

# Youth Sports Leagues

Youth Sports Participant Form must be completed for all leagues, available online at: [www.Lakewood.org/Recreation](http://www.Lakewood.org/Recreation), click on Youth Sports

## PEE WEE/JUNIOR LEAGUES

Information: 303-987-5422

The co-ed leagues provide the opportunity to learn and develop fundamental skills in a safe, fun and noncompetitive environment. Participants will receive instruction on basic skills and rules of the game during practice sessions and be offered game time to utilize techniques. Equipment size may vary depending on ages.

## INDOOR SOCCER

League Dates: Jan 11-Feb 20

Location: LINK

Games: Sat 9 am-3 pm

Fees: \$69 resident, \$85 non-resident

Registration deadline: Jan 8 (\$20 late fee after Jan 8)

Parents meeting: Jan 8, Link 5pm

No Games: Feb 6

Indoor Soccer				
Ages: 3-4				
Practice Time	Mon	Tue	Wed	Thu
4-4:30 pm	154702-01			
5-5:30 pm		154702-02		154702-04
6-6:30 pm			154702-03	
Ages: 5-6				
Practice Time	Mon	Tue	Wed	Thu
5-5:45 pm			154703-03	
5:15-6 pm	154803-01			
6:15-7 pm		154703-02		154703-04
Ages: 7-9				
Practice Time	Mon	Tue	Wed	Thu
4-4:45 pm			154704-03	
6-6:45 pm	154704-01			
7-7:45 pm		154704-02		154704-04

Sports allow kids to clear their minds of academic and social pressures, to literally run off the tension that's accumulated in their muscles.

## FLOOR HOCKEY

League Dates: Jan 11-Feb 20

Location: LINK

Games: Sat 9am-3 pm

Fees: \$69 resident, \$85 non-resident

Registration deadline: Jan 8 (\$20 late fee after Jan 8)

Parents meeting: Jan 8, Link 5pm

No Games: Feb 6

Indoor Floor Hockey				
Ages: 3-4				
Practice Time	Mon	Tue	Wed	Thu
4-4:30 pm	154602-01			
5-5:30 pm		154602-02		154602-04
6-6:30 pm			154602-03	
Ages: 5-6				
Practice Time	Mon	Tue	Wed	Thu
4:30-5:15 pm	154603-01			
5:30-6:15 pm		154603-02		154603-04
6:30-7:15 pm			154603-03	



Lakewood Recreation

## VOLUNTEER COACHES

### NEEDED

## FOR YOUTH SPORTS LEAGUES

Be a volunteer coach. Make a difference in the life of a child.



Lead

Hands-on training, coaching certification, coaches meeting, drills, games and ideas for practices all provided before and during the season. All sports equipment is provided.



Inspire



Motivate

A weekly time commitment from you provides a lifetime of memories for the kids. Practice one day per week for 45 minutes with games on Saturdays for an hour. The season lasts seven weeks. After your first season of coaching with us, your child will receive a 50% discount on all other seasons you coach with us.

*Now is your opportunity to teach teamwork, be creative and experience the thrill of teaching sports to young children.*

**Volunteer Application & Background Check Required**

Application Available online at [www.Lakewood.org/recreation](http://www.Lakewood.org/recreation)  
Please provide a copy of your driver's license with the application and turn it in to the Link Recreation Center. Information: 303-987-5422

# Youth Sports Leagues

## BASKETBALL

League Dates: Mar 1-Apr 17  
 Location: LINK  
 Games: Sat 9 am-3 pm  
 Fees: \$75 resident, \$89 non-resident  
 Registration deadline: Feb 26 (\$20 late fee after Feb 26)  
 Parents meeting: Feb 26, Link 5pm  
 No Practices: Mar 29, 30, 31 Apr 1  
 No Games: Apr 3

Basketball				
Ages: 4-5				
Practice Time	Mon	Tue	Wed	Thu
4-4:30 pm	154102-01			
5-5:30 pm		154102-02		154102-04
6-6:30 pm			154102-03	
Ages: 6-7				
Practice Time	Mon	Tue	Wed	Thu
4-4:45 pm	154103-01			
5-5:45 pm		154103-02		154103-04
6-6:45 pm			154103-03	
Ages: 8-9				
Practice Time	Mon	Tue	Wed	Thu
5-5:45 pm			154104-03	
6-6:45 pm	154104-01	154104-02		
7-7:45 pm				154104-04
Ages: 10-11				
Practice Time	Mon	Tue	Wed	Thu
4-4:45 pm			154105-03	
5-5:45 pm	154805-01			
6-6:45 pm				154105-04
7-7:45 pm		154805-02		

## NEW!-BASKETBALL AGES 12-14

This program is focused on older age groups that want to continue recreational team sports. It offers participants a place to further develop skills and techniques in a practice setting while also allowing the opportunity for inter-program games.

