FAQ: Youth Sports

General Information:

- **How many weeks are the leagues?**
  All leagues have a minimum of 5 games, and are between 8 and 10 weeks.

- **When and where are practices and games located?**
  Practices times are determined by our volunteer coaches. Practices and games will change location depending on the league. Basketball is ALWAYS at the Sacramento Central YMCA gym.

- **How will I know if I am taken off of the waitlist?**
  The Sports Director will contact you informing you that you are now in the league. The next step would be to come in, fill out a registration form and pay.

- **What if I can’t afford the program fee? Does the Y offer financial assistance?**
  Yes, the Y does offer financial assistance. You can find out more information at the front desk.

- **Will I need to purchase any additional equipment in order for my child to participate?**
  Soccer: Shin guards
  Flag Football: Mouth guard

- **What process do the coaches go through before the season?**
  All coaches are fingerprinted and receive training in Child Abuse Prevention. Coaches will attend a meeting prior to the season. At the meeting, coaches receive a “Coach’s Manual” and discuss proper coaching techniques.

- **What is the credit voucher/ refund policy?**
  1. A voucher or refund can be issued if there is an injury or illness.
  2. A $10 service fee will be issued if an individual withdraws for personal choice two weeks prior to the start of the program.

- **Can my child move up an age group?**
  All players can move up in age division but not down a division. This move must be approved by the Sports Director.

- **My child is NOT turning (bball- 4, soccer-3) until after the first game, can my child play?**
  Yes! This decision is up to the parents.

- **My child is between age groups around the start of the league. What division should he/she be in?**
  The age division of your child will be determined by how old they are on the first game day. As a reminder, kids can always play UP a division, but never down.

- **This is the first time my child has participated in a given sport. Will my child participate in every game even if he/she isn’t the most talented player on the team?**
  Yes, every child must participate in every game and every child should receive basically the same amount of playing time, regardless of skill level.

- **Is this a competitive league?**
  This is not a competitive league. All YMCA leagues are about fun and fundamentals. We only keep score for basketball leagues, divisions 8 years old and up.