Name _____ Sex _____ Ethnicity _____
 Address _____ City _____ State _____ Zip _____
 School child attends _____ Age as of 8/1/11 _____ DOB _____
 Home Phone _____ Secondary Phone _____
 Mother's Name _____ DOB _____ Ethnicity _____
 Father's Name _____ DOB _____ Ethnicity _____

Email Address:

Emergency Contact and Phone Number _____

General Waiver and Consent

I know that engaging in physical exercise is a potentially hazardous activity. I assume all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application for program participation, I hereby certify that I am medically able to participate in activities which shall be selected by me. I assume the sole responsibility for my medical condition at all times. I, for myself and anyone entitled to act on my behalf, waive and release the Ed Isakson/Alpharetta Family YMCA, sponsors, their representatives and successors, from all claims and liabilities of any kind arising from and out of my activities at or sponsored by the YMCA. I understand that photographs are periodically taken of the facility and those involved in activities, and that any likeness of me and/or family members may be used in public relations materials unless I request otherwise in writing to the Executive director. Furthermore, by signing below, I certify knowledge that absences from programs will not be made up-unless said absence is due to the closing of the area in question.

Signature Parent/Guardian

Date

Please Circle which Sport:

Soccer, Basketball, Volleyball, Track & Field, Cross Country, Flag Football, T-Ball, and Preschool Leagues Only:

Uniform Size: *If needed* YS YM YL AS AM AL AXL

Special Requests

Please do not request day, time, or location. No special Request is ever guaranteed!

Coach: _____

Player: _____

Additional Request: _____

Volunteers

As a parent, I will participate in the program as a volunteer:

Coach/Co-Coach* (willing to coach with another volunteer)

Team Parent

Partner w/ Youth Campaign:

Would you like to donate to our Partner With Youth Campaign? \$ _____

Donation is tax deductible and will be recognized

*As a volunteer coach or co-coach, you decide when, where, and at what time your practice will be. If we have a team without a coach you may be asked to help lead the team while we continue to find you additional help.

Volunteer's Name _____

Cell Phone _____

Email _____

2012 Program Codes PLEASE CIRCLE

Youth Leagues

Spring Soccer U6 coed 75495/75507
 Spring Soccer U8 coed/girls 75499/75500
 Spring Soccer U10 coed/girls 75501/75502
 Spring Soccer U12 coed/girls 75503/75504
 Spring Soccer U14 coed/girls 75505/75506
 Spring Soccer U16 coed 75496
 Spring Soccer Uniform 75498
 Soccer Skills 3 Pack 75778
 Soccer Skills 1 Pack 75777

Volleyball Spring 9-11 75661
 Volleyball Spring 12-14 75660

Volleyball Winter 9-11
 Volleyball Winter 12-14
 Track and Field Spring 75779
 Track and Field Summer 83024
 Cross Country Fall 83544
 Uniform TF/XC 75780/83545

Fall Soccer U6 east/west 83522/83523
 Fall Soccer U8 coed/girls 83525/83526
 Fall Soccer U10 coed/girls... 83528/83530
 Fall Soccer U12 coed/girls... 83532/83533
 Fall Soccer U14 coed/girls... 83535/83537
 Fall Soccer Uniform 83538
 Soccer Skills 3 Pack 83541
 Soccer Skills 1 Pack 83539

Basketball U6 coed 83554
 Basketball U8 coed 83555
 Basketball U10 coed 83556
 Basketball U12 coed 83556
 Basketball U14 coed 83557
 Basketball Skills Clinic 83558
 Basketball Uniform 83824

Cheerleading 6-12 83846

Flag Football 5-6 83825
 Flag Football 7-9 83826
 Flag Football 10-13 83827

Futsal Soccer Winter 83863

Adult Kickball Summer 83019

All-Season Sports Sessions 1 & 2

Mini Sports 82298/82291
 Progressive Gymnastics 82301/80069

Gym-n-Dance 82295/82287
 Move-n-Groove 82296/82288
 Split-n-Splash 82297/82289
 Kick-n-Climb Mon 82299/82290
 Kick-n-Climb Wed 82300/82292

Progressive Climb Wed 83016
 Parent/Child Climb 83018
 Private Lessons TBD

Beginner Karate 82302/82305
 Intermediate Karate 82303/82306
 Adult Karate 82304/82307

All-Season Sports Summer Sessions 3 & 4

Mini Sports 90172/90173

Move-n-Groove 90170/90171
 Kick-n-Climb Wed 90174/90175

Progressive Climb Wed 83020/83022
 Parent/Child Climb 83021/83023
 Private Lessons TBD

Beginner Karate 83025/83028
 Intermediate Karate 83026/83029
 Adult Karate 83027/83030

Preschool Leagues Ages 3-4

Mini Kickers Spring Sess. 1 75493
 Mini Kickers Spring Sess. 2 75494
 PeeWee Basketball 83553
 Tiny Tyke T-Ball 75508
 Mini Kickers Fall Sess. 1 83520
 Mini Kickers Fall Sess. 2 83521

All-Season Sports Sessions 5 & 6

Mini Sports
 Progressive Gymnastics

Gym-n-Dance
 Move-n-Groove
 Split-n-Splash
 Kick-n-Climb Mon
 Kick-n-Climb Wed

Progressive Climb Wed
 Parent/Child Climb
 Private Lessons TBD

Beginner Karate 83546/83547
 Intermediate Karate 83548/83549
 Adult Karate 83550/83551

Summer Camp - Coming Soon!

Gymnastics Camp
 All Around Camp
 Basketball Camp
 Soccer Camp
 Volleyball Camp
 Flag Football Camp
 Baseball/Softball Camp
 All American Camp

City of Milton Soccer Codes:

City of Milton ages 4-13:
 Non Resident ages 4-13:
 City of Milton Age 3 session 1:
 City of Milton Age 3 session 2:
 Non Resident Age 3 session 1:
 Non Resident Age 3 session 2:

Program Codes: _____, _____, _____, _____,

Visa/Mc/Disc/Amex # _____

Exp. Date ____/____ Signature _____

Registration Fee	\$ _____
+	
Uniform Fee	\$ _____
+	
Membership Fee: (\$35)	\$ _____
+	
Partner With Youth Donation	\$ _____
=	
Total Amount Paid	\$ _____

Receipt # _____

Staff _____