Ages: 12-14

\$65 resident, \$79 non-resident

Activity #	Date	Day	Time	Loc
154106-01	Mar 1-Apr 12	Mon	7-8 pm	LINK
154106-02	Mar 3-Apr 14	Wed	7-8 pm	LINK

(No Class Mar 29, Mar 31)

## OUTDOOR SOCCER

League Dates: Apr 26-Jun 19  
 Location: Washington Heights Park  
 Games: Sat 9 am-3 pm  
 Fees: \$85 resident, \$105 non-resident  
 Registration deadline: Apr 23 (\$20 late fee after Apr 23)  
 Parents meeting: Apr 23, Link 5pm  
 No Practices: May 31  
 No Games: May 29

Outdoor Soccer				
Ages: 3-4				
Practice Time	Mon	Tue	Wed	Thu
4-4:30 pm	154802-01	154802-07	154802-13	154802-19
	154802-02	154802-08	154802-14	154802-20
5-5:30 pm	154802-03	154802-09	154802-15	154802-21
	154802-04	154802-10	154802-16	154802-22
6-6:30 pm	154802-05	154802-11	154802-17	154802-23
	154802-06	154802-12	154802-18	154802-24
Ages: 5-6				
Practice Time	Mon	Tue	Wed	Thu
4-4:45 pm	154803-01	154803-11	154803-20	154803-28
	154803-03	154803-12	154803-21	154803-29
5-5:45 pm	154803-05	154803-13	154803-22	154803-31
	154803-06	154803-14	154803-23	154803-32
6-6:45 pm	154803-07	154803-16	154803-26	154803-34
	154803-08	154803-16	154803-27	154803-35
Ages: 7-9				
Practice Time	Mon	Tue	Wed	Thu
4-4:45 pm	154804-01	154804-04	154804-07	154804-10
5-5:45 pm	154804-02	154804-05	154804-08	154804-11
6-6:45 pm	154804-03	154804-06	154804-09	154804-12

## NEW!-SOCCER AGES 10-12

This program is focused on older age groups that want to continue recreational team sports. It offers participants a place to further develop skills and techniques in a practice setting while also allowing the opportunity for inter-program games.

Ages: 10-12

\$65 resident, \$79 non-resident

Activity #	Date	Day	Time	Loc
154805-01	Apr 27-Jun 15	Tue	6-7 pm	WH
154805-02	Apr 29-Jun 17	Thu	6-7 pm	WH

Programming provided through park and recreation agencies combats the national obesity epidemic through the development of healthy lifestyles, strong minds, and fit bodies.

# Youth Sports Leagues

## **CARA INLINE HOCKEY**

Information: 303-987-7757

### **CARA INLINE HOCKEY**

Whether you're an avid hockey player or just want to try the sport, this recreational league offers tons of fun! Teams are put together based on player's age, size, and ability. Teams practice once a week for an hour with games on Saturday. Standard in-line hockey equipment required. Hope to see you there! Volunteer coaches needed.

League Dates: Mar 15-May 15

Location: CWRC Hockey Rink

Games: Sat 10am-2pm

Fees: \$89 resident, \$109 non-resident

Registration deadline: Mar 6 (\$20 late fee after Mar 6)

Practice times: Vary between 5-7 pm

<b>CARA Inline Hockey League</b>			
Ages	6-11	11-14	14-18
Practice Day	Monday	Tuesday	Thursday
Section #	152102-01	152101-01	152103-01

## **VOLLEYBALL**

Information: 303-987-4805

### **CARA VOLLEYBALL**

This is a coed league for players of all skill levels and abilities. Teams will have two practices each week and compete in weekend tournaments. Players are placed on teams according to their skill level at the assessment, which determines their practice day, time and location. Assessments begin the week of March 15, 2010. For a complete assessment schedule, please visit [www.Lakewood.org/recreation](http://www.Lakewood.org/recreation) or email [ChrKal@Lakewood.org](mailto:ChrKal@Lakewood.org).

League Dates: Mar 15-May 23

Location: CWRC/CARM

Games: Sat 9 am-8 pm and/or Sun 8 am-4pm

Fees: \$109 resident, \$129 non-resident

Registration deadline: Mar 10 (\$20 late fee after Mar 10)

<b>CARA Volleyball League</b>		
8th Grade and Under		
Practice Time	Mon/Wed	Tue/Thu
Varies (4-8pm)	151706-01	151706-01
9-12th Grade		
Practice Time	Tue/Thu	
4-5:30pm	151707-01	

## **INDOOR VOLLEYBALL LEAGUE**

Come and play in this co-ed recreational league. Players will choose their team by signing up for the practice time of their choice. This league offers instruction and play for all skill levels and abilities. Practices are held once a week with games on Saturdays at Carmody. Game times vary.

