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# YOUTH SPORTS NEWSLETTER

Sandusky Area YMCA

2101 W. Perkins Ave

November 8, 2016

[www.sanduskyareaymca.org](http://www.sanduskyareaymca.org)

YOUTH SPORT NEWSLETTER FEATURING YOUTH SPORTS AT THE SANDUASKY AREA YMCA



Jr. Cavaliers Thursday practice breaking after practice (Coach Kinzel)

## Jr. Cavaliers 2016

Jr. Cavalier's basketball at the Sandusky Area YMCA in its fourth year at the YMCA. Kids who have participated in the past have great memories of playing games at the Y. Another highlight for many of the past participants has been getting to participate in a skills clinic on the main floor of the Cavalier's arena, Quicken Loans Area, before attending a basketball game and cheering the Cavs to victory.

New to the program this year, is the 5 and 6-year-old group who has a weekday practice and games on Saturday morning. The previous age group of 3-7 year olds was divided to improve the quality of instruction and better prepare the kids for when they move up to the 7 and 8-year-old group.

Our Jr. Cavaliers Basketball has over 220 kids enrolled in Session 1 from ages 3 years to 14 years old. There are kids from every area school district including, Sandusky, Perkins, Margaretta, Huron, St. Mary, Port Clinton, Oak Harbor, Bellevue, Danbury and Edison.

We look forward each week in sharing some amazing stories about our Jr. Cavs Players.

Check us out online at  
[www.sanduskyareaymca.org](http://www.sanduskyareaymca.org)



### IN THIS ISSUE

- Jr. Cavs Update
- Meet Mike Henzler
- Jr. Cavs Upcoming Game Schedule
- New Facebook Page
- Game Rule Reminder

### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone you think may find it interesting.

### QUESTIONS, COMMENTS, IDEAS?

Mike Seel

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## Welcome Mike Henzler



Please help us welcome Mike Henzler to the Jr. Cavs basketball program. This is Mike's first year working basketball at the Sandusky Area YMCA. Mike loves basketball and played at Perkins High School.

Make sure to stop by and welcome Mike to the YMCA.



### New Facebook Page

Check out our New Facebook Page at Sandusky Area YMCA Sports. Here you will find the most up to date information of what's going on the Youth Sports at the Y. We will also be sharing pictures of practices and games and announce if there are any cancellations for Youth Sports, should the need arise.

## Jr. Cavs Game Schedule

### November 12, 2016

10:00am	5-6 Yellow vs 5-6 Blue
11:00am	7-8 Gray vs 7-8 Purple
12:00pm	7-8 Red vs 7-8 Black
1:00pm	7-8 Green vs 7-8 Orange
2:00pm	7-8 Blue vs 7-8 Yellow
3:00pm	Girls Orange vs Girls Green
4:00pm	12-14 Yrs.' Group

### November 12, 2016

10:00am	5-6 Green vs 5-6 Orange
11:00am	9-11 Gray vs 9-11 Purple
12:00pm	9-11 Red vs 9-11 Black
1:00pm	9-11 Green vs 9-11 Orange
2:00pm	9-11 Blue vs 9-11 Yellow
3:00pm	Girls Blue vs Girls Yellow

### November 19, 2016

10:00am	5-6 Green vs 5-6 Yellow
11:00am	7-8 Red vs 7-8 Orange
12:00pm	7-8 Blue vs 7-8 Purple
1:00pm	7-8 Black vs 7-8 Yellow
2:00pm	7-8 Green vs 7-8 Gray
3:00pm	Girls Blue vs Girls Orange
4:00pm	12-14 yrs. Group

### November 19, 2016

10:00am	5-6 Orange vs Blue
11:00am	9-11 Red vs 9-11 Orange
12:00pm	9-11 Blue vs 9-11 Purple
1:00pm	9-11 Black vs 9-11 Yellow
2:00pm	9-11 Green vs 9-11 Gray
3:00pm	Girls Green vs Yellow

## Basketball Rules Homework

To help our basketball games on Saturday we would like parents to go over a few simple rules with the kids throughout the week. It's the goal of the program that these few focused items will help better prepare the basketball players for when they show up for Saturday games.

- Only guard the person you are assigned to guide.
- When a team is bringing the ball down the defense must wait at halfcourt.
- Practice Dribbling, Practice Dribbling, Practice Dribbling!
- Remember: What can I do after I pick up my Dribble?
  - ✓ Pass
  - ✓ Shoot
  - ✓ Pivot

### YMCA SPORTS PLEDGE

"Win or lose, I pledge before God, to do my best, to be a team player, to respect my opponents, teammates and officials, and to improve myself, in spirit, mind, and body."