



U.S. Army

**S** Child, Youth & School  
Services

# 2010-2011 SPORTS GUIDE

P-10790  
Chapel Drive  
Fort Drum  
772-6718





# 2010 - 2011 FORT DRUM CHILD, YOUTH & SCHOOL SERVICES SPORTS PROGRAM GUIDE

## Purpose

To provide a guide of the sports programs offered by the FMWR, Child, Youth & School Services, Fort Drum, New York.

## Target Audience

All service members at Fort Drum and their Family members, children of Civilian Fort Drum employees and retired military personnel living in the area.

### **PHYSICALS ARE MANDATORY!**

**Players must turn in a copy of their most current physical. Date the physical was conducted must be within one year of the date of registration and be sport specific. Physical must also be valid through the sport season the child is participating in.**

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*U 12.....	ages 11 & under ...	Sep 7-Oct 12.....	TBA .....	15
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# REFERENCE GUIDE CON'T.

## Start Smart Program 2010 (years in parentheses)

Activity	Registration	Season	Page
1. General Development (3-5)	Dec 7-Jan 8	Jan 9-Feb 13	26
2. Basketball (3-5)	Jan 11-Feb 26	Feb 27-Apr 3	26
3. Golf (3-7)	Mar 22-Apr 23	Apr 24-May 29	27
4. Soccer (3-5)	Jun 17-Jul 9	Jul 10-Aug 14	27
5. Baseball (3-5)	Jul 12-Sep 10	Sep 11-Oct 16	27
6. Football (3-5)	Sep 13-Nov 5	Nov 6-Dec 18	27

### **Mission Statement:**

Enhance readiness and well being by reducing the conflict between mission and Family responsibilities.

Facilitate Family self reliance and reinforce Army values.

Ensure availability of predictable programs and services for children ages 3 through 18 years old.

Establish and maintain CYSS program quality as a benchmark for the Nation in accordance with statutory requirements, DoD policy, and Army Standards. CYSS programs seek to "inspire and enable all young people to realize their full potentials as productive, responsible, and caring citizens".

Enhance the development of children and youth. Maintain affordable child and youth programs and services for the Army Family.

### **CYSS policy regarding age/grade requirements for Internal Sports Programs**

Our philosophy is to ensure all sports programs are age-appropriate in nature. We appreciate your patience with us as we occasionally have to evaluate each youth to determine what program he/she should participate in. CYSS sports staff reserve the right to place a youth on a team that is safe and where they will feel successful.

### **CYSS policy regarding age/grade requirements for Community Leagues**

When the CYSS Sports Program participates in an outside league, age or grade guidelines and regulations have been provided for us. We will not request exceptions to policies regarding age/grade regulations for your child.

**ALL FEES AND DATES ARE SUBJECT TO CHANGE**

# **GENERAL INFORMATION**

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## **FORT DRUM CHILD, YOUTH & SCHOOL SERVICES**

### **YOUTH SPORTS AND FITNESS**

#### **YOUTH CENTER**

**BLDG P-10790, CHAPEL DRIVE, TELEPHONE: 772-6718**

The Fort Drum Child, Youth & School Services (FDCYSS) Sports and Fitness Program emphasizes safety, participation, fun, and good sportsmanship. All registered participants are evaluated, assigned to a team, issued a basic uniform and guaranteed a specific amount of playing time. The program is designed to provide all youth the opportunity to participate, develop fundamental skills and grow in an atmosphere of sportsmanship, citizenship, and teamwork.

#### **RULES, TEAM ASSIGNMENTS, EQUIPMENT**

The FDCYSS Sports and Fitness Program's "All Play" Rule ensures that every player in good standing, will play a certain amount of time in every game. For outdoor soccer and basketball, the minimum is two quarters; for baseball, the minimum is three innings; for tackle football, the minimum is eight plays; and for indoor soccer the minimum is one half. This does not mean that each child will play the entire quarter or half.

#### **REGISTRATION AND ENROLLMENT FEES**

Parents must register their child(ren) with Child, Youth and School Services at Parent Central Services located at Clark Hall, 2nd floor, Rm A2-6. Registrations/re-registrations are conducted by appointment only by calling 772-8675. The Youth Center accepts sports enrollments for current CYSS members from 11 am - 6 pm, Monday through Friday. Enrollment is on a first-come first-serve basis. If the sports program reaches its maximum enrollment numbers, parents may place their child(ren) on the waiting list. All youth enrolled prior to the cut-off date will be placed on a team, except in situations where there are insufficient enrollments in an age group or they are currently on the waiting list. Players in these leagues are entitled to a loaned uniform, T-shirt, and a certificate of participation at the end of each season at no additional cost.

**Enroll early as space is limited for some programs.**

# FDCYSS SPORTS FEES (PER SPORT):

CATEGORY	SPORT	FEE
A.....	Outdoor Soccer, Cheerleading .....	\$30
B.....	Baseball, Basketball .....	\$40
C.....	Football - Tiny Mite Tackle, Mighty Mite, Jr Pee-Wee Tackle, Pee-Wee Tackle .....	\$60
D.....	Indoor Soccer .....	\$65
E.....	Lacrosse .....	\$25
F.....	Spring Soccer.....	\$30
G .....	Wrestling.....	\$30
H.....	Year round cheering - 3 installments \$55 ...	\$165
Others .....	Start Smart .....	\$20

See pages 26 - 27 for additional details.

