



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COUNTRYSIDE YMCA SPORTS

AUGUST 2018

GIRLS VOLLEYBALL CLINIC AGES 6-8 or 9-12

The volleyball clinic gives girls the opportunity to improve their game and have fun learning the fundamentals of volleyball. The clinic is taught by Karen Miranda, a former collegiate player and coach.

Program Dates: **Fall I** Aug. 27 – Oct. 15, 2018 **Fall II** Oct. 22 – Dec. 10, 2018
*Fall I pro-rated, no class 9/3/18
Day/Time: Mon. 6:00-6:45P ages 6-8, 04090-A, Mon. 7:00-7:45P ages 9-12, 04090-B
Location: Mini Gym **Cost:** \$67 Member, \$87 Program Member

JUDO AGES 5+

Judo is a sport of unarmed combat derived from jujitsu and intended to train the body and mind. It involves using holds and leverage to unbalance the opponent. 8 weeks

Program Dates: **Fall I** Aug. 28 – Oct. 18, 2018 **Fall II** Oct. 23 – Dec. 13, 2018
Day/Time: Tues. & Thurs. 7:00-8:00P **Program Code:** 04006
Location: Mini Gym **Cost:** \$70 Member \$90 Program Member

CO-ED YOUTH FLAG FOOTBALL AGES 5-14

Flag Football is a co-ed recreational league that teaches the fundamentals of flag football in a fun, non-competitive environment. We emphasize equal playing time and fun through caring, honesty, respect and responsibility. A mouth guard is required for practices and games. Pads are not required.

Registration: **Now – August 24, 2018**
Practice Starts: Week of August 27, 2018 **Games:** Saturdays, Sept. 8, 15, 22, 29 Oct. 6, 13, 2018
Bracket: 18LL- 04035 ages 5-6 04035-G ages 7-8 04035-H ages 9-10 04035-I ages 11-14
Cost: \$65(M), \$85(PM) * program fee waived for league
Location: COUNTRYSIDE YMCA | Lebanon Lower Level Outdoor Flag Football Fields

SPEED & AGILITY TRAINING AGES 6-14

Speed & Agility Training is training for athletes. The class will teach balance and core strength using agility ladder, medicine ball drills, springs, parachute running, jump rope and plyometrics.

Program Dates: **Fall I** Aug. 28 – Oct. 22, 2018 **Fall II** Oct. 23 – Dec. 17, 2018
Day/Time: Tues. 5:00-5:45P **Program Code:** 04550-A
Location: Mini Gym **Cost:** \$67 Member, \$87 Program Member

ARCHERY AGES 9+

The archery class provides children and adults with the opportunity to participate in an activity that promotes concentration and self-control but also include the excitement of shooting sports and the thrill of competition.

Program Dates: **Fall I** Aug. 29 – Oct. 17, 2018 **Fall II** Oct. 24 – Dec. 12, 2018
Day: Wed.
Level/Time: **Beg.** 6:00-7:00P 04003-A **Inter/Adv** 7:00-8:00P 04003-B **Adult** 8:00-9:00P 04003-C
Cost: \$68 Member, \$88 Program Member

Questions please contact Liz @ 513 932 1424 ext. 190 or email at liz.sako@ymcastaff.org
Please check out our website for all our youth and adult programs/leagues at www.countrysideymca.org

COUNTRYSIDE YMCA | Lebanon 1699 Deerfield Rd. Lebanon, Oh 45036 513 932 1424
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www.countrysideymca.org

LEAGUE REGISTRATION & LIABILITY WAIVER

Youth Flag Football

18LL 04035-F (ages 5-6), 04035-G (ages 7-8), 04035-H (ages 9-10), 04035-I (ages 11-14)

NAME OF PARTICIPANT: _____ GENDER: ___ AGE: _____ (AS OF DEC 1, CURRENT YEAR)

DATE OF BIRTH: _____

ADDRESS: _____ CITY: _____ ZIP _____

PARTICIPANT'S SCHOOL _____

PARENT/GUARDIAN NAME: _____ BEST PHONE: () _____

EMERGENCY CONTACT: (NON PARENT) _____ BEST PHONE () _____

E-MAIL ADDRESS _____

MEMBER ___ PROGRAM-MEMBER ___

SHIRT SIZE YS YM YL AS AM (PLEASE CIRCLE ONE)

INTERESTED IN COACHING: _____ IF YES E-MAIL ADDRESS: _____

IF YOU WOULD LIKE YOUR CHILD PLACED ON A TEAM WITH SOMEONE ELSE PLEASE INDICATE BELOW. THE PERSON MUST ALSO INDICATE THE SAME ON THEIR FORM. WE WILL ONLY BE ABLE TO PLACE YOUR CHILD WITH ONE OTHER CHILD TO ENSURE FAIR TEAMS (PLUS SIBLING). WE WILL DO OUR BEST TO ACCOMMODATE ALL REQUESTS. THANK YOU.

PLEASE PLACE ON A TEAM WITH: _____

PLEASE NOTE IF THERE IS A DAY YOU CANNOT PRACTICE (Flag Football ONLY): _____

WAIVER/RELEASE STATEMENT

I realize that sports involve vigorous physical activity including, but not limited to: running, jumping, quick movement, physical contact and rapid directional change. I understand that participation in this program involves certain known and unknown risks and that regardless of the precautions taken by the Ralph J Stolle Countryside YMCA or the participants, some injuries may occur. These injuries may include but are not limited to: 1. Sprains and strains 2. Broken bones 3. Paralysis 4. Death. These injuries may result from such hazards as 1. Running 2. Jumping 3. Falling 4. Physical contact.

I certify that my present level of physical condition is consistent with the demands of active participation in the listed program. Following is a complete list of all of my known health conditions that might affect my ability to participate:

I have carefully read the foregoing document. I acknowledge that I have the opportunity to ask questions and have them answered. I am confident that I fully know, understand and appreciate the risks involved in active participation in the YMCA Program.

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location. I do further release, absolve, indemnify, and hold harmless releasees. I am voluntarily requesting permission for my son/daughter to participate

SIGNATURE OF THE PARENT/GUARDIAN

DATE

SIGNATURE OF THE PARTICIPANT

DATE