

Volume 1 Issue 7

Nov 2017

Youth Sports and Fitness in the know...



Child and Youth Programs

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Start Smart Basketball

Coming up for registration will be our 1st Start Smart Program: Basketball. Registration opens on 1 December 2017.

Our Start Smart Program is geared for youth 3-5 years of age. Youth must be 3 years of age before the first session. All participants interested in participating in Start Smart programs will need to have all registration requirements met. Registration requirements are: Registration Packet, sports physical, and medical questionnaire.

Start Smart programs are parent and youth participation. The overall objective of Start Smart is a developmental program to help growing youth with their basic motor skills. Start Smart is also a great program if your youth is 5 years of age; and are unsure if they will like the team sport.

During the six (6) week sessions, for an hour each session; Youth Sports Staff help teach the parents the drills at the various stations, then the parents teach the skill to their youth.

The Start Smart program will run January 5-February 9 2018.

Special points of interest:

Start Smart T-ball Registration is this month.

Day for Kids-September 16-
Wonderland

Winter Sport Season Registration-
Registration opens in October.

Youth Sports and Fitness

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Ready Set, RUN!

For the 2018 sports season, Youth Sports and Fitness is bringing in a new cross country program. Ready set, Run is our new running club. Ready Set run participants will meet three times a week, for 1.5 hours for practice. Throughout the year runners will participate in Hickam 5k races, the Ford Island 10K Bridge Run, and finishing with the option to run in the Hickam Half Marathon. Our new cross country program is to help build into our already existing track and field program.

Registration for Ready Set, Run is December 1-January 1, 2018. The cost is \$20 for participants. Youth will receive a t-shirt for their registration fee. Ready Set, Run will run from January-August 2018.

If interested in volunteer coaching for the cross country program, please contact the office on 808-473-0789.

For any further information stop by our youth sports page on greatlifehawaii.com or call the office on 808-473-0789.



Volunteers of the Month

For the month of October we have selected Jud Magat and Francis Arriola. These two gentlemen have been volunteer coaches in our program for many years. This year, Jud stepped up to coach his older daughters team, and Francis came along to help. They do not stop just at basketball volunteer coaching. Jud and Francis also stepped up to help YSF staff during the Harlem Globe Trotters special event as well.

Thank you both for your time and dedication to the program.

If you would like to vote for volunteer of the month of November; please give the office a call on 808-473-0789.

