



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2025 YOUTH BASKETBALL LEAGUE

JANUARY 20TH – MARCH 15TH

## **Overview**

Basketball has been a tradition of the YMCA since it was created by Dr. James Naismith in 1891. At the Valparaiso Family YMCA we embrace our history and are proud to offer Youth Basketball to children as young as age 3, up to 6th Grade.

We believe that Youth Sports should be used to develop a child's character while also giving them an opportunity to be active and enjoy being introduced to a new sport. For more experienced players we still believe in giving all children the opportunity to succeed and always place the emphasis on providing a fun environment for your kids.

## **Divisions (Co-ed)**

Age 3 & 4

Grades 1st & 2nd

Age 5 & 6

Grades 3rd & 4th

Grades 4th, 5th & 6th

## **Practice**

- ◆ Practices will begin the week of January 20th.
- ◆ Your child will practice only once per week (Monday, Tuesday Wednesday, Thursday or Friday).
- ◆ All practices will be held at First Baptist Church, 2205 N Campbell St, Valparaiso IN 46383.

### **VALPARAISO FAMILY YMCA**

1201 Cumberland Crossing Drive, Valparaiso Indiana 46383

P 219 462 4185 F 219 477 4720 [www.valpoyymca.org](http://www.valpoyymca.org)



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## **Games**

- ◆ Games will begin Saturday, February 8th.
- ◆ Games will take place at the Valparaiso Family YMCA.

## **Equipment**

- ◆ Players will use the YMCA reversible all-sport jersey.
- ◆ Players must wear gym shoes, no open toed sandals or shoes are allowed for practices or games.

## **Pictures**

- ◆ Picture week is TBD.

## **Coaches**

Like almost all youth sports organizations, the YMCA depends on volunteer coaches to lead our teams. We believe strongly in the impact a volunteer can have on a child and encourage all parents who are able, to volunteer. Lesson plans can be provided.

It is also our goal to allow all players to participate in 1/2 of each game. However, if we are unable to obtain enough volunteer coaches to keep rosters manageable, your child's playing time may be affected.

For information on the responsibilities of a volunteer coach please contact the Sports Director, Kevin Freyenberger, at (219) 462-4185 extension 239 or [kfreyenberger@valpoyymca.org](mailto:kfreyenberger@valpoyymca.org)

## **Volunteer Coach Meeting**

Tuesday, January 14, 2025, 6:00pm

at First Baptist Church, 2205 N Campbell St, Valparaiso IN 46383

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## **Division Overview**

### Age 3 & 4

- ◆ Mini size basketball
- ◆ 6' rim height
- ◆ ½ court
- ◆ No stealing or blocking

### Age 5 & 6

- ◆ 25.5" (rookie) size basketball
- ◆ 7' rim height
- ◆ ½ court
- ◆ No stealing or blocking

### Grades 1<sup>st</sup>- 2<sup>nd</sup>

- ◆ 27.5" (junior) size basketball
- ◆ 8' rim height
- ◆ ½ court
- ◆ No stealing or blocking

### Grades 3<sup>rd</sup>- 4<sup>th</sup>

- ◆ 28.5" women's size ball
- ◆ 10' rim height
- ◆ Full court
- ◆ Shooting fouls will shoot free throw(s), normal middle school rules

### Grades 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup>

- ◆ Men's ball
- ◆ 10' rim height
- ◆ Full court
- ◆ Shooting fouls will shoot free throw(s), normal middle school rules

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