

# Youth Sports Baseball

## T-Ball

### Eligibility

Co-ed, open to youth ages 4-6 must be registered with CYSS. Child must turn 4 by April 15, 2011 and may not turn 7 prior to April 15, 2011.

Registration.....March 7<sup>th</sup> – April 15<sup>th</sup>

### Practices

Teams are limited to two, 1-hour per week.

Begin.....Thursday, April 28<sup>th</sup>

Tuesdays & Thursdays.....5:30-6:30 or 6:30-7:30 pm

Fields.....CYSS fields 1&2

**PRACTICES ARE MANDATORY!**

### Games

Begin.....Thursday, May 26<sup>th</sup>

Tuesdays & Thursdays.....5:30pm

Saturdays.....9:00 or 10:00am

Fields.....CYSS Fields 1&2

Season Ends.....Thursday, June 23<sup>rd</sup>

Cost.....\$45.00

## Grasshopper

### Eligibility

Co-ed, open to youth ages 7-9 must be registered with CYSS. Child must turn 7 by April 15, 2011 and may not turn 10 prior to April 15, 2011.

Registration.....March 7<sup>th</sup> – April 15<sup>th</sup>

### Practices

Teams are limited to two, 1-hour per week.

Begin.....Thursday, April 28<sup>th</sup>

Tuesdays & Thursdays.....5:30-6:30 pm

Fields.....CYSS Fields 3, 4 and 11

## PRACTICES ARE MANDATORY!

### Games

Begin.....Thursday, May 26<sup>th</sup>  
Tuesdays and Thursdays.....5:30-6:30 pm  
Saturdays.....10:00 am  
Fields.....CYSS Fields 3, 4 and 11

Season Ends.....Thursday, June 23<sup>rd</sup>

Cost.....\$45.00

### Pee Wee

#### Eligibility

Co-ed, open to youth ages 10-12 must be registered with CYSS. Child must turn 10 by July 31<sup>st</sup>, 2011 and not turn 13 by August 1<sup>st</sup>, 2011. Ages are subject to change. There will be 2 Teams of 12 youths each, first come first served.

Registration.....March 2<sup>nd</sup> – April 9<sup>th</sup>

#### Practices

Teams are limited to three, 1-hour per week.

Begin.....Wednesday, April 20<sup>th</sup>  
Mondays, Wednesdays, and Fridays.....5:30-6:30 or 6:30-7:30 pm  
Field.....CYSS Field 11

## PRACTICES ARE MANDATORY!

### Games

Teams will compete in the Thousand Island League

Teams will travel to games.

Date and time to be set by the Thousand Island League.....Monday and Wednesday

Skills assessment and Parents meeting.....TBA

Cost.....\$45.00

### Mini Spring Soccer

#### Eligibility

Co-ed, open to youth ages 4-6 must be registered with CYSS. Child must turn 4 by April 22<sup>nd</sup>, 2011 and not turn 7 prior to April 22<sup>nd</sup>, 2011.

Registration.....March 7<sup>th</sup> – April 22<sup>nd</sup>

### Practices

Teams are limited to two, 1-hour per week.

Begin.....Wednesday, April 27<sup>th</sup>

Mondays and Wednesdays.....5:30-6:30 or 6:30-7:30 pm

**PRACTICES ARE MANDATORY!**

### Games

Begin.....Wednesday, May 25<sup>th</sup>

Mondays and Wednesdays.....5:30-6:30 or 6:30-7:30 pm

Saturdays.....9:00-10:00 or 10:00-11:00 am

Season Ends.....Wednesday, June 22<sup>nd</sup>

Cost.....\$40.00

## Spring Soccer

### Eligibility

Co-ed, open to youth ages 7-12 must be registered with CYSS. Child must turn 7 by April 22<sup>nd</sup>, 2011 and not turn 13 prior to April 22<sup>nd</sup>, 2011.

Registration.....March 7<sup>th</sup> – April 22<sup>nd</sup>

### Practices

Teams are limited to two, 1-hour per week.

Begin.....Wednesday, April 27<sup>th</sup>

Mondays and Wednesdays.....5:30-6:30 or 6:30-7:30 pm

**PRACTICES ARE MANDATORY!**

### Games

Begin.....Wednesday, May 25<sup>th</sup>

Mondays and Wednesdays.....5:30-6:30 or 6:30-7:30 pm

Saturdays.....10:00-11:00 am or 11:00-12:00 pm

Season Ends.....Wednesday, June 22<sup>nd</sup>

Cost.....\$40.00

## Track

### Eligibility

Co-ed, open to youth ages 7-12 must be registered with CYSS. Child must turn 7 by April 22<sup>nd</sup>, 2011 and not turn 13 by April 22<sup>nd</sup>, 2011.