A Team Sport Multiple Child Reduction is given to Families with multiple children (after the first child) in the same sport, e.g., the first child pays the full fee, with remaining children receiving a 10% discount. This discount can not be combined with any other discount incentives.

## **VOLUNTEER COACHES/OFFICIALS CHILD(REN) DISCOUNTS:**

Discounts, for volunteer coaches/officials children participating in the team sport that the parent is coaching or officiating, are authorized as follows:

1. First child .....Free
2. Other children ..... 50%
3. Team Parent (per child)..... 50%

Limit of one parent per sports team.

Coaches, who do not complete the entire season and received a coaching discount will be required to pay the sports fee at full price.

FDCYSS Sports and Fitness Program **REFUNDS** will be made only in the event of a Permanent Change of Station (PCS) or injury prior to the first regular season game. Refund requests must be made in person, by a parent, at the Youth Center. The payment receipt and PCS orders or doctor's statement must be presented.

**VOLUNTEERS NEEDED - Coaches and Officials**  
**Anyone interested contact the FDCYSS Sports and Fitness Office at**  
**772-6718.**

## **SKILLS ASSESSMENTS**

FDCYSS attempts to form teams as evenly as possible in size, number and skill level. A skills assessment session will be performed for ALL players before team assignment. The Sports Director will assign teams to coaches, then it becomes the coach's responsibility to contact players concerning practices and game schedules. To ensure that all teams are equal in ability and strength, it is important that all players attend the skills assessment session as scheduled.

## **UNIFORMS AND EQUIPMENT/LATE CHARGE**

Sports staff will brief players and parents on uniform issue and turn-in procedures. The FDCYSS Sports Director will issue uniforms to each parent. Parents will sign for the uniforms on a hand receipt. On uniform issue day, one parent must be present to sign for his/her child's uniform. A player will not receive a uniform until his/her parent signs for one. Uniforms will be returned clean to FDCYSS at the end of the season within a two week time period after the last game. Care and cleaning instructions should be followed.

There will be a \$15 Late Charge for all uniforms and equipment returned to FDCYSS after the due date. If the child is already enrolled for the next season's sport and the late charge has not been paid, the enrollment fee will be used to pay the late charge and an additional fee of \$15 must be paid prior to your child participating in the new program. Parents will also be held financially responsible for any items lost or damaged, other than through fair wear and tear.

**PARENTS WILL BE FINANCIALLY RESPONSIBLE FOR LOST AND DAMAGED UNIFORMS**

## **PARENTAL ORIENTATION AND VOLUNTEER COACHES**

The head coach is responsible not only for coaching, but also for the conduct of the team, parents, and fans. Parents are reminded of these important duties to assist the coach by fostering established goals and supporting the program. The head coach, for instance, is responsible for ensuring that an adult is first to arrive at and last to leave every practice and game. Since the coach cannot be expected to do it alone, parents are encouraged to volunteer assistance in this and other areas.

**ALL VOLUNTEER COACHES** (head coaches and assistants) must be certified through the National Youth Sports Coaches Association prior to participating in any practices or games. **NO EXCEPTIONS. BACKGROUND CHECKS ARE COMPLETED ON ALL VOLUNTEER COACHES.**

The coach will call a parent meeting during the first practice session; a "team parent" will be appointed at that time. This individual will be responsible for advising parents of any significant changes in practice and game schedules, the end-of-season banquet and other projects.

It is very important that at least one parent or legal guardian of each player be present. The coach will review certain FDCYSS policies, and will answer questions. Parents will be asked to read and sign the FDCYSS Parents Code of Ethics, indicating that the FDCYSS Sports Code of Ethics will be followed.

# **PHILOSOPHY OF YOUTH SPORTS AND FITNESS**

Fort Drum Youth Sports and Fitness strongly believes in the benefits of participation in organized sports. Participation in sports has been proven to build self-esteem, promote teamwork, develop the body and the mind, and is an integral part of the maturation process. Therefore, the goal of Fort Drum Youth Sports and Fitness 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.

Fort Drum Youth Sports has embraced the philosophies set forth in the "**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 have been established:

## **Standard #1 - Proper Sports Environment**

Parents must consider and carefully choose the proper environment for their child(ren), including the appropriate age and development for participation, the type of sport, the rules of the sport, age range of the participants, and the proper level of physical and emotional stress.

## **Standard #2 - Programs Based on Well-Being of Child**

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social, and educational well-being of their child(ren).

## **Standard #3 - Drug, Tobacco and Alcohol-Free Environment**

Parents must encourage drug, tobacco, and alcohol-free environments for their child(ren).

## **Standard #4 - Part of Child's Life**

Parents must recognize that sports are only a small part of a child's life.

## **Standard #5 - Training**

Parents must insist that coaches be trained and certified.

