

Youth & Teens

Personal Care & Poise

Young Ladies & Gentlemen (Etiquette)

Ages 6 to 11 years

Children rarely beg for the opportunity to attend a class on manners, yet it is the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more. Don't be surprised when they come out asking for more!

Instructor from Final Touch Finishing School

Location: NKCC ★ Resident \$32 / Non-Resident \$38

Sat	9am-12pm	Oct 1	34279
Sat	9am-12pm	Jan 28	34280

Starting Point

Ages 12 to 17 years

Guys and gals, overcome the anxieties about 'how do I look, what do I say, and what do I do', in this fun, fast-paced, interactive course. Topics include: first impressions, presentation skills and introductions, dining successfully, wardrobe considerations and tips and manners for cell phones, social media, job interviews and social outings.

Instructor from Final Touch Finishing School

Location: NKCC ★ Resident \$42 / Non-Resident \$50

Sat	1-5pm	Oct 1	34281
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Preteen Style NEW!

Ages 9 to 11 years

Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude, and tips on posture, clothing, and nutrition. Experience the steps to great skin as you give yourself a facial!

Instructor from Final Touch Finishing School

Location: NKCC ★ Resident \$42 / Non-Resident \$50

Sat	1-5pm	Jan 28	34282
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Music

Guitar Turbo Charged Beginning!

12 years and up

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. By the end of the course, you'll know major, minor and 7th chords, basic rhythms and beginning theory. Get a solid foundation for whatever kind of music you're into! Good for electric or acoustic styles.

Student must provide their own instrument

Instructor: Scott Lawson ★ Location: NKCC ★ 8 weeks

No class 2/20 ★ Resident \$98 / Non-Resident \$118

Mon	4-5pm	Sept 12-Oct 31	34275
Mon	4-5pm	Jan 23-Mar 19	34277

Guitar Turbo Charged Electric!

14 years and up

Turbo Electric is for the intermediate electric guitar player looking to expand their knowledge beyond the basic open chords and barre chords. This class covers basic theory and chord progressions, as well as major, minor, and pentatonic scales and beginning lead guitar techniques, such as phrasing, vibrato, hammer-ons, etc.

Student must provide electric guitar, cord, and small practice amp

★ Instructor: Scott Lawson

Location: NKCC ★ 8 weeks ★ No class 2/20

Resident \$98 / Non-Resident \$118

Mon	5-6pm	Sept 12-Oct 31	34276
Mon	5-6pm	Jan 23-Mar 19	34278

Theater

Musical Theater for Children


Ages 6 to 10 years

Our vocal coach will teach young singers the importance of learning the proper and healthy way to vocalize at an early age. During this ensemble class we will work on basic technique, repertoire, and how to sing in a group. The class will give young singers a great introduction to singing. Bring your video camera for final performance on last day!

Location: NKCC ★ 8 weeks

Resident \$54 / Non-Resident \$65

Tue	6:20-7:05pm	Sept 13-Nov 1	34285
Tue	6:20-7:05pm	Jan 10-Feb 28	34286



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Move Over Mozart Piano Classes

Ages 7 to 12 years

Learn to play piano in this fun hands-on (the keys) class! Children will learn from their teacher, and from each other how to play familiar tunes on the piano, read music, and, basic music theory. Participation in class recitals throughout the year is optional but a fun way to showcase what you have learned. Having a piano at home is not a requirement; instruction on community center piano is included in instruction. In addition to class fee, a one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 so sign up early (additional classes may be added based on waiting lists). For more information visit moveovermozart.net.

Location: NKCC ★ 10 weeks

Resident \$89 / Non-Resident \$107

Thur	5-5:30pm	Sept 15-Nov 17	34465
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6 weeks ★ No class 12/29

Resident \$53 / Non-Resident \$64

Thur	5-5:30pm	Dec 1-Jan 12	34466
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10 weeks ★ Resident \$89 / Non-Resident \$107

Thur	5-5:30pm	Jan 19-Mar 29	34467
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Holiday Musical Theater

Ages 6 to 10 years

Come celebrate the holidays through music and dance in this 3 week program.