Registration.....March 7<sup>th</sup> – April 22<sup>nd</sup>

### Practices

Participants are limited to two, 1-hour per week.

Begin.....Monday, April 25<sup>th</sup>

Mondays & Wednesdays.....5:30-7:00 pm

**PRACTICES ARE MANDATORY!**

### Meets

Begin.....Saturday, May 21<sup>st</sup>

Saturdays (4).....10:00 – 11:30 am

Last Meet..... Wednesday, June 22<sup>nd</sup> @ 5:30 pm

Cost.....\$40.00

## Indoor Soccer

### Eligibility

Co-ed, must be registered with CYSS. July 31<sup>st</sup> will be the cutoff date for age verification.

Leagues.....U6, U8, U10, U12, and U14

Registration.....September 6<sup>th</sup> – October 11<sup>th</sup>

### Practices

Teams are limited to one, 1-hour per week. Practice will begin on the week of October 9<sup>th</sup> – 15<sup>th</sup>.

Days will be determined based on availability.

### Games

Teams will compete in the YMCA league. Games will be scheduled by the YMCA Sports Complex. All games will be played at the YMCA Sports Complex in Watertown.

Parents/Coaches meeting.....TBA

Cost.....\$65.00

## Fall Soccer

### Eligibility

Co-ed, open to youth ages 7-9 must be registered with CYSS. Child must turn 7 by August 19<sup>th</sup>, 2011 and not turn 10 prior to August 19<sup>th</sup>, 2011.

Registration.....May 31<sup>st</sup> – August 19<sup>th</sup>

### Practices

Teams are limited to two, 1-hour per week

Begin.....Monday, August 22<sup>nd</sup>

Mondays & Wednesdays.....5:30-6:30 or 6:30-7:30 pm

Fields.....CYSS Fields 1 & 2

**PRACTICES ARE MANDATORY!**

### Games

Begin.....Monday, September 19<sup>th</sup>

Mondays & Wednesdays.....5:30-6:30 or 6:30-7:30 pm

Saturdays.....10:00-11:00 am or 11:00-12:00 pm

Season Ends.....Wednesday, October 26<sup>th</sup>

Cost.....\$40.00

## Mini Fall Soccer

### Eligibility

Co-ed, open to youth ages 4-6 must be registered with CYSS. Child must turn 4 by August 19<sup>th</sup>, 2011 and not turn 7 prior to August 19<sup>th</sup>, 2011.

Registration.....May 31<sup>st</sup> – August 19<sup>th</sup>

## Practices

Teams are limited to two, 1-hour per week.

Begin.....Monday, August 22<sup>nd</sup>  
Mondays & Wednesdays.....5:30-6:30 or 6:30-7:30 pm

**PRACTICES ARE MANDATORY!**

## Games

Begin.....Monday, September 19<sup>th</sup>  
Mondays & Wednesdays.....5:30-6:30 or 6:30-7:30 pm  
Saturdays.....10:00-11:00 am or 11:00-12:00 pm

Season Ends.....Wednesday, October 12<sup>th</sup>

Cost.....\$40.00

# Tackle Football

## 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 2011 – Present. No waivers will be signed until the team is full or the third week of practice.

## Practices/Games

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

**PRACTICES ARE MANDATORY!**

Registration.....May 2<sup>nd</sup> – July 29<sup>th</sup>

Parents/Coaches Meetings.....TBA

Season Ends.....November 15<sup>th</sup>

Cost.....\$65.00

# Pop Warner Tiny Mite Football

## Eligibility

Co-ed, open to youth ages 5-7 must be 5 by July 31<sup>st</sup> and may not turn age 8 prior to July 31<sup>st</sup>. Players must weigh between 35-75 pounds. There are limited spots available first come, first serve.

## Mighty Mites Tackle Football

### Eligibility

Co-ed, open to ages 7-9. Must be 7 by July 31<sup>st</sup> and may not turn age 10 prior to July 31<sup>st</sup>. Players must weigh between 45-90 pounds. There are limited spots available first come, first serve.

## Junior Pee Wee Football

### Eligibility

Co-ed, open to ages 8-11. Must be 8 on July 31<sup>st</sup> and may not turn age 12 prior to July 31<sup>st</sup>. Weight classes: ages 7-10, 60-105 pounds and 11 year-old lightweight, 60-85 pounds. There limited spots available, first come, first serve.

## Pee Wee Football

### Eligibility

Co-ed, open to ages 9-12. Must be 9 by July 31<sup>st</sup> and may not turn 13 prior to July 31<sup>st</sup>. 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.

