



We build strong kids, strong families, strong communities.

**NORTH
BRANCH
YMCA**

North Sports Express

WINTER NEWSLETTER 2010

“Everyone Plays, Everyone Wins”

CHECK US OUT!

INSIDE THE EXPRESS:

YOUTH SPORTS

- WINTER LEAGUES
- TEEN VOLLEYBALL (CLASS OR LEAGUE)
- GYMNASTICS
- PEE WEE SPORTS
- TAE KWON DO



ADULT SPORTS

- RACQUETBALL
- BASKETBALL
- FLOOR HOCKEY
- CO-ED VOLLEYBALL

EXPRESS INFO

- COACH OF THE SEASON
- AQUATICS
- YOUTH & FAMILY

TEEN BASKETBALL

Co-Ed Grades: 7th-8th & 9th-12th

Yes! It's that time of the year for basketball. One of our biggest sports at the YMCA. Can anyone tell me where basketball was invented?

Come and join the fun! Learn the fundamentals of basketball, teamwork and sportsmanship. We want to enroll excited participants, engaged parents and admirable coaches.

You will travel to different YMCA locations.

Registration: Dec. 21st-Jan. 31st
Season: Feb. 8th-Mar. 27th

3 ON 3

Co-Ed Ages: 6-12

3 on 3 is a great league to finish off our 5 month basketball stretch. Offered at the North YMCA.

Is your school league over? Do you want to play basketball for another 2 months? Is your school league too competitive?

If you answered yes to any of the above questions you are a perfect match for this league!

This league does not travel.

Registration: Dec. 21st-Jan.31st
Season: Feb. 8th-Mar. 27th

Youth Street Jackets Hockey

Co-Ed Ages: 6-12

Sponsored by Columbus Blue Jackets.

Experience this great sport today!

The Street Jackets League will travel to YMCA's throughout Central Ohio.

Street Hockey Clinic
Wednesday, January 27th
All ages: 7:30pm-8:30

Participants learn to play the sport of hockey in a safe controlled environment.

SESSION INFO:

Winter I:

Reg. Dec. 7th/Dec. 14th
Begins: Jan. 4th

Winter II:

Reg. Feb. 8th/Feb. 15th
Begins: Feb. 22nd

Registration: Dec. 14th-Jan. 24th
Season: Feb. 1st-March 27th



"Overcoming adversity is right up this duos alley...they're probably one of the best teams I've ever seen at staying together when things get a little bit touch."

Dane Selznick, Pro Volleyball Coach

On Kerri Walsh and Misty May-Treanor



"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down."

Mia Hamm
Olympic Soccer Player

Teen Volleyball: Day to be determined (Winter II)

Co-Ed Ages: 11-15

Bump, Set, Spike!

Participants will learn basic techniques and skills of volleyball, good sportsmanship, teamwork, fair play and character development.

*****Possible Teen Volleyball League pending registrations.**

**Registration begins: January 11th-February 14th
Season: February 21st- Date TBA**

GYMNASTICS: Sunday 5pm-8pm

Tumbleweeds: Ages 3-5

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

Tumbling 1: Ages 6-8

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

Tumbling 2: Ages 9-12

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

"Everyone gets scared, and everyone falls. The key is to get right back up and try again."

Shannon Miller
Olympic Gold Medalist

PEE WEE SPORTS: Tuesday/Thursday 6pm

BASKETBALL, HOCKEY, INDOOR SOCCER

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, Winter II and Spring.

Hockey is offered Winter I

Basketball is offered Fall II and Winter I



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



Offered:

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

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

**Additional fee for testing and uniforms.

TKD has 4 disciplines:

Patterns,
Sparring,
Self-Defense and
Breaktest



“Strength does not come from physical capacity. It comes from an indomitable will.”

Gandi

YADULT LEAGUES™

We build strong kids, strong families, strong communities.

WINTER LEAGUES



RACQUETBALL & BASKETBALL

The YMCA Racquetball & Basketball 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.



FLOOR HOCKEY



Adults get a chance to step up and play some sports! This recreational sport will allow players to compete 5 on 5 .

Look for Adult Floor Hockey Leagues this Winter!

CO-ED VOLLEYBALL

Bring your volleyball skills to the North YMCA for a fun, competitive league of adult volleyball.

Look for Adult Volleyball Leagues this Winter!



FOR MORE INFORMATION PLEASE CONTACT MANDY BEALER AT 885-4252 X213

OR EMAIL MBealer@YMCACOLUMBUS.ORG



North Branch YMCA

1640 Sandalwood Place
Columbus, Ohio 43229

Phone: 614-885-4252
Fax: 614-885-6244

Youth Sports Contact:

Dolly Crespo

dcrespo@ymcacolumbus.org



Adult Sports Contact:

Mandy Bealer

mbealer@ymcacolumbus.org

**"EVERYONE PLAYS
EVERYONE WINS"**

We're on the web!
www.ymcacolumbus.org/north

"Coach of the Season"

Jennifer Wilson & Eddie Wines Ages 7-9 North Orange

There are many reasons that we decided to go into coaching, but the one that sticks out the most was the children. We feel that if we could re-enforce positive sportsmanship, confidence, and build social and interactive skills with the kids it would not only benefit them but would help salvage the next generation..... Although we were both honored and flattered to receive the prestigious award of "Coaches of the Season" we did not get up every Saturday morning and play our hearts out, our team did, and they deserve this more than us.

This is why with the suggestion made by Coach Eddie, we decided to do things differently this year, and in honor of the "North Orange Sharks" We would like to re name this honor to : **TEAM of the Season!!** So congratulations to : Tenisha, Joselyn, Amanda, Helen, Ebyan, Ian, Ben, Tanner, Jimmy, Luiz, Troy, and (our daughter) Amiyah Wines (team cheerleader) for their hard work, team efforts and the inspiration they have been for us... We look forward to do this for many years to come, as long as we touch at least one child's life, it would make it all worth it.

Thank you again North Y! - Coach Jen and Eddie Wines



**The North Branch YMCA would like to thank
Jen and Eddie for their volunteerism, inspiration and
dedication to the Y and it's community.**



Aquatics:



**SWIM LESSONS, SPACE IS LIMITED
SIGN-UP TODAY!
GYM CLOSED ALL DAY SATURDAY,
JANUARY 16TH FOR SPRINTS
INVITATIONAL SWIM MEET!**

Any questions please contact at
885-4252 or mbealer@ymcacolumbus.org

Youth & Family Events:

Starting November 18th:
Care Enough to Share
-Please stop and look at the tree in the lobby. These are YMCA families that need your help for the Holidays. Take a tag or 2 or 3 and help make their Holiday special by donating

December 5th:
Breakfast with Santa & Bazaar
-9am-12pm
December 5th & 19th:
Drop & Shop
-3pm-9pm



Any questions please contact Michelle Gerdeman at
885-4252 or mgerdeman@ymcacolumbus.org