Location: NKCC ★ 3 weeks

Resident \$22 / Non-Resident \$26

Tue	6:20-7:05pm	Nov 29-Dec 13	34287
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Youth Yoga

Kid Yogarobics

Ages 5 to 12 years

Like Yoga Fun & Fit, this class offers the best of both worlds! It is a highly energized dance-like, physical fitness class that combines rhythmic aerobic exercise with the flexibility, balance, and focus of yoga promoting all elements of fitness. Performed to fun, upbeat music, it makes you want to get down to warm up and let go to cool down! Your child will become more physically fit, expand their sense of self-awareness, develop their self-confidence, and learn how to relax.

Instructor: Dana Hein-Skaggs ★ **Location: NKCC**
6 weeks ★ **No class 10/6 & 11/24**
Resident \$72 / Non-Resident \$86

Ages 5 to 8 years

Thur	4:30–5:30pm	Sept 15–Oct 27	34266
Thur	4:30–5:30pm	Nov 3–Dec 15	34267
Thur	4:30–5:30pm	Jan 5–Feb 9	34270
Thur	4:30–5:30pm	Feb 23–Mar 29	34271

Ages 9 to 12 years

Thur	5:30–6:30pm	Sept 15–Oct 27	34268
Thur	5:30–6:30pm	Nov 3–Dec 15	34269
Thur	5:30–6:30pm	Jan 5–Feb 9	34272
Thur	5:30–6:30pm	Feb 23–Mar 29	34273

Winter Break Mini-Camp

LEGO® Pre-Engineering (Great Gift Idea!)

Ages 5 to 7 years

Create, Play and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.

Instructor: Play-Well TEKologies ★ **Location: NKCC**
3 days ★ **Resident \$115 / Non-Resident \$138**

Tue, Wed, Thur	1–4pm	Dec 27–29	34274
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Youth & Teen Ballet at PKCC w/ Marco Carrabba

Instructor: Marco Carrabba, Ballet Master & Choreographer, Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 16 years experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. **Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.**

Ballet: Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Instructor: Marco Carrabba ★ **Location: PKCC**
No classes 11/21, 23, 12/26, 28, 1/2, 1/16 & 2/20

8 classes ★ **Resident \$88 / Non-Resident \$106**

Mon	4:15–5:15pm	Sept 12–Oct 31	33681
Mon	4:15–5:15pm	Nov 7–Jan 23	33682
Mon	4:15–5:15pm	Jan 30–Mar 26	33685

9 classes ★ **Resident \$99 / Non-Resident \$119**

Wed	4:15–5:15pm	Sept 14–Nov 9	33683
Wed	4:15–5:15pm	Nov 16–Jan 25	33684
Wed	4:15–5:15pm	Feb 1–Mar 28	33687

Ballet: Creative Dance Workshop

Ages 10 to 16 years

Students are encouraged to bring music of their choice to this class. Each session learn to create and complete a new dance piece. Learn and explore the art of choreography and various dance styles including: contemporary, lyrical, modern, and ballet. Come be a part of this fun and inspiring class!

Instructor: Marco Carrabba ★ **Location: PKCC**
8 classes ★ **No class 11/21, 12/26, 1/2, 1/16 & 2/20**
Resident \$66 / Non-Resident \$79

Mon	5:20–6:05pm	Sept 12–Oct 31	33689
Mon	5:20–6:05pm	Nov 7–Jan 23	33690
Mon	5:20–6:05pm	Jan 30–Mar 26	33691

Ballet: Pointe NEW!

Ages 10 to 16 years


For the student already on pointe or who will soon be graduating to pointe level. Emphasis of this class will be on perfecting technique, building strength, and understanding the art of pointe work. The art of pointe technique includes barre exercises, and combinations in center.