## Cheerleading

## Football Cheer

### 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 2011 – 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<sup>th</sup> and physicals must be turned in before August 1<sup>st</sup> to participate.

### Practices/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 Saturday and Sunday. Squads will cheer for the Fort Drum Mountaineers in the Greater Watertown Pop Warner Football League. All groups will compete in the Pop Warner Football League. All groups will compete in the Pop Warner cheerleading competition.

## Eligibility

Co-ed, open to youth ages 5-15.

**Tiny Mite (ages 5-7)** – must be 5 by July 31<sup>st</sup> and may not turn 7 prior to July 31<sup>st</sup>.

**Might Mites (ages 7-9)** – must be 7 by July 31<sup>st</sup> and may not turn 10 prior to July 31<sup>st</sup>.

**Pee Wee (ages 9-12)** – must be 9 by July 31<sup>st</sup> and may not turn 13 prior to July 31<sup>st</sup>.

**Jr. Midget (ages 11-15)** – must be 11 by July 31<sup>st</sup> and may not turn 16 prior to July 31<sup>st</sup>.

Registration.....May 2<sup>nd</sup> – July 29<sup>th</sup>

Parents/Coaches Meeting.....TBA

Season Ends.....Saturday, November 15<sup>th</sup>

Cost.....\$40.00

## Year Round Cheer

### Eligibility

Co-ed, open to youth ages 9-13 (Pee Wee) and (Midget).

**Pee Wee:** Youth must be 9 by July 31<sup>st</sup> and may not turn 13 prior to July 31<sup>st</sup>.

**Midget:** Youth must be 11 by July 31<sup>st</sup> and may not turn 15 prior to July 31<sup>st</sup>.

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

Youth must be registered with CYSS.

Registration.....November 7<sup>th</sup> – January 2<sup>nd</sup>

### Practices

Teams are limited to two to three, 1-hour per week.

Practice begins/parents meeting.....Wednesday, January 11<sup>th</sup>

**Pee Wee**.....Mondays, Tuesdays and some Fridays

**Midget**.....Wednesdays, Thursdays and some Fridays

Time.....6:15 – 7:30 pm

**PRACTICES ARE MANDATORY!**

Competitions.....TBA

End of Season.....Thursday, March 15<sup>th</sup>

Costs.....\$165.00

## Basketball 1<sup>st</sup>-4<sup>th</sup> grade

### Eligibility

Grades 1-4

**Grades 1-2 (ABA)**

**Grades 3-4 (NBA)**

Youth must be registered with CYSS.

Registration.....September 19<sup>th</sup> – October 28<sup>th</sup>

### Practices

Begins/Parents meeting.....Monday, November 7<sup>th</sup>

**Grades 1-2**.....Mondays and Wednesdays/5:30-6:30 or 6:30-7:30 pm

**Grades 3-4**.....Tuesdays and Thursdays/5:30-6:30 or 6:30-7:30 pm

Practice locations to be announced

**PRACTICES ARE MANDATORY!**

### Games

**Grades 1-2**.....Mondays and Wednesday/5:30-6:30 or 6:30-7:30 pm

**Grades 3-4**.....Tuesdays and Thursdays/5:30-6:30 or 6:30-7:30 pm

Season Ends.....Thursday, January 12<sup>th</sup>

Cost.....\$40.00

## Basketball 5<sup>th</sup>-6<sup>th</sup> grade

### Eligibility

This league is for boys in grades 5-6. Youth must be registered with CYSS.

Registration.....September 19<sup>th</sup> – October 28<sup>th</sup>

### Practices

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

Begins/Parents meeting.....Friday, January 6<sup>th</sup>

Mondays-Fridays.....5:30-7:30 pm

**PRACTICES ARE MANDATORY!**

### Games

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

Season Ends.....Wednesday, March 14<sup>th</sup>

Cost.....\$40.00

## Girls Basketball

### Eligibility

This league is for girls in grades 5-6. Youth must be registered with CYSS.

Registration.....November 2<sup>nd</sup> – January 4<sup>th</sup>

### Practices

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

Begins/Parents Meeting.....Friday, January 6<sup>th</sup>

Mondays-Fridays.....5:30-7:30 pm

**PRACTICES ARE MANDATORY!**

### Games

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

Season Ends.....Wednesday, March 14<sup>th</sup>

Cost.....\$40.00

## Wrestling

### 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.

Registration.....November 7<sup>th</sup> – January 2<sup>nd</sup>

Practice begins/parents meeting.....Wednesday, January 11<sup>th</sup>

### Meets

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

Season Ends.....Thursday, March 15<sup>th</sup>

Cost.....\$45.00

## Paintball (Indoor)