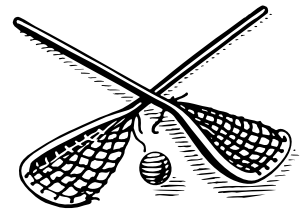


WEST POINT
YOUTH
SPORTS

2009



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WEST POINT CHILD AND YOUTH AND SCHOOL SERVICES
WEST POINT YOUTH SPORTS

MISSION STATEMENT

The Mission of the West Point Child, Youth and School Services (CYSS) Sports and Fitness Program is to provide a variety of quality sports, fitness and health programs that promote character building, sportsmanship and foster skill development. The Sports and Fitness program achieves this by ensuring youth have a safe, effective, positive and developmentally appropriate learning environment. West Point Youth Sports & Fitness strongly believes in the benefit of organized sports. Participation in sports has been proven to build self esteem, promote team work, develop the body as well as the mind, and is an integral part of the maturation process. Therefore, the goal of West Point Youth Sports is to provide this program and venue for young people of all backgrounds to participate and enjoy a variety of sport programs while maintaining a safe, wholesome environment.

NATIONAL STANDARDS FOR YOUTH SPORTS

West Point Youth Sports & Fitness has embraced the philosophies set forth in “National Standards for Youth Sports,” a publication compiled by the National Alliance for Youth Sports based on an assembly of 48 of the nation’s leading experts representing a vast variety of disciplines affecting youth sports.

The following standards were established:

STANDARD 1 - QUALITY SPORTS ENVIRONMENT

Youth sports programs must be developed and organized to ensure, as well as to enhance, the emotional, physical, social and educational well-being of children.

STANDARD 2 - SPORTS PARTICIPATION SHOULD BE FUN AND A PORTION OF A CHILD'S LIFE

Youth sports are only one portion of a child’s life that must be balanced with other social and educational experiences and activities.

STANDARD 3 - TRAINING AND ACCOUNTABILITY

Adults involved with youth sports must receive training and important information about the program and must be held accountable for their behavior.

STANDARD 4 - SCREENING PROCESS

To ensure the safety and well being of children in youth sports, individuals with regular, repetitive access or contact with children must complete the screening process.

STANDARD 5 - PARENT'S COMMITMENT

Parents/guardians must take an active and positive role in their child’s youth sports experience.

STANDARD 6 - SPORTSMANSHIP

Everyone involved in youth sports programs should exhibit positive sportsmanship behavior at all times.

STANDARD 7 - SAFE PLAYING ENVIRONMENT

Youth sports programs must provide safe playing facilities and equipment, healthful playing situations and proper first aid applications, should the need arise.

STANDARD 8 - EQUAL PLAY OPPORTUNITY

Parents, coaches, and league administrators must provide equal play opportunity for all youth regardless of race, creed, sex economic status or ability.

STANDARD 9 - DRUG, TOBACCO, ALCOHOL AND PERFORMANCE ENHANCER- FREE ENVIRONMENT

Parents, coaches, officials, fans, players and administrators must be drug, tobacco, alcohol and performance enhancer free at youth sports activities.

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WEST POINT CHILD AND YOUTH AND SCHOOL SERVICES
YOUTH CENTER BUILDING 500



BRIAN SZELI - YOUTH SPORTS & FITNESS DIRECTOR
938-3550

ERIN LEAHY - YOUTH SPORTS & FITNESS ASSISTANT DIRECTOR
938-8896

GENERAL INFORMATION

Child, Youth and School Services offer a variety of Sports and Fitness programs for youth living at West Point. These programs rely on the participation and support of parents as volunteer coaches. In accordance with the Department of Defense (DOD) Standards, all coaches are trained and certified by the National Alliance of Youth Sports. To acknowledge the donation of time and effort of our volunteers, Child, Youth and School Services Sports and Fitness allows a coach's child to participate in the sport free of registration fees. CYSS Sports and Fitness programs focus on skill development and fun through positive mentoring and sportsmanship. Throughout the year, soccer, basketball, hockey, strength and fitness training, wrestling, lacrosse and baseball are offered to the community youth. Special events are also scheduled throughout the year to include; MLB Pitch, Hit and Run, NFL Punt, Pass and Kick, Knights of Columbus Free Throw Contest, Soccer Clinics, as well as Cross Country and Track and Field Invitationals.

RULES, TEAM ASSIGNMENTS, AND EQUIPMENT

The West Point Sports & Fitness Program's "All Play" rule ensures that every player in good standing will play a certain amount of time in every game. This rule encourages fair play and skill development for each player. For outdoor soccer and basketball, the minimum is two quarters; and for baseball, the minimum is three innings.

This does not mean that each child will play the entire quarter or half.