Prerequisite: Must take the ballet class prior 1 to 2 times per week and/or have a strong ballet background with a minimum of 1 to 2 years of ballet training

Instructor: Marco Carrabba ★ **Location: PKCC**
9 classes ★ **No classes 11/23 & 12/28**
Resident \$74 / Non-Resident \$89

Wed	5:20–6:05pm	Sept 14–Nov 9	33742
Wed	5:20–6:05pm	Nov 16–Jan 25	33743
Wed	5:20–6:05pm	Feb 1–Mar 28	33744

SUPER SAFE SITTERS



Ages 11 to 17 years

Ready for your adventures in babysitting? A super one-day program designed to train in child care. 5-hour program covers parent expectations, first aid, nutrition, fire prevention, personal safety, home security, activities and more. Graduates receive a handbook and certificate. No drop-ins please.

Location: North Kirkland Community Center. Bring a sack lunch, an afternoon snack, and lots of questions. No drop-ins please ★ **Location: NKCC** ★ **Resident \$38 / Non-Resident \$46**

Sat	9am–2pm	Oct 15	34283
Sat	9am–2pm	Mar 3	34284

Youth Dance

About our dance program at the North Kirkland Community Center

All dancers will experience the fun of dance while developing a solid foundation of dance fundamentals. We have developed a dance curriculum to provide an integrated approach for your child's dance training. All of our dance instructors encourage the joy of music and dance and appreciate the potential in each dancer!

Ballet/Tap Combo Beginning

Ages 5 to 7 years

This class is not only a progressive transition from Preschool Dance/Tap Combo B but also a great introduction for young first-time dancers. Children will get a chance to experience ballet and tap through combinations at the bar, in the center of the floor, and across the room. Using two-thirds ballet and one-third tap this class is a perfect way to build your little dancer's technique and dance vocabulary. At the end of the session the class will present a combination of all the movements they have learned to their parents (don't forget your camera!).

Ballet and tap shoes required ★ *Location: NKCC*

Fall ★ 12 weeks ★ *No class 11/24*
Resident \$85 / Non-Resident \$102

Thur	5:45–6:30pm	Sept 15–Dec 15	34288
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Winter ★ 10 weeks

Resident \$71 / Non-Resident \$85

Thur	5:45–6:30pm	Jan 12–Mar 15	34289
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Ballet 1 NEW!

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Your child will learn to appreciate the grace and beauty of this timeless dance in a fun no-pressure environment.

Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425-587-3350. Bring your cameras, Parent Watch day is the last day of session ★ *Location: NKCC*

Fall ★ 12 weeks ★ *No class 11/22 & 26*
Resident \$85 / Non-Resident \$102

Tue	4:30–5:15pm	Sept 13–Dec 6	34290
Sat	11:30am–12:15pm	Sept 17–Dec 10	34291

Winter ★ 11 weeks

Resident \$78 / Non-Resident \$94

Tue	4:30–5:15pm	Jan 10–Mar 20	34292
Sat	11:30am–12:15pm	Jan 14–Mar 24	34293

Ballet 2 NEW!

Ages 7 to 10 years

This class will encourage refinement of ballet techniques and musicality, while incorporating choreography of ballet variations.

Prerequisite: Ballet 1 or equivalent experience. Bring your cameras, Parent Watch Day is the last day of session. ★ *Location: NKCC*

Fall ★ 12 weeks ★ *No class 11/22*
Resident \$85 / Non-Resident \$102

Tue	5:20–6:05pm	Sept 13–Dec 6	34294
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Winter ★ 11 weeks

Resident \$78 / Non-Resident \$94

Tue	5:20–6:05pm	Jan 10–Mar 20	34295
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Hip Hop 1

Ages 6 to 8 years

Hip Hop is a popular, energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” (clean version) of music. Introduce your little ones or teens to this fun, high-energy form of dance! Dance like your favorite pop stars in this age-appropriate class that helps to enhance your coordination and stay fit. Students will learn fun hip-hop techniques and combinations, dancing along to their favorite hits and having a blast while doing it! Bring your cameras, Parent Watch Day is the last day of session.

Wear loose clothing and tennis shoes please!