## **Standard #6 - Parent's Active Role**

Parents must make a serious effort to take an active role in the youth sports experience of their child, providing positive support as a spectator, coach, league administrator, and/or caring parent.

## **Standard #7 - Positive Role Model**

Parents must be a positive role model. Exhibiting sportsmanlike behavior at games, practices, and at home, while giving positive reinforcement to their child and supporting their child's coaches.

## **Standard #8 - Parental Commitment**

Parents must demonstrate their commitment to their child(ren)'s youth sports experience by annually signing a parental code of ethics.

## **Standard #9 - Safe Playing Situations**

Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.

## **Standard #10 - Equal Play Opportunity**

Parents, coaches, and league administrators must provide an equal sports play opportunity for all youth.

## **OBJECTIVES**

The objectives of the youth sports programs at Fort Drum are as follows:

- To offer programs to fulfill the sport, fitness needs, and desires to the military community.
- To offer equal participation opportunities to both boys and girls.
- To make programs safe and enjoyable in an atmosphere that promotes learning and participation first and competition second.
- To have the best possible people volunteer as coaches and to thoroughly train them.
- To demand from our coaches that players who need the most assistance are given it, rather than those who are already advanced.
- To expect good sportsmanship and fair play is the standard behavior.
- To do everything possible to ensure that the child's participation is worthwhile and a positive experience.

## **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 and remain valid through the completion date of the current sport. These requirements are a condition of participation and no 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. Please hand the physical to CYSS Sports and Fitness Office only.

## **AWARDS POLICY**

Fort Drum, upon the advice of youth recreation professionals, down-plays trophies and other awards. Our intramural program emphasizes fun, learning and participation by all players. At the end of the season, FDCYSS issues each player a certificate of participation and a T-shirt. The only forms of additional recognition allowed by FDCYSS are simple events like team covered dish dinners or team snapshots donated by a parent or a coach to all members of the team. **FDCYSS will not permit any parent or child to be pressured to contribute to a collection for any purpose.**

## **PHOTOGRAPHS**

Parents may take pictures of their youth, but at no time is it autho-

**All Fees and Dates are Subject to Change**

## **DISCIPLINE**

Coaches have the authority to bench a player for unacceptable conduct. This authority is incontestable for one game. A coach must obtain FDCYSS approval if he/she feels additional discipline is needed. At this point the alleged offender's parent will be contacted, and if the parent feels the suggested discipline is inappropriate, FDCYSS will make a determination.

**Remember, the focus is on our youth. We teach fundamentals, fun, and friendship. That's what it's all about. Let's set a good example and create a positive environment for the FDCYSS Sports program.**

## **TEEN VOLUNTEER OFFICIALS AND COACHES**

### **TEEN OFFICIALS**

FDCYSS will mentor teens who wish to be officials. Teen officials are asked to officiate FDCYSS sports games, usually the middle school program. Contact the CYSS Office, at 772-6718, for more information.

### **TEEN COACHES**

Teens 13 - 18 are encouraged to volunteer their time and knowledge, and gain experience in teaching and being a positive role model while working with youth in first through sixth grade, under the supervision of an adult.

### **\*TEENS 16 - 18\***

CYSS will certify volunteers through the National Youth Sports

## **SPORTSMANSHIP!**

**Coaches, Players,  
Parents, Officials and  
Spectators.**

**WE TEACH IT,  
WE PREACH IT,  
WE LIVE IT.**

**Children must be  
registered with CYSS.**

**Physicals are  
mandatory for  
all sports.**



# T-BALL

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## SIGNIFICANT DATES:

March 8	Registration begins
April 16	Registration ends
TBA	Parents meeting and skills assessment 6:00 pm
April 20	First practice
May 17	Regular season games begin
June 29	Approximate end of season

## ELIGIBILITY

Co-ed, open to youth ages 4-6. Child must turn 4 by April 16, and may not turn 7 prior to April 17,

## PRACTICES

Practices are limited to two, 1-hour practices per week.

Tuesday and Thursday ..... 5:30 - 6:30 or 6:30 - 7:30 pm  
CYSS Fields 1 & 2

**PRACTICES ARE MANDATORY!**

## GAMES

Tuesday, Thursday & Saturday ..... 5:30 pm  
CYSS Fields 1 & 2 start time

# GRASSHOPPER

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## SIGNIFICANT DATES

March 8	Registration begins
April 16	Registration ends
TBA	Skills assessment & Parents meeting 5:30 pm
April 20	Practices begin
May 17	Games begin
June 29	End of season (approx.)

## ELIGIBILITY

Co-ed open to youth ages 7 - 9. Child must turn 7 by April 16, and may not turn 10 prior to April 16.

## PRACTICES

Tuesday and Thursday ..... 5:30 - 6:30 or 6:30 - 7:30 pm  
CYSS Fields 3 & 4

## GAMES

Tuesday, Thursday and Saturday ..... 5:30 - 6:30 or 6:30 - 7:30 pm  
CYSS Fields 3 & 4

# PEE WEE

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## SIGNIFICANT DATES

March 8	Registration begins
April 16	Registration ends
TBA	Skills assessment & Parents meeting 5 pm
April 19	Practice begins
TBA	Regular season games begin
TBA	Approximate end of season

## ELIGIBILITY

This co-ed program is open to youth ages 10 - 12. Youth must turn 10 by July 31 and not turn 13 by August 1. **Ages are subject to change.** There will be 2 teams of 12 youth each, first come first served.