League Dates: Jan 12-Mar 7

Location: CARM

Games: Sat 9 am-3 pm

Fees: 4th-8th Grade: \$95 resident, \$115 non-resident

9-12th Grade: \$109 resident, \$135 non-resident

Registration deadline: Jan 7 (\$20 late fee after Jan 7)

<b>Indoor Volleyball League</b>		
Grades: 4-5		
Practice Time	Tuesdays	Thursdays
4-5 pm	151711-01	
5-6 pm	151711-02	151711-04
6-7 pm	151711-03	151711-05
Grades: 6-8		
Practice Time	Tuesdays	Thursdays
4-5 pm	151712-01	151712-06
4:30-5:30pm		151712-07
5-6 pm	151712-02	
5:30-6:30pm		151712-08
6-7 pm	151712-03	
7-8pm	151712-04 151712-05	151712-09
Grades: 9-12		
Practice Time	Tuesdays	Thursdays
6:30-8pm	151713-03	
8-9:30pm	151713-01 151713-02	151713-04 0151713-5



# Youth Sports Leagues

## **MIDDLE SCHOOL SPORTS PROGRAMS (MSSP)**

Information: 303-987-5419

### **MSSP**

A recreational middle school sports league for students at Creighton, Carmody, Dunstan and O'Connell. Participants will be taught the basic rules of the game as well as sportsmanship. Games and practices are held right after school. Detailed information is available in the school office or online from the school website or at [www.Lakewood.org/recreation](http://www.Lakewood.org/recreation), click on Youth Sports.

### **GIRLS AND BOYS BASKETBALL**

League Dates: Jan 19-Mar 11

Location: Carmody, Creighton, Dunstan or O'Connell Middle School Gym

Games/Practices: Mon, Wed (Girls) or Tue, Thu (Boys)

Fees: \$75 plus a one time T-shirt fee of \$10, optional shorts \$15

### **CO-ED SOCCER**

League Dates: Mar 22-May 19

Location: Carmody, Creighton, Dunstan or O'Connell Middle School Field

Games/Practices: Mon, Wed

Fees: \$75 plus a one time T-shirt fee of \$10, optional shorts \$15

No Practices/Games: Mar 29, 31

### **CO-ED TRACK AND FIELD**

League Dates: Mar 23-May 20

Location: Carmody, Creighton, Dunstan or O'Connell Middle School Field

Practices: Tue, Thu

Fees: \$75 plus a one time T-shirt fee of \$10, optional shorts \$15

No Practices/Meets: Mar 30, Apr 1

### **CHEERLEADING**

A recreational cheer team for students at Creighton, Carmody, Dunstan and O'Connell. Participants will be taught basic cheers and routines. Participants will attend and cheer at home games for the MSSP basketball season. Games and practices are held right after school. Detailed information is available in the school office or online from the school website or at [www.Lakewood.org/recreation](http://www.Lakewood.org/recreation), click on Youth Sports.

League Dates: Jan 19-Mar 11

Location: Carmody, Creighton, Dunstan or O'Connell Middle School Gym/Cafeterias

Practices/Games: Tue, Thu

Fees: \$35 plus a one time T-shirt fee of \$10, optional shorts \$15

<b>Carmody MSSP</b>		
<b>Sport</b>	<b>Mon/Wed</b>	<b>Tues/Thur</b>
7th Grade Basketball	153001-01 (Girls)	153001-02 (Boys)
8th Grade Basketball	153001-03 (Girls)	153001-04 (Boys)
Co-ed 7th/8th Grade Cheer		153001-05
Co-ed 7th/8th Grade Soccer	153001-06	
Co-ed 7th/8th Grade Track		153001-07

<b>Creighton MSSP</b>		
<b>Sport</b>	<b>Mon/Wed</b>	<b>Tues/Thur</b>
7th Grade Basketball	153002-01 (Girls)	153002-02 (Boys)
8th Grade Basketball	153002-03 (Girls)	153002-04 (Boys)
Co-ed 7th/8th Grade Cheer		153002-05
Co-ed 7th/8th Grade Soccer	153002-06	
Co-ed 7th/8th Grade Track		153002-07

<b>Dunstan MSSP</b>		
<b>Sport</b>	<b>Mon/Wed</b>	<b>Tues/Thur</b>
7th Grade Basketball	153003-01 (Girls)	153003-02 (Boys)
8th Grade Basketball	153003-03 (Girls)	153003-04 (Boys)
Co-ed 7th/8th Grade Cheer		153003-05
Co-ed 7th/8th Grade Soccer	153003-06	
Co-ed 7th/8th Grade Track		153003-07

<b>O'Connell MSSP</b>		
<b>Sport</b>	<b>Mon/Wed</b>	<b>Tues/Thur</b>
7th Grade Basketball	153004-01 (Girls)	153004-02 (Boys)
8th Grade Basketball	153004-03 (Girls)	153004-04 (Boys)
Co-ed 7th/8th Grade Cheer		153004-05
Co-ed 7th/8th Grade Soccer	153004-06	
Co-ed 7th/8th Grade Track		153004-07