Instructor: Kellsie Steele ★ *Location: NKCC*

Fall ★ 12 weeks ★ *No class 11/23*
Resident \$85 / Non-Resident \$102

Wed	3–3:45pm	Sept 14–Dec 7	34296
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Winter ★ 11 weeks ★ *Resident \$71 / Non-Res. \$85*

Wed	3–3:45pm	Jan 11–Mar 21	34297
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Hip Hop 2

Ages 8 to 11 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” music while you build self-esteem, enhance your coordination and stay fit! Bring your cameras, Parent Watch Day is the last day of session.

Instructor: Miss Kellsie ★ *Location: NKCC*

Wear loose clothing and tennis shoes please!

Fall ★ 12 weeks ★ *No class 11/23*
Resident \$85 / Non-Resident \$102

Wed	4–4:45pm	Sept 14–Dec 7	34298
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Winter ★ 11 weeks

Resident \$71 / Non-Resident \$85

Wed	4–4:45pm	Jan 11–Mar 21	34299
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Hip Hop 3 NEW!

Ages 12 to 15

“From the streets of the Bronx to exclusive dance conservatories, hip hop dance represents a cultural movement.” Join in on this ever evolving dance form that encourages hopping, popping, locking, and innovation! Bring your cameras, Parent Watch Day is the last day of session.

Instructor: Kellsie Steele ★ *Location: NKCC*

Wear loose clothing and tennis shoes please!

Fall ★ 12 weeks ★ *No class 11/23*
Resident \$85 / Non-Resident \$102

Wed	5–5:45pm	Sept 14–Dec 7	34300
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Winter ★ 11 weeks

Resident \$71 / Non-Resident \$85

Wed	5–5:45pm	Jan 11–Mar 21	34301
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Youth Cheer

Cheerleading

Ages 5 to 8 years

With Cheer Coach and former NFL Cheerleader Kellsie Steele's help your child will learn cheers, chants and dances geared to their level. Classes will involve group warm up, learning cheer and chants and the difference between the two, the prep of a jump and various jumps, and the concept of kick circles in order to practice dance. There will be introductions to cheer-based dances and lots of fun! New routines each session and poms poms are included! Parents may join us on the last day of class to see what we have learned.

Wear loose comfortable clothing and tennis shoes

Location: NKCC

Fall ★ 6 weeks ★ No class 11/21

Resident \$42 / Non-Resident \$50

Mon	4-4:45pm	Sept 12-Oct 17	34302
Mon	4-4:45pm	Oct 31-Dec 12	34303

Winter ★ 8 weeks ★ No class 2/20

Resident \$56 / Non-Resident \$67

Mon	4-4:45pm	Jan 23-Mar 19	34304
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Cheerleading Prep Class NEW!

Ages 13 to 16 years

Junior High/High School Cheerleading Prep Class: Help calm your nerves for an upcoming cheerleading tryout, brush up on your old skills, or even learn some new ones in this intermediate to advanced cheerleading session for Junior High / High School. In this class, professional cheerleader, Kellsie Steele, will provide tips for a successful tryout, help you to improve jumps and overall technique, and make sure that your cardio level is high to help maintain an active and healthy body!

Instructor: Kellsie Steele ★ Wear loose comfortable clothing and tennis shoes ★ Location: NKCC

Fall ★ 6 weeks ★ No class 11/21

Resident \$42 / Non-Resident \$50

Mon	4:50-5:35pm	Sept 12-Oct 17	34306
Mon	4:50-5:35pm	Oct 31-Dec 12	34307

Winter ★ 8 weeks ★ No class 2/20

Resident \$56 / Non-Resident \$67

Mon	4:50-5:35pm	Jan 23-Mar 19	34308
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For preschool dance classes,
see page 18

Youth Soccer

UK Elite Feet Soccer Academy

Ages 7 to 13 years

UK Elite, as the 'leaders in youth soccer education', offer the best possible professional training for players ages 7-13. Players are divided into groups that match our age-specific curriculum. This ensures that every player that attends the class will enjoy a fun and educational soccer experience. The older players will learn tactical and functional aspects of soccer while the younger ages will get access to the best possible fundamental training.