## PRACTICE

Monday, Tuesday and Thursday .....5 - 7 pm  
Fort Drum CYSS Youth Center Building

## GAMES

Times to be set by the Thousand Island League. (Monday and Wednesday)

## LEAGUES - TRAVEL TEAMS (COMPETITIVE)

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# LACROSSE CLINIC

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## SIGNIFICANT DATES

March 5	Registration begins
April 16	Registration ends
TBA	Parents meeting 5:30 pm
May 28	Approximate end of the season

## ELIGIBILITY

Co-ed program is open to youth in grades 3 - 6. Physicals are mandatory for participation.

## PRACTICE

Friday and Saturday .....Fri, 5:30 - 7:00pm and Sat, 10 - 11:30am

## GAMES

Friday and Saturday .....Fri, 5:30 - 7:00pm and Sat, 10 - 11:30am

# 2010 MINI MOUNTAINEERS SPRING SOCCER LEAGUE

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## SIGNIFICANT DATES

March 5	Registration begins
April 16	Registration ends
TBA	Parents meeting 5:30 pm
April 26	First practice/games begin
June 9	Approximate end of season

## ELIGIBILITY

Co-ed open to youth age 4-6. Child must turn 4 by April 16 and may not turn 7 prior to April 16.

Games (2) 12 min halves or (4) 6 min quarters

## PRACTICE

Monday and Wednesday ..... 5:30 - 6:30 or 6:30 - 7:30 pm

## GAMES

Monday, Wednesday and Saturday ..... 5:30 - 6:30 or 6:30 - 7:30 pm

# 2010 LITTLE MOUNTAINEERS SPRING SOCCER LEAGUE

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## SIGNIFICANT DATES

March 5	Registration begins
April 16	Registration ends
TBA	Skills assessment and parents meeting 5:30 pm
April 26	First practice
May 12	Regular season games begin
June 23	Approximate end of season

## ELIGIBILITY

Co-ed open to youth age 7-9. Child must turn 7 by April 16 and may not turn 10 prior to April 16.

## PRACTICE

Practices are limited to two, 1- hour practices per week.

Monday and Wednesday ..... 5:30 - 6:30 or 6:30 - 7:30 pm

## GAMES

Monday, Wednesday and Saturday (at CYSS) 5:30 - 6:30 or 6:30 - 7:30 pm

# **2010 BIG MOUNTAINEERS SPRING SOCCER LEAGUE**

## **SIGNIFICANT DATES**

March 5	Registration begins
April 16	Registration ends
TBA	Skills assessment and parents meeting 5:30 pm
April 26	First Practice
May 12	Regular season games begin
June 23	Approximate end of season

## **ELIGIBILITY**

Co-ed open to youth age 10-12. Child must turn 10 by April 16 and may not turn 13 prior to April 16.

## **PRACTICE**

Practices are limited to two, 1- hour practices per week.

Monday and Wednesday ..... 5:30 - 6:30 or 6:30 - 7:30 pm

## **GAMES**

Monday, Wednesday and Saturday ..... 5:30 - 6:30 or 6:30 - 7:30 pm

# **2010 MINI MOUNTAINEERS FALL SOCCER LEAGUE**

## **SIGNIFICANT DATES**

May 28	Registration begins
August 16	Registration ends
TBA	Skills assessment and parents meeting 5:30 pm
August 23	Practices begin / games
October 6	Approximate end of season

## **ELIGIBILITY**

Co-ed open to youth age 4-6. Child must turn 4 by August 1 and may not turn 7 prior to August 1.

## **PRACTICE**

Monday and Wednesday ..... 5:30 - 6:30pm

## **GAMES**

Monday, Wednesday and Saturday ..... 5:30 - 6:30pm

# 2010 LITTLE MOUNTAINEERS FALL SOCCER LEAGUE

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## SIGNIFICANT DATES

May 28	Registration begins
August 16	Registration ends
TBA	Skills assessment and parents meeting 5:30 pm
August 23	Practices begin
September 15	Regular season games begin
October 25	Approximate end of season

## ELIGIBILITY

Co-ed players must be age 7-9 .

## PRACTICE

Monday and Wednesday ..... 5:30 - 6:30 or 6:30 - 7:30 pm  
CYSS Fields 1 & 2

## GAMES

Monday, Wednesday and Saturday (at CYSS) ..... 5:30 pm

# 2010 BIG MOUNTAINEERS FALL SOCCER LEAGUE

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## SIGNIFICANT DATES

May 28	Registration begins
August 16	Registration ends
TBA	Skills and team assessment and parents meeting 5:30 pm (subject to change)
August 23	Practices begin
September 15	Regular season games begin
October 25	Approximate end of season

## ELIGIBILITY

Co-ed players must be age 10-12.

