

We build strong kids, strong families, strong communities.

NORTH  
BRANCH  
YMCA

## North Sports Express

FALL NEWSLETTER 2010

“Everyone Plays, Everyone Wins”

# CHECK US OUT!

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### FALL SOCCER LEAGUE

Co-Ed Ages: 3-4, 5-6, 7-9 & 10-12

Come and join one of the most prominent programs offered at the YMCA. This league focuses on the fundamentals of soccer, teamwork and sportsmanship.

Soccer is one sport that you can learn and participate in at any age. We are looking for energetic participants, vibrant parents and fun coaches.



*Reg. July 19th–Aug. 29th*  
*Season: Sept. 7th– Oct. 23rd*

*Practice begins week of Sept. 7th*



### TEEN VOLLEYBALL LEAGUE

Co-Ed Ages 11-15

Do you want to learn how to play volleyball? Is your school team too competitive? Do you love playing volleyball?

If you answered yes to any of the above questions you are perfect for our Fall Teen Volleyball League.

We are looking for teens that want to learn the basics and love to play! The league will travel to various YMCA locations.

*Reg. July 26th–Sept. 5th*  
*Season: Sept. 13th–Nov. 6th*

## PEE WEE SPORTS Tuesday/Thursday 6pm

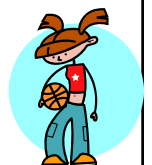
### SOCCER, BASKETBALL & ADV. BASKETBALL

These classes focus on the physical and social development of young athletes. The participants will be introduced to basic skills and social interaction in youth sports. Parent participant is required for all classes. This will give the participant an opportunity to meet other children, learn a new skill and interact with their parents.



*Soccer is offered Fall I, WI I and Spring.*

*Basketball and Adv. Basketball are offered Fall II and WI I.*



#### Fall Session Dates:

##### Fall I

Reg. July 31st/Aug. 7th  
Sept. 7th–Oct. 24th

##### Fall II

Reg. Oct. 9th/Oct. 16th  
Oct. 25th–Dec. 19th

“Set your goals high,  
and don’t stop till  
you get there.”

Bo Jackson

Former NFL Football

Player and MLB

Baseball Player

NFL FLAG  
FOOTBALL!

Great new upcoming  
youth favorite!



“The sum is more  
than separate  
parts.”

Freddy Luftling  
TKD Instructor at  
Univ. of Twente,  
Netherlands

## FLAG FOOTBALL:

### Thursdays 6pm

**Ages: 7-12**

Participants will focus on flag football rules, offensive and defensive positioning and sportsmanship. This is not a league but games may be played during practices to reinforce skill development.



## FRIDAY FUNDAMENTALS:

### Fridays 6:30pm

**Ages: 7-12**

Learn new skills or build onto existing skills in this youth basketball class. Come enjoy basic skills such as dribbling, shooting, passing, offense/defense, sportsmanship and more!



## GYMNASTICS: Sunday 5pm-8pm

Tiny Tumblers: Ages 3-5

**Introduction to basic tumbling and movement.** The participants work on forward rolls, backward rolls, low beam skills, cartwheels and more!

Basic Tumblers: Ages 6-8

**Refinement of tumbling and proper technique.** The participants will build on basic tumbling and emphasize proper technique while performing skills.

Tumbling Advanced: Ages 9-12

**Knowledge of tumbling.** This level requires strong cartwheels and round offs.

“Gymnastics has  
meant so much to  
me...I’d love to  
keep going.”

Nastia Liukin, 2008  
Olympian talks  
about gymnastics in  
the future.

## TAE KWON DO



Offered:

Tuesdays (6 & up)  
5:30pm-6:30pm

Saturdays (6 & up)  
10:00am-11:30pm



Objectives of TKD:

- develop an appreciation for Tae Kwon Do as a sport and as an art
- achieve physical fitness through positive participation
- improve mental discipline and emotional equanimity
- learn self-defense skills
- to develop a sense of responsibility for one self and others

TKD has 4 disciplines:

Patterns, Sparring, Self-Defense and Breaktest

## BOCCE LEAGUE: Thursdays at 6pm

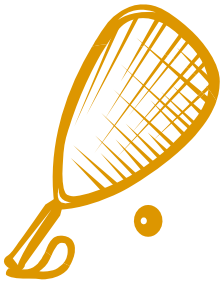
Teams are forming now for this new sport! Try your hand at a game of Bocce! Test your ability and precision on the bocce courts.



Meet new people and have fun!

**"KEEP  
THE BALL  
ROLLING!"**

## RACQUETBALL LEAGUE: Mon. & Wed. 6pm



The YMCA Racquetball League is designed to create an environment for you to be physically active, brush up on your skills, have fun and meet new people.

*All participants are responsible for playing all scheduled matches to provide a complete season for all players registered in the league.*

*\*Schedule to be determined*

**R<sup>2</sup> = RADICAL RACQUETBALL**

## KICKBALL LEAGUE: Mondays at 6pm/7pm

Come run, kick and play on a team of your own!!!  
Adult Kickball League -  
Co-ed 18 & older.  
No experience needed!!





## North Branch YMCA

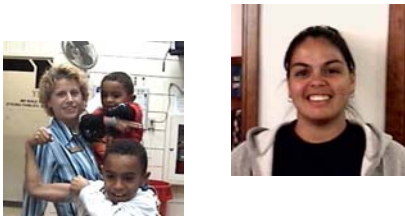
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### Youth Sports Contact:

**Dolly Crespo**

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### Adult Sports Contact:

**Mandy Bealer**

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# COACHS' CORNER

## "COACH OF THE SEASON"



Jesse Jackson is from Sandusky, Ohio. He graduated from Sandusky High School in 1976. He was a 3y ear starter in basketball, All-Conference senior year, honorable mention all-state and a 2 year starter in baseball. Jesse went to Central State University on basketball scholarship. He has been in Columbus since 1992.

"I love coaching youth sports, music, concerts, sports and being with my family. I have been a member of the YMCA off and on since I was 9 years old and have loved it. The Y was where I played in my 1st basketball league."

Jesse has been volunteering with our 3on3, Basketball Fundamentals and Player Pitch baseball programs. He is a great asset to the Y Coaching team. Thanks for all your hard work! Dolly :o)

The North Branch YMCA would like to thank Jesse Jackson for his volunteerism, participation and dedication to the Y and it's community.

**"EVERYONE PLAYS  
EVERYONE WINS"**

# SEPTEMBER!

We're on the web!  
[www.ymcacolumbus.org/north](http://www.ymcacolumbus.org/north)

## GET UP AND GET MOVING!

### "AMERICA ON THE MOVE"

**Who?** YMCA's across the nation!  
**Why?** Promote physical fitness for families!  
Increase exercise and decrease obesity.  
**What?** Families and individuals of all ages to adopting healthy lifestyles by taking small steps. Track your number of "steps" taken in our community with a national goal of 10 billion steps. Be apart of this effort to **GET AMERICA MOVING!**  
**Where?** All Central Ohio YMCA's  
**When?** Sept. 20th - Sept. 27th  
**Get Involved:** Youth/Adult Sports, Family Activities, Aquatics or Health and Wellness Events.

More details to come!

## COMING SOON:

Swim Team Sign-ups:  
Aug. -Sept.



### Youth Basketball League

Ages: 6-12

Reg. Sept. 6th - Oct. 17th

Season: Oct. 25th - Dec. 18th

\*This is a traveling league.\*

For more details please  
contact Dolly Crespo.

