

# YOUTH SPORTS

## Basketball



### Elementary Girls Basketball

If your child loves basketball, or maybe you're looking for an active sport that gets your young one moving around, this is the league for you. All 3<sup>rd</sup> through 6<sup>th</sup> grade girls at the following schools will be offered basketball programs: Carmichael, Garfield, Deterding, Dewey, Kelly, Peck, Schweitzer, Victory Christian, and Barrett (6<sup>th</sup> grade only). Does your child attend a school not listed or goes to a private school? If so, you can still sign them up! Just note what school she goes to on their registration form and we will combine them with kids who are from that school too. The season begins March 13<sup>th</sup> to May 15, 2010.

Please note that the 3<sup>rd</sup> & 4<sup>th</sup> graders and the 5<sup>th</sup> & 6<sup>th</sup> graders are combined at each school and play on the same team. If there are enough players to have more than one team, those teams will be split up equally according to player's skill level.

### 3<sup>rd</sup> and 4<sup>th</sup> grades practice and game format

**Clinic:** March 13<sup>th</sup>, 12pm - 1:30pm

**Practices:** Fridays for one hour between 4pm and 8pm at the La Sierra Gyms. Times will be announced at the clinic. Practices begin March 19<sup>th</sup>.

**Games:** Saturdays scheduled between 11am - 2pm starting March 20<sup>th</sup>.

### 5<sup>th</sup> and 6<sup>th</sup> grades practice and game format

**Clinic:** March 13<sup>th</sup> at 2pm - 3:30 pm

**Practices:** Practice times and days vary and will be determined at the clinic.

**Games:** Saturdays scheduled between 1pm to 4pm starting March 20<sup>th</sup>. All clinics and games will be held at the La Sierra Community Center Gyms.

**If you can't make the clinic, please call our sports office at 483-7826 on March 15<sup>th</sup> (Monday afternoon) to find out more information.**

**FEE:** \$65 PER PARTICIPANT

Registration begins Tuesday, February 9, 2010 at the La Sierra Community Center.

### Jr. High Girls Recreation Basketball

All 7<sup>th</sup> and 8<sup>th</sup> grade girls at Barrett and Will Rogers Middle Schools may sign up for basketball starting December 9<sup>th</sup> at the La Sierra Community Center Community Center. Program begins January 25<sup>th</sup> and continues until March 27, 2010.

**Practices:** Begin January 25<sup>th</sup>, after school at your home school. Coaches will then assign days and times of practices.

**Games:** Fridays/Saturdays at the La Sierra gyms.

**FEE:** \$85 per participant.

*To register for the above classes or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.*



### Pee Wee Basketball

This program is designed for children ages 5-9 years old that have the desire to learn the fundamentals of basketball, and most of all, want to have FUN! The players will learn new skills by running drills, having practices, and playing games using lowered hoops. Kids will learn fundamental skills for the first 35 minutes of each session and then play a game the last 40 minutes. This program is on Saturdays only at the La Sierra Community Center Gyms. Program begins Saturday, January 9<sup>th</sup> and ends Saturday, February 27, 2010.

#### Age / Times

5 & 6 year old girls & boys  
9:00am - 10:15am

7, 8, & 9 year old boys  
10:15am - 11:30am

7, 8 & 9 year old girls  
11:30am - 12:45pm

**FEE:** \$45 per participant and will include a t-shirt

Registration begins Tuesday, December 1, 2009 at the La Sierra Community Center.

*To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.*

Visit our  
website at  
[www.carmichaelpark.com](http://www.carmichaelpark.com)

## Jr. High Wrestling

All 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls at Barrett and Will Rogers Middle Schools may sign up for wrestling starting December 15<sup>th</sup> at the La Sierra Community Center Community Center. Program begins January 19, 2010

**Practices:** Begin January 19th after school at your home school. Coaches will then assign days and times of practices.

**Meets:** Begin February 2nd and go through District Championship Meet on March 11th

**FEE:** \$45 per participant.

*To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.*

## Jr. High Track & Field

All 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls at Barrett and Will Rogers Middle Schools may sign up for Track & Field starting February 23<sup>rd</sup> at the La Sierra Community Center Community Center. Program begins March 22, 2010

**Practices:** Begin March 22nd after school at your home school. Coaches will then assign days and times of practices.

**Meets:** Begin April 8th and go through District Championship Meet on May 11th

**FEE:** \$45 per participant.

*To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.*

## Beginning Youth Fencing

*Taught by Hristov-Csikany Fencers*

Ages 7+ years

Fencing, the art of swordsmanship and the fastest martial sport, has been practiced for centuries. It not only helps develop flexibility, strength and speed but participants will also learn good sportsmanship and self-discipline.

**Location:** Hristov-Csikany Fencer's Club  
6324 Fair Oaks Blvd, Ste B

**Day/Time:** Wednesday, 4-5pm

**Dates:** 2/3-2/24, 3/3-3/24, 4/7-4/28 or 5/5-5/26

**Fee:** \$65

# Tennis



*Taught by Jesse Colan,  
Certified Tennis Professional*

Classes begin with related exercises and move into hitting drills and end with games or match play. The goal is to get participants playing the game of tennis as soon as possible!