## PRACTICE

Monday and Wednesday ..... 5:30 - 6:30 or 6:30 - 7:30 pm

## GAMES

Monday, Wednesday and Saturday (at CYSS) ..... 5:30 pm

# 2010-11 WINTER INDOOR SOCCER @ YMCA SPORTS COMPLEX

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## SIGNIFICANT DATES (DATES ARE SUBJECT TO CHANGE)

September 7	Registration begins
October 12	Registration ends
TBA	Parents/Coaches meeting 5:30 pm
October TBA	Practices begin
January 9	End of season approx

## ELIGIBILITY

Co-ed players - age 4 & 5 under (U6), age 6 & 7 under (U8), 9 & under (U10), or age 11 & under (U12). Boys/Girls - age 14 & under (U14).

Youth must be the following by July 31 to participate:

Age 6 or 7 under to play U8

Limited spots available.

## PRACTICE

One-hour weekly at the CYSS gym..... 5 - 6, 6 - 7, or 7 - 8 pm  
(day to be determined by availability of Pine Plains Physical Fitness Center and other CYSS locations)

## GAMES

Will be set by YMCA Sports Complex. All games will be played at the YMCA Sports Complex facility in Watertown.

## LEAGUES - (TRAVEL TEAMS) - (COMPETITIVE)

Teams compete in YMCA league.

**Children must be  
registered with CYSS.**



**Physicals are  
mandatory for  
all sports.**

# 2010 POP WARNER TINY MITE

## FOOTBALL

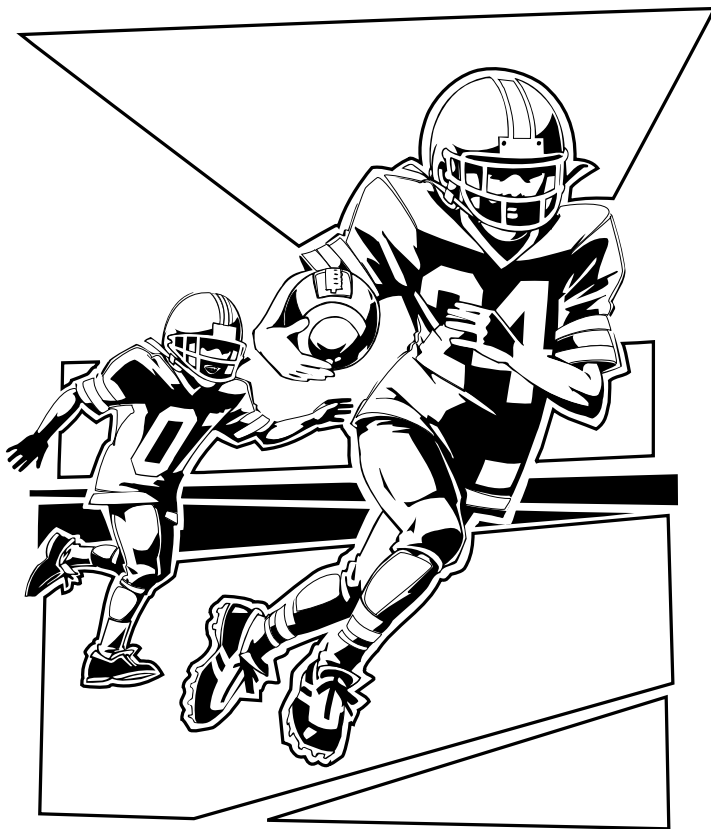
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### SIGNIFICANT DATES

May 3	Registration begins at Youth Center only
July 30	Registration ends
TBA	Parents/Coaches meeting 5:30 pm
August 2	Practice
September 6	Regular season games begin (approx.)
October 31	Approximate end of season

### ELIGIBILITY

Open to boys and girls ages 5 - 7. Must be 5 by July 31 and may not turn age 8 prior to July 31. Players must weigh between 35 - 75 pounds. **There are limited spots available first come, first served 20 spots ONLY.**



# **2010 MIGHTY MITES TACKLE FOOTBALL**

## **SIGNIFICANT DATES**

May 3	Registration begins only at Youth Center
July 30	Registration ends
TBA	Parents/Coaches meeting 5:30 pm
August 2	Practice
September 6	Regular season games begin (approx.)
October 31	Approximate end of season

## **ELIGIBILITY**

**Open to boys and girls ages 7 - 9.** Must be 7 by July 31 and may not turn age 10 prior to July 31. Players must weigh between 45 - 90 pounds. **There are limited spots available first come, first serve.**

**WEIGHT & AGE LIMITATIONS ARE SUBJECT TO CHANGE BY POP WARNER PRIOR TO REGISTRATION SIGN UPS**

## **LEAGUE**

All Military and DOD Civilian youth are eligible to participate with Fort Drum Pop Warner. Youth must be registered with CYSS. There are no boundaries for participation. This is a competitive team that plays other teams off post. Physicals need to be for the current year example:

January 2010 - Present. No waivers will be signed until the team is full or the third week of practice.