REGISTRATION AND FEES

Parents must register their children as a CYSS member at Youth Services Enrollment Registry located in Building 500, the West Point Youth Center, from 10 am to 2 pm, Monday through Friday. Registration is on a first come - first serve basis. Parents are requested to register for all programs on a timely basis to help ensure placement of youth. When programs become full, parents may place their children on a waiting list for a given activity. The West Point Sports & Fitness Program makes every effort to place all children onto sport teams.

Fees are subject to change in accordance with Army Fee Policy.

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SPORTS REGISTRATION DATES

February-Spring Sports
May-Summer Sports
July-Fall Sports
September-Winter Sports

PHYSICALS

Youth participants must provide a medical statement signed by a licensed healthcare professional. This medical statement must be current at the time of actual registration.

This requirement is a condition of participation and no child/youth will be authorized to play (practice or participate in games) until documentation of a valid physical is furnished. Your child will not be allowed to participate without a current physical. Physicals must be signed by a licensed physician.

AWARDS POLICY

At the end of the season, West Point Youth Sports & Fitness will issue each player a participation award. The focus of West Point Youth Sports & Fitness is skill development and sportsmanship; this award focuses on participation, not achievement.

VOLUNTEER COACHES

Our programs rely on the support and contributions of our volunteer coaches. Volunteer coaches receive a coach's credit towards registration of their children for programs. This means that coaches may have their child participate in a sport for no fee. All volunteer coaches are certified through National Youth Sports Coaches Association. Fees for this membership are paid by the Department of the Army. In addition to these entitlements CYSS Sports and Fitness recognizes all volunteer coaches in a monthly newsletter, nomination for monthly Black and Gold Awards and annual Volunteer Recognition Ceremony.

SPORTS AND FITNESS TRAINING

Child, Youth and School Services Sports and Fitness Staff, volunteer coaches and parents are supplied trainings annually to maximize the most current information supplied by the Department of Army, National Alliance of Youth Sports, and the Parents Association for Youth Sports. Additional sport specific trainings are supplied by certified Youth Sports Administrators currently on staff with the CYSS Sports and Fitness Program.



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BASEBALL

The West Point Youth Sports Baseball program is a seasonal program that takes place from early April until mid June. This program provides youth the opportunity to develop their athletic ability and reinforce teamwork and sportsmanship skills at the same time. Participants are divided into four age groups. Registration for all baseball programs will begin in February and run through the middle of March. Participants must be of age prior to the beginning of the season.

TEE BALL

Ages 4 – 6 years

MINOR LEAGUE

Ages 7 – 9 years

LITTLE LEAGUE

Ages 10 – 12 years

SENIOR LEAGUE

Ages 13 – 15 years



BASKETBALL

West Point Youth Sports Program offers a winter basketball league for youth ages 4 years to 13 years. West Point promotes a safe environment in which participants learn the game of basketball through fun, positive interaction and appropriate guidance. Children are exposed to team concepts and sportsmanship through fair play. Participants must be of age prior to the beginning of the season. Program costs may vary for modified teams.

LITTLE SHOOTERS

Ages 4 years (Co-ed)

TRAINING LEAGUE

Ages 5 - 6 years (Co-ed)

COLLEGIATE LEAGUE

Ages 7 - 9 years (Co-ed)

JUNIOR NBA LEAGUE

Ages 10 - 12 years (CO-ed)

BOYS MODIFIED LEAGUE

Grades 7 – 8

GIRLS MODIFIED LEAGUE

Grades 7 – 8

If enrollment allows, separate boys and girls leagues will be established.

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ICE HOCKEY

The West Point Youth Sports most popular winter sport offering is Youth Ice Hockey. It is our intention to support and provide skating opportunities for community youth through a variety of venues. Hockey encourages sportsmanship, discipline, teamwork, character and provides a positive experience which ultimately promotes the development of both fundamental and athletic ability of all players. The West Point Junior Black Knight travel teams are independent teams that play a competitive schedule. All ice hockey participants are members of USA Hockey and New York State Amateur Hockey Associations. Home games and practices will be held at the Holleder Center, Tate Rink, home of Army Hockey.

ATOMS

Ages 4 – 6 years

SKILL DEVELOPMENT

Age 7-10 years

(Open to all regular travel team skaters for no charge.)



TRAVEL TEAMS

MITES

8 years and under

DOB 2001

SQUIRTS

10 years and under

DOB 1999/2000

PEE WEE

12 years and under

DOB 1997/1998

BANTAM

14 years and under

DOB 1995/1996

MIDGETS

18 years and under

DOB 1991/1994

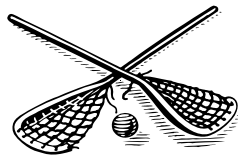
*Team formation is dependent upon enrollment. Each player is required to supply his or her own helmet, padding, skates, and stick. Uniforms may be purchased for an additional fee. A more detailed list of necessary equipment will be furnished at time of registration.

