



For a better us.®



# KEEPING KIDS HEALTHY

## YOUTH SPORTS PROGRAMS

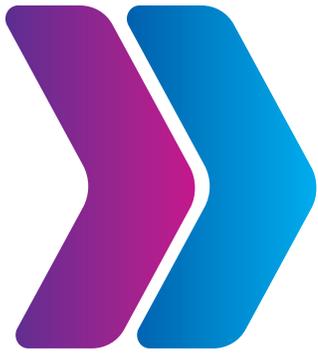
Greater Joliet Area YMCA



### SAVE ON YOUTH SPORTS LEAGUES AND CAMPS!

YMCA Facility Members receive significant cost-savings on YMCA programs, including sports leagues and camps. Ask us about becoming a member today.





# ACHIEVING MORE TOGETHER AS A TEAM

**Year-Round**  
**Winter**  
**Spring**  
**Summer**  
**Fall**

Youth Sports Classes and Clinics  
Youth Basketball  
Youth Soccer, T-Ball, Baseball, and Softball  
Sports Camps  
Youth Flag Football and Soccer



All league participants receive a team jersey. Programs vary by location.

## ONE TEAM. ONE GOAL.

When kids play sports, they do more than just exercise. Besides being physically active, they develop higher self-esteem, perform better in school, and work better in groups. YMCA youth sports programs teach kids the fundamentals of the game while emphasizing the importance of teamwork. Above all, kids who participate in YMCA youth sports programs have a lot of fun.



### OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

### OUR PHILOSOPHY

At the Y, our sports staff, coaches, and volunteers all share a singular vision of helping all youth reach their full potential in life. We leverage the excitement and passion around recreational and competitive programming to create a healthy outlet for children to gain new skills, develop a sense of team, and connect with positive role models.

### OUR SPORTS TEAM

At the YMCA, our staff and volunteer coaches are committed to helping kids build confidence and character on and off the field. In addition to participating in hands-on sports specific trainings, all YMCA sports staff have been trained or certified in the following:

- CPR
- AED
- First Aid
- Bloodborne Pathogens
- Prevention/Recognition of Child Abuse
- Sexual Harassment Prevention
- Illinois Mandated Reporter

### PRACTICES AND GAMES

Teams practice once a week and play games once a week. Practice and game schedules do vary by league location and age division, so be sure to check with your local branch if you have additional questions when registering your athlete.

We know that YMCA families are busy families, and we do our best to accommodate requests for practice nights and coaches, when possible. Please be sure to include these requests on your child's league registration form.

### KEEPING YOU INFORMED

#### Team Sideline

To keep our families and coaches informed during the season, the YMCA utilizes Team Sideline to communicate all league information, including practice and game cancellations and all other scheduling updates. Upon registering your child to participate in a YMCA youth sports league, please be sure to sign-up to receive email and/or text notifications from Team Sideline.

#### SIGN-UP TODAY

Scan below using your mobile phone:



**Please note:** Families must sign-up to receive notifications from Team Sideline each time they register for a new YMCA league/season.



# BE A GOOD TEAM PLAYER THIS SEASON

Our Youth Sports programs maximize the positive effects of athletics by emphasizing healthy competition and promoting teamwork.



## SUPPORT OUR CORE VALUES

Being part of the YMCA family means that all players, parents, coaches, and referees will uphold the Y's core values of caring, honesty, respect, and responsibility.



## CELEBRATE

Applaud good plays by your own team AND the opposing team.

## STAY SAFE IN THE SUN

Keep your young athletes safe by making sure they wear sunscreen, a hat, and drink lots of water during games and practices.



## FOLLOW THE RULES

Always encourage your athlete to play fair and follow league rules.

## POSITIVE REINFORCEMENT

Do your best to never ridicule or scold a child for making a mistake during a game or practice. Instead, praise what they did well and let them know how much you enjoy watching them play the game.



## SUPPORT YOUR NEIGHBORS

We believe that everyone should have the opportunity to learn, grow, and thrive at the YMCA. We invite you to make a donation to the Y's Mission Strong Fund, which helps to ensure that no one is turned away from the Y due to the inability to pay. By working together, we can make a difference in the lives of people living right here in our community—your friends and neighbors.



## HAVE FUN

At the Y, everybody plays, and everybody wins. But, most importantly, everyone has a lot of fun!

## IGNITE YOUR PASSION

At the Y, we are blessed with a supportive community of volunteers who donate their time and talents to coach in our youth sports leagues. All YMCA volunteers must complete background and reference checks before beginning to volunteer in our programs. Make a difference in a child's life by signing up to volunteer as a coach in our youth sports leagues today!

## VOLUNTEER TODAY

Scan below using your mobile phone:

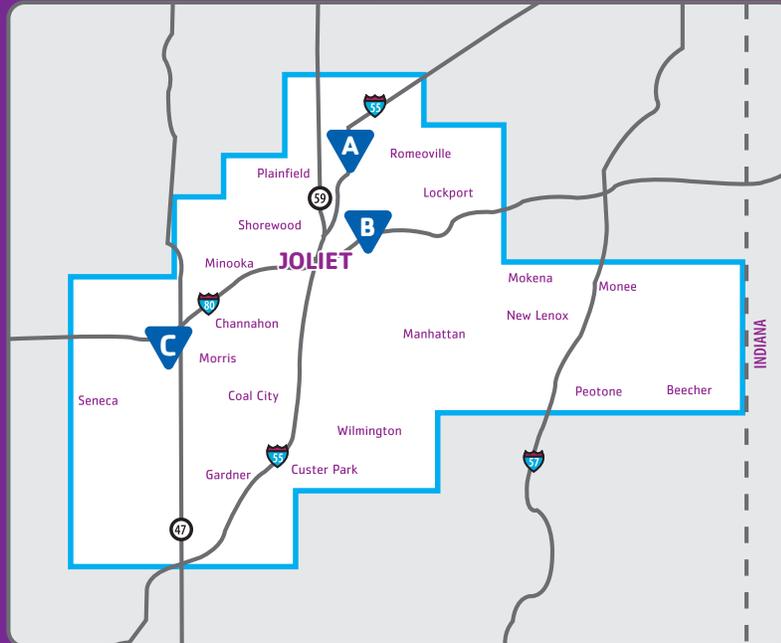


## EVERYONE IS WELCOME AT THE Y

At the Y, no one is turned away due to the inability to pay. To learn more about the Y's Financial Assistance Program, please visit [www.jolietymca.org](http://www.jolietymca.org) or stop by your local branch today.

# WHERE GREAT THINGS HAPPEN

The Greater Joliet Area YMCA has three convenient locations to serve your family.



**A** **C.W. AVERY FAMILY YMCA**  
15120 Wallin Drive  
Plainfield, Illinois 60544  
(815) 267-8600

**B** **GALOWICH FAMILY YMCA**  
749 Houbolt Road  
Joliet, Illinois 60431  
(815) 744-3939

**C** **MORRIS COMMUNITY YMCA**  
320 Wauponsee Street  
Morris, Illinois 60450  
(815) 513-8080

To learn more about Youth Sports at the Y, please contact your local branch.