## **PRACTICE/GAMES**

2-hour practice sessions will be held at the Youth Center, between 5 and 8 pm, Monday - Friday prior to the first game. Once games begin, practices will be Tuesday, Wednesday and Thursday. Games will be played Saturday or Sunday.

**PHYSICALS ARE  
MANDATORY and  
need to be for the  
current year:  
January 2010  
to the present**

# **2010 JUNIOR PEE-WEE FOOTBALL**

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## **SIGNIFICANT DATES**

May 3	Registration begins only at Youth Center
July 30	Registration ends
TBA	Parents/Coaches meeting 5:30 pm
August 2	Practice
September 6	Regular season games begin (approx.)
October 30	Approximate end of season

## **ELIGIBILITY**

**Open to boys and girls ages 8 - 11.** Must be 8 by July 31 and may not turn age 12 prior to July 31. Weight classes: ages 7 - 10, 60 - 105 pounds and 11 year-old lightweight, 60 - 85 pounds. **There are limited spots available, first come, first serve.**

**WEIGHT AND AGE LIMITATIONS ARE SUBJECT TO CHANGE BY POP WARNER PRIOR TO REGISTRATION SIGN UPS**

## **LEAGUE**

All Military and DOD Civilian youth are eligible to participate with Fort Drum Pop Warner. Youth must be registered with CYSS. There are no boundaries for participation. This is a very competitive team that plays other teams off post. Physicals need to be for the current year example: January 2010 - Present. No waivers will be signed until the team is full or the third week of practice.

## **PRACTICE/GAMES**

Two-hour practices will be held at the Youth Center, between 5 and 8 pm, Monday - Friday prior to the first game. Once games begin, practices will be Tuesday, Wednesday and Thursday. Games will be played Saturday or Sunday.

# 2010 POP WARNER P-WEE

## TACKLE FOOTBALL

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### SIGNIFICANT DATES

May 3	Registration begins only at Youth Center
July 30	Registration ends
TBA	Parents/Coaches meeting 5:30 pm
August 2	Practice
September 6	Regular season games begin (approx.)
October 31	Approximate end of season

### ELIGIBILITY (PEE WEE, 9 - 11 YRS/LIGHTWEIGHTS, 12 YRS)

Open to boys and girls ages 9 - 12. Must be 9 by July 31 and may not turn age 13 prior to July 31. Weight classes: ages 9 - 11, 75 - 120 pounds and 12 year-old lightweight, 75 - 100 pounds. There are limited spots available, first come, first serve.

**WEIGHT AND AGE LIMITATIONS ARE SUBJECT TO CHANGE BY POP WARNER PRIOR TO REGISTRATION SIGN UPS**

### LEAGUE

All Military and DOD Civilian youth are eligible to participate with Fort Drum Pop Warner. Youth must be registered with CYSS. There are no boundaries for participation. This is a very competitive team that plays other teams off post. Physicals need to be for the current year example: January 2010 - Present. No waivers will be signed until the team is full or the third week of practice.

### PRACTICE/GAMES

Two-hour practices will be held at the Youth Center, between 5 and 8 pm, Monday - Friday prior to the first game. Once games begin, practices will be Tuesday, Wednesday and Thursday. Games will be played Saturday or Sunday.

**PHYSICALS ARE  
MANDATORY and  
need to be for the  
current year:  
January 2010  
to the present**

# 2010 CHEERLEADING POP WARNER TACKLE FOOTBALL

**(TINY MITE/MIGHTY MITES AND PEE WEE/MIDGET)**

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## **SIGNIFICANT DATES**

May 3	Registration begins
July 30	Registration ends
TBA	Parents/Coaches meeting (subject to change)
August 2	Practice begins
September 6	Regular season games begin (approx.), squads will cheer at all games
October 31	Approximate end of season

## **ELIGIBILITY (TINY MITE, 5 - 7/MIGHTY MITES, 7 - 9/PEE WEE, 9 - 12 YRS/MIDGET 11 - 15)**

**Tiny Mite** - must be 5 by July 31 and may not turn 7 prior to July 31.

**Mighty Mites** - must be 7 by July 31 and may not turn 10 prior to July 31.

**Pee Wee** - must be 9 by July 31 and may not turn 13 prior to July 31.

**Jr. Midget** - must be 11 by July 31 and may not turn 15 prior to July 31.

## **LEAGUE**

All Military and DOD Civilian youth are eligible to participate with Fort Drum Pop Warner. Youth must be registered with CYSS. There are no boundaries for participation. This is a competitive team that plays other teams off post. Physicals need to be for the current year ex... January 2010 - Present. No waivers will be signed until the team is full or the third week of practice. All Pop Warner forms must be filled out before August 10 and physicals must be turned in before August 1 to participate.

## **PRACTICE/GAMES**

2-hour practices for TACKLE CHEERLEADING will be at the CYSS Youth Center on Monday, Wednesday and Friday. Times to be announced. All games will be on Sunday and some Saturdays. Squads will cheer for the Fort Drum Mountaineers in the Greater Watertown Pop Warner Football League. All groups will compete in the Pop Warner cheerleading competition.