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THREE-ON-THREE ICE HOCKEY

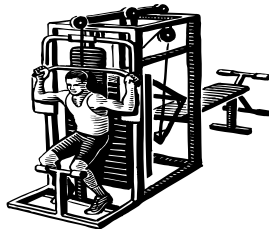
This is a great opportunity for our West Point Youth hockey players to develop quick hands and quick feet! Three-on-Three Hockey emphasizes skill development. Games are played cross-ice in each end, with lots of fast changes, stick handling, and passing. This set-up gives the players a chance to learn techniques they might not have used while playing on a larger team. Participants will be better players and will have a lot of fun each session. This program replicates “pond hockey,” an opportunity many players do not typically get. This program is held at the Hollender Center. Players from the academic year hockey teams are eligible for this program. The sessions run April to June, however, dates are subject to change due to ice availability, so check with the sports department for specific dates.



LACROSSE

Lacrosse is one of the fastest growing youth sports in the Northeast. West Point Youth Sports offers two girls lacrosse teams. Youth are divided into the 5/6th grade age team or the 7/8th grade girls' team. Lacrosse clinics are available for boys in grades 2 through 8. Our goal is for all youth to learn lacrosse skills and develop athleticism, sportsmanship and the spirit of teamwork through participation. Both clinics and team practices begin in April.

* If enrollment allows, additional teams may be established.*



STRENGTH AND FITNESS TRAINING

This program is designed to provide teens with the opportunity to start a personal fitness and strength training program by exploring a variety of techniques and equipment in a safe environment. The program will provide teens with certified instructors to help each participant define their personal goals, a fitness plan to support their current and future fitness goals and confidence to train independently.

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SOCCKER

Soccer is offered twice throughout the year. Fall soccer occurs during the months of August, September and October and Spring Soccer from April until June. West Point Youth Sports promotes soccer development through fitness, fun and skill development. West Point Child Youth and School Services offer soccer for ages 4 through 18 years.



INTRAMURAL SOCCER

JUST 4 U

Age 4 years only

DIVISION A

Ages 5 – 6 years

DIVISION B

Ages 7 – 9 years

DIVISION C

Ages 10 years – 13 years



TRAVEL SOCCER

Travel soccer coincides with fall and spring sports running from April until mid June. Travel soccer promotes and fosters a higher level of competition for youth players and also provides a venue for them to refine and utilize skills against local teams. Travel soccer games are held both at home and throughout surrounding communities on weekends.

HUDSON VALLEY YOUTH SOCCER LEAGUE-TRAVEL SOCCER

Under 10 Girls, Under 10 Boys, Under 19 Boys

Under 12 Girls, Under 12 Boys, Under 19 Girls

Under 14 Girls, Under 14 Boys

Under 16 Girls, Under 16 Boys

* All travel games will be held on Saturdays and Sundays according to the schedule of the league.

Team formation is dependent upon registration.

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WRESTLING

West Point Youth Sports Program offers wrestling seasonally. Wrestling is offered as a winter sport and is based out of Arvin Gymnasium. The program is available for ages 5 through 18 years and offers instruction in both Free-Style and Greco-Roman wrestling techniques. This program is intended to teach both the fundamentals of wrestling and also sportsmanship which works hand in hand with wrestling.



MODIFIED SPORTS

Modified Sports are provided for the 7th and 8th graders of the West Point Middle School. West Point Child, Youth and School Services has partnered with the West Point Middle School to provide Cross Country in the fall, Basketball in the winter and Track and Field in the spring.

Modified Sports are an introduction to interscholastic competition. The emphasis of our Modified program is on participation and helping youth achieve the fundamental skills and game knowledge needed to be successful athletes.



HOME SCHOOL GYM

Home School Gym is facilitated by Youth Sports Staff. Home school children participate in developmentally appropriate activities that foster muscle development, fitness, character and socialization. Activities are both teacher and child initiated and address children's interests and needs. Home school gym is offered the first and third Friday of each month during the academic year.

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SPORTS SPECIAL EVENTS

During the calendar year, Child Youth and School Services Sports and Fitness sponsors many different special sports events for the community. Dates and times will be published when details are finalized.

SEPTEMBER

The NFL/Pepsi Punt, Pass and Kick competition is held at Shea Stadium
CYSS Sports and Fitness/WPMS Cross Country Invitational

JANUARY

Knights of Columbus Free Throw Competition

FEBRUARY

Junior Black Knight Mite Tournament

MAY

MLB Pitch, Hit and Run
CYSS Sports and Fitness/WPMS Track and Field Invitational
CYSS Sports and Fitness Spring Sports BBQ



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