**\*Please wear tennis shoes.**

### Munchkins

Designed for ages 5-7, this class teaches forehand and backhand ground strokes through more games while having fun. \*\*Class is 30 minutes long.

### Beginning Youth or Adult

This introductory class will cover all strokes, drills, scoring and adaptive games.

### Intermediate Youth or Adult

Designed for the player with experience, this class begins with partner warm-up and then drills and games will follow. Shot selection and stroke critique will be analyzed.

### Advanced Youth or Adult

Designed for tournament players. Please call Coach Jesse for availability.

**Dates:** 1/25-2/8, 2/15-3/8, 3/15-3/29, 4/5-4/19 or 4/26-5/10

**Fee:** \$55 for 6 55-min. classes and one can of USTA approved tennis balls  
MUNCHKINS - \$30 for 6 30-min. classes

**Location:** Courts 1-2 are located at Carmichael Park, 5750 Grant Avenue.

Class	Ages	Time	Class	Ages	Time
Beg. Youth	8-12	5:30 pm	Munchkins	5-7	6:00 pm
Interm. Youth	8-12	6:30 pm	Beg. Adult	13+	6:30 pm
Beg. Adult	13+	7:30 pm	Interm. Adult	13+	7:30 pm
Interm. Adult	13+	8:30 pm			

### Private/Semi Private Lessons Available!

\$25/half hour - \$45/hour

For scheduling call Jesse Colan at (916) 485-2985

**On-Line registration  
available for select  
programs!**

# YOUTH SPORTS

## Kidz love Soccer...



Participants 2-12 years of age learn the world's most popular sport from the professional coaches trained in the Kidz Love Soccer method. Sessions include age appropriate activities, skill demonstrations, fun games and instructional scrimmages conducted in a non-competitive environment. Visit their website, [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com) for more information. Shin guards are required after the first meeting.

### Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the world's most popular game! As you and your child participate in our fun age appropriate activities, they will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field and in this program you won't have to watch from the sidelines!

**\*In case of rain-outs, please call the KLS Field Hotline at 1-800-871-2275.**

### WINTER SESSION:

Location: Carmichael Park, 5750 Grant Avenue  
 Day: Wednesday  
 Dates: 1/28-3/18  
 Fee: \$73 for 8 weeks

Tot-Soccer	3.5-4 years	3-3:35pm
Pre-Soccer	4-5 years	3-3:35pm
Soccer 1	5-6 years	3:35-4:20pm
Soccer 2	7-8 years	4:20-5:05pm
Soccer 3	9-12 years	4:20-5:05pm
Mommy/Daddy & Me	2-3.5 years	5:15-5:45pm

### Spring Session

Day: Thursday  
 Dates: 4/15-6/10  
 Fees: \$83 (9 weeks)

Tot Soccer	3.5-4 years	10:15-10am or 5:15-5:45pm
Pre-Soccer	4-5 years	10:50-11:20am or 3:10-3:45pm
Soccer 1	5-6 years	3:45-4:30pm
Soccer 2	7-8 years	4:30-5:15pm
Soccer 3	9-10 years	4:30-5:15pm
Mom/Dad & Me	2-3.5 years	5:15-5:45pm



**La Sierra Skate Park**  
 5325 Engle Road in Carmichael (near ball fields)  
 (916) 480-0700

**Admission is FREE!**

Hours of Operation:  
 M-F ..... 3:30-8pm  
 Sat ..... 12-6pm  
 Sun ..... 12-6pm

The skate park is staffed during hours of operation and everyone skating must have a signed waiver on file. If the skater is under 18, a parent or guardian must sign the waiver in person. Skaters must wear a helmet and pads are strongly recommended.

### SKATE PARK PARTY PACKAGE

(Includes up to 12 guests)  
 \$75/Exclusive use of park for 2 hours

Parties are held on Saturday and Sunday from 10am-Noon. All guests must have a signed liability waiver. Call 483-7826 to book a party today!

### SKATE CAMP

Taught by Bob Kerr Ages 5-10

Spend spring break getting introduced to the basic fundamentals of skate boarding! Tricks like ollies and kick flips along with proper safety will be covered in a positive and safe environment. Instructor, Bob Kerr, has over 20 years experience in the field. Participants should bring a helmet and skate board.

Day/Time: Monday through Friday, 10am-Noon  
 Dates: 3/29-4/2  
 Fee: \$50



### SKATE PARK CONCERT

Saturday, May 15 • Music starts at 2pm  
 Admission is \$5 per person • Open to all ages  
 Local bands will perform while participants enjoy the park! Buy a raffle ticket to win shirts, trucks, boards and other items donated by local skate sponsors. Refreshments will be available for purchase. Regular skate park rules apply — helmets are required.

**Now accepting sign-ups for our summer skate contest...**

Contact the Skate Park at 481-0700 to get your name on the interest list.