**Volunteer Coaches and Officials Needed!**  
**Anyone interested contact FDCYSS at 772-6718**

# 2010-11 BASKETBALL CHEERLEADING- ABA/NBA LEAGUE

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## SIGNIFICANT DATES

### i) MOUNTAINEER LEAGUE

September 20

Registration begins

October 29

Registration cut-off date

November 1

Practice begins/parents meeting 5:30 pm

November 17

Regular season games begin

January 12, 2011

Approximate end of season

## ELIGIBILITY

Grades 1 - 4,

## ABA/NBA LEAGUE PRACTICE/GAMES

**(GRADES 1 & 2) (GRADES 3 & 4)**

Practice locations to be announced.

Monday and Wednesday (Grades 1 & 2) 5:30 - 6:30 or 6:30 - 7:30 pm

Tuesday and Thursday (Grades 3 & 4). 5:30 - 6:30 or 6:30 - 7:30 pm

## GAMES

(Grades 1 & 2) Monday and Wednesday 5:30 - 6:30 or 6:30 - 7:30 pm

(Grades 3 & 4) Tuesday and Thursday.. 5:30 - 6:30 or 6:30 - 7:30 pm



# 2010 - 11 LITTLE MOUNTAINEER BASKETBALL

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## I) LITTLE MOUNTAINEERS ABA DIVISION (LMABA)

### SIGNIFICANT DATES LMABA

September 20	Registration begins
October 28	Registration ends
November 1	Skills assessment/parents meeting
November 8	Practice begins
November 22	Regular season games begin
January 13, 2011	Approximate end of season

### ELIGIBILITY

Co-ed open to youth in grades 1 - 2. Kindergarteners are not eligible to participate.

### PRACTICES - ROTATING TIMES

Monday and Wednesday ..... 5:30 - 6:30, 6:30 - 7:30 & 7:30 - 8:30 pm

### GAMES

Monday, Wednesday ..... 5:30 - 7:30 pm  
or Saturday - 2 games during the season

## II) LITTLE MOUNTAINEERS NBA DIVISION (LMNBA)

### SIGNIFICANT DATES LMNBA

September 20	Registration begins
October 28	Registration ends
November 1	Skills assessment/parents meeting
November TBA	Practice begins
November 29	Regular season games begin
January 14, 2011	Approximate end of season

### ELIGIBILITY

Co-ed open to youth in grades 3 - 4.

### PRACTICES - ROTATING TIMES

Tuesday and Thursday ..... 5:30 - 6:30, 6:30 - 7:30 & 7:30 - 8:30 pm

### GAMES

Tuesday and Thursday ..... 5:30 - 8:30 pm  
or Saturday - 2 games during the season

**PRACTICE/GAME DAYS and TIMES SUBJECT TO CHANGE  
DEPENDING ON THE FACILITIES**

# 2010-11 BOYS BASKETBALL

## MOUNTAINEER LEAGUE

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### SIGNIFICANT DATES

November 3, 2009	Registration begins
January 5	Registration ends
January 5	Parents/Coaches meeting and practice begins this week
February 16	Regular season games begin
March 12	Approximate end of season

### ELIGIBILITY

This league is for boys in grades 5 - 6.

### PRACTICE

Practices are limited to 2, two-hour sessions per week at CYSS.

Monday, Tuesday, Wednesday, Thursday or

Friday .....5:30 - 7:30 pm

### GAMES

Game times and locations will be determined and distributed to all participants at the beginning of the season.

# 2010-11 GIRLS BASKETBALL

## MOUNTAINEER LEAGUE

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### SIGNIFICANT DATES

November 3, 2009	Registration begins
January 5	Registration ends
January 5	Parents/Coaches meeting and practice begins this week
February 16	Regular season games begin
March 12	Approximate end of season

### ELIGIBILITY

This league is for girls in grades 5 - 6.

### PRACTICE

Practices are limited to 2, two-hour sessions per week at CYSS.

Monday, Tuesday, Wednesday, Thursday or

Friday .....5:30 - 7:30 pm

### GAMES

Game times and locations will be determined and distributed to all participants at the beginning of the season.

# **2010 TENNIS PROGRAM**

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## **SIGNIFICANT DATES**

July - August, Tuesday nights, 5 - 7 pm

## **ELIGIBILITY**

Players must be in grades 4 - 6. They must pre-register the week before a match. Instruction will be from 5 - 6 pm.

## **NO PRACTICES**

## **MATCHES**

Matches will be held at the Magrath Sports Complex. For additional information, call FDCYSS at 772-6718.

# **2010 3-ON-3 SUMMER BASKETBALL OPEN COMPETITION**

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## **SIGNIFICANT DATES**

July -d August, Monday nights, 5 - 7 pm

## **ELIGIBILITY**

Players must be in grades 6 - 8 or 9 - 12. They must form their own teams with a maximum of 4 players per team.

## **NO PRACTICES**

## **GAMES**

Games will be played at CYSS Indoor/Outdoor Courts.  
For additional information, call FDCYSS at 772-6718.