Location: Juanita Beach Park, 9703 NE Juanita Drive

Resident \$100 / Non-Resident \$120

Co-Ed: Ages 7 to 9 years

Sat	10-11:30am	Sept 10-Oct 29	33919
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Co-Ed: Ages 10 to 13 years

Sat	11:30am-1pm	Sept 10-Oct 29	33920
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Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

We're teaming up with Miller Martial Arts Academy! This Bully Proof program will teach students how to set verbal boundaries, what to say, when to say it, how to say it. This program will also use martial arts as a way of building self esteem to give students alternatives to solving conflict through the use of violence. Students will also earn their White Belt at the end of the program.

Location: Miller's Martial Arts Academy 8920 122nd

Ave. NE, Kirkland ★ Instructor: Korbett Miller

Fall ★ 8 weeks

Resident \$57 / Non-Resident \$68

Sat	9:45-10:30am	Sept 17-Nov 5	34310
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Fall ★ 5 weeks ★ No class 11/26

Resident \$36 / Non-Resident \$43

Sat	9:45-10:30am	Nov 12-Dec 17	34311
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Winter ★ 8 weeks

Resident \$57 / Non-Resident \$68

Sat	9:45-10:30am	Jan 14-Mar 3	34312
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Ice Skating All Ages!

Introducing the thrill and athletic challenge of ice skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Location: Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034 ★ Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time ★ Last day of class is "bring a buddy for free day" Skates will be provided for your buddy ★ Registration deadline is one week prior to start of first class ★ Please arrive ½ hour before class to get skates on ★ Please wear warm clothes, jacket and gloves

Ages 5 to Adult ★ 7 weeks

Resident \$108 / Non-Resident \$130

Mon	6pm-7pm	Sept 12-Oct 24	33891
Fri	6pm-7pm	Sept 23-Nov 4	33895
Mon	6pm-7pm	Nov 7-Dec 19	33893
Fri	6pm-7pm	Jan 6-Feb 17	33898
Mon	6pm-7pm	Jan 9-Feb 20	33896
Mon	6pm-7pm	Mar 5-Apr 16	33897
Fri	6pm-7pm	Mar 9-Apr 20	33901

Ages 3 ½ to Adult ★ 7 weeks

Resident \$108 / Non-Resident \$130

Tue	10:45-11:45am	Sept 13-Oct 25	33892
Tue	10:45-11:45am	Nov 8-Dec 20	33894
Tue	10:45-11:45am	Jan 10-Feb 21	33899
Tue	10:45-11:45am	Mar 6-Apr 17	33900

2011 CITY OF KIRKLAND • BOYS AND GIRLS, GRADES 3-6
 2012 **YOUTH BASKETBALL LEAGUE**

- ▶ Build confidence and better health
- ▶ Have fun in a team environment!

It is our desire that all our participants experience an environment of equal play while learning and promoting a healthy activity.



SCHOOL	BOYS				GIRLS		
	3rd	4th	5th	6th	3rd	4th	5th & 6th
BELL	33489	33490	33491	33965	33493	33494	33495
FRANKLIN	33496	33497	33498	33966	33500	33501	33502
SANDBURG	33503	33504	33505	33967	33507	33508	33509
THOREAU	33511	33512	33513	33968	33515	33516	33517
KELLER	33518	33519	33520	33969	33522	33523	33524
MUIR	33526	33527	33528	33970	33530	33531	33532
JUANITA	33533	33534	33535	33971	33537	33538	33539
LAKEVIEW	33540	333541	33542	33972	33544	33545	33546
TWAIN	33547	33548	33549	33973	33551	33552	33553
KIRK	33554	33555	33556	33974	33558	33559	33560
FROST	33561	33562	33563	33975	33565	33566	33567
ROSE HILL	33568	33569	33570	33976	33572	33573	33574
HOLY FAMILY	33575	33576	33577	33977	33579	33580	33581

Fee \$81

No Non-Residency Fee

VOLUNTEER COACHES NEEDED!!