**Children must be  
registered with CYSS.**

**Physicals are  
mandatory for  
all sports.**

# 2011 MOUNTAINEER WRESTLING

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## SIGNIFICANT DATES

November 8, 2010	Registration begins
January 3	Registration ends
January 4	Parents meeting 6:15pm/first practice
March 16	Approximate end of season

## ELIGIBILITY

Co-ed, open to youth ages 5-12 years old. Youth will need to purchase an AAU card (the Amateur Athletic Union.) Sports physicals are Mandatory. For more information please contact the CYSS Sports and Fitness Office.

# 2011 YEAR ROUND COMPETITION CHEERLEADING

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## SIGNIFICANT DATES

November 8, 2010	Registration begins
January 3	Registration ends
January 4	Parents meeting 6:15pm/first practice
June 16	Approximate end of season

## ELIGIBILITY

Co-ed, open to youth ages 9-12 (Pee-Wee) and (Midget).

**Pee-Wee:** Youth must be 9 by July 31, 2010 and may not turn 13 prior to July 31, 2010.

**Midget:** Youth must be 11 by July 31, 2010 and may not turn 15 prior to July 31, 2010.

**Notice:** This is a travel program and we do participate in competitions for the entire Northeast Region.

# 2010-11 START SMART

## SPORTS DEVELOPMENT PROGRAMS

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**START SMART** teaches children the basic motor skills necessary to play organized sports, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents basic sports mechanics without the threat of competition or the fear of getting hurt.

**Start Smart** is open to youth ages 3 - 5. Sessions are held every Saturday from 10 - 11 am or 11:15 am - 12:15 pm for six weeks. Exercises become more difficult each week as the class progresses and the children show improvement. Cost is \$20 per session (fees are subject to change).

### **ELIGIBILITY**

#### **Open to youth ages 3 - 5 only**

Child must be 3 by the date of their first session and may not turn 6 before the first session. Parents participate with their child while learning how to support and teach their child specific sports.

These programs are designed to introduce young children to sports in a non-competitive, positive environment with emphasis on motor skills development and most importantly HAVING FUN!

Child, Youth & School Services strongly suggest not bringing siblings to the sessions.

### **GENERAL DEVELOPMENT**

Start Smart General Development teaches children and their parents the basic motor skills involved in catching, throwing, kicking and hitting a ball. The program uses baseball and soccer equipment to teach these skills.

Registration: December 7, 2009 - January 8, 2010

Sessions: January 9 - February 13, 2010

### **BASKETBALL \$20**

Start Smart Basketball is designed to teach children the basic motor skills necessary to play organized basketball. The program focuses on teaching children and their parents dribbling/ball handling, shooting, passing/catching, and running/agility without the threat of competition or the fear of getting hurt.

Registration: January 11 - February 26, 2010

Sessions: February 27 - April 3, 2010



## **GOLF \$20**

Start Smart Golf teaches children and their parents the basic skills necessary to play golf. Children who have never picked up a club will discover how to play golf with fun activities and exciting equipment that is safe and developmentally appropriate.

Registration: March 22 - April 23, 2010

Sessions: April 24 - May 29, 2010



## **SOCCER \$20**

Start Smart Soccer is designed to teach children the basic skills necessary to play organized soccer. The program focuses on teaching children and their parents kicking, dribbling, trapping, and throw-in/agility skills.

Registration: June 17 - July 9, 2010

Sessions: July 10 - August 14, 2010



## **BASEBALL \$20**

Start Smart Baseball is designed to teach children the basic skills necessary to play organized baseball, softball or tee ball. The program focuses on teaching children and their parents throwing, catching, batting, and running/agility skills in a safe, fun environment.

Registration: July 12 - September 10, 2010

Sessions: September 11 - October 16, 2010

## **FOOTBALL \$20**

Start Smart Football teaches children the basic motor skills necessary to play organized flag football while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents skills in throwing, catching, kicking/punting and running/agility without the threat of competition or the fear of getting hurt.

Registration: September 13 - November 5, 2010

Sessions: November 6 - December 18, 2010



For more information on these sports programs call the CYSS Youth Sports and Fitness Office at 772-6718.

# CHARACTER COUNTS

## SPORTS

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Sports should assist youth athletes in developing strong personal character by promoting a commitment to compete and live according to principles of sportsmanship and ethics, including:

Trustworthiness - scrupulous integrity, honesty, promise-keeping and loyalty.

Respect - controlling violent instincts and treating all participants with respect.

Responsibility - contributing to team success, accountability and pursuing excellence.

Fairness - never cheating.

Caring - compassion, sympathy and unselfishness.

Citizenship - playing by the spirit of the rules.

### Character Development

Fort Drum has an excellent Youth Sports and Fitness Program. Parents and children will be asked to help clean up, assist in team administration, follow the rules and support the teams. We thrive on active participation and cooperation from everyone involved. How well you do this will determine how much you enjoy the season.

# NOTES:

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## Child, Youth & School Services

### Youth Sports and Fitness will be

offering many different activities throughout the year, such as:

### **Family Fitness Days**

Plus individual sports such as

**Tennis**

**Badminton**

**And Bowling**



For more information stop by  
CYSS or call 772-6718.