Please see information to right.

Registration Deadline

Reg. deadline is October 17th, 2011. Registration after this date will be accepted on a space available basis.

Note:

Basketball leagues for grades 1-2 and 7-9 are run through the Kirkland Boys and Girls Club at 425.827.0132.

Sponsored by



Great Tasting Lunchmeat

YOUTH BASKETBALL LEAGUE INFORMATION

League information is now available online: www.kirklandwa.gov/youthbasketball

To help all of our parents, participants and coaches out we have provided a number of answers to many commonly asked questions.

I've signed up for KPCS youth basketball... what do I do now?

You will be contacted at the beginning of November by a coach following the coaches meeting/training. The coach will be providing you with information about your practices and game schedules.

How to apply for a volunteer coaching position

Volunteer application will be available August 22, 2011 at www.kirklandwa.gov/youthbasketball. Please call 425.587.3360 if you have questions.

What if my team has no coach?

If no one has volunteered to coach your team prior to the coaches meeting/training then a KPCS staff member will be contacting individuals from your team's roster to recruit a coach.

Who coaches KPCS youth sports?

Most KPCS coaches are parent volunteers. Some coaches are volunteers who may not have a child playing, yet would like to volunteer as a coach. Occasionally, it is necessary for the KPCS to call a team's roster to request that a parent fill a coaching vacancy. Volunteers at the KPCS are required to complete a coaching application, including a background check.

Looking ahead to the following year: City of Kirkland 6th Grade Youth Basketball 2012/2013

City of Kirkland is proud to announce that in 2012/2013 when 6th graders move to the Junior High, the City of Kirkland will continue to offer 6th Grade Youth Basketball!! The 6th Grade Boys League will be formed through a draft with registrants from the

How are rosters created?

The KPCS uses the following procedure to create rosters:

- 1) Registration is taken on a first come, first served basis.
- 2) Children are placed on the roster for the school they attend. The first 10 registered form the first team, the next 10 registered form the second team, and so on; If necessary, children from schools in close geographical proximity will be placed together to fulfill roster requirements; due to not enough or too many kids registered from their home school.
- 3) Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

The philosophy of creating teams is to have kids that go to school together play ball together. The KPCS procedure for creating teams allows parents to share rides to practices and games and also provides for shorter, more convenient trips to a local practice site. Occasionally a league may be a combination of two schools.

Does the KPCS take requests?

Kirkland Parks and Community Services does not take requests for specific teams or coaches.

Game Days

KPCS youth basketball games are played on Saturdays January through March. Games will begin January 7, 2012. No games on 1/14, 2/18 and 3/17.

Game Schedule

Game schedule will be posted in mid-December at www.kirklandwa.gov/youthbasketball

Practices

Teams will practice twice a week. Practice start times range from 5pm to 8pm and may be on any weekday. Teams begin practicing in mid-November. Coaches will contact players with practice location and time.

No Practice Blackout Dates

Blackout dates will be posted mid-November at www.kirklandwa.gov/youthbasketball

Mandatory Coaches Meeting/Training

The coaches' meeting/training is scheduled Saturday, October 29, 2011 from 8am to 12pm. The meeting/training day is designed to provide a free coaches certification program and other valuable information. The meeting/training will be held at the Peter Kirk Community Center. From 8-9:30am is the coach meeting and 9:30-12pm is NAYS Certification. If you cannot make the NAYS portion, you must certify or Re-certify on your own time and at your own expense online at <http://www.nays.org/nyscaonline/>

Uniforms

Uniforms are provided by the generosity of Land O' Frost and will be handed out by coaches before the first game.

Snow/Rain

Please call 425.587.3335 during inclement weather to ensure games are being played.

Junior High School they attend. Practices and games will primarily take place at the Junior High School players attend. 6th grade girls will register for the school which they attended in 5th grade. 5th and 6th grade girls will be a combined league! This

is a great way for players to be on a team and make friends with girls that they will be going to school with the following year!