



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Sports FAQ's (Hickory and Conover branches)

1. What is the age cut off for registration?

- Your child must be of eligible age by the start of the season (the first week of practices). Exceptions can be made depending on where your child's birthday falls. Reach out to the program director if you have any further questions!

2. What days of the week are practices and games?

- Practices will be held weekly for ages 5+ and reoccur every week throughout the season. They will be located at branch you register for (Hickory or Conover). (The 3-4 age groups will have 2 practices at the beginning of the season and then only games for the rest)
- Generally speaking, practices are once a week for no longer than an hour. They can be any day Monday-Friday starting at 5:30pm at the earliest. Practices may be at 5:30pm, 6:30pm, or 7:30pm. (Winter sports may have older kids doing 8:30pm practices if there is limited space). The younger age groups will get the earlier time slots.
- Games are typically on Saturdays with occasional weeknight games. Games could be played at either the Hickory or Conover branch. (This does not apply for the 3-4 and 5-6 age divisions. They will play at their home branch).
- Any cancelled games due to weather will likely be rescheduled to a weeknight. Forfeited games will not be rescheduled

3. Do you honor special requests? (To be placed with another player, have a specific coach etc.).

- The YMCA Sports Department strives to meet the needs of each participant, however, we greatly prioritize the fairness of skill level across each team. If you have a special request it must be written on the registration form or emailed to the Program Director to be considered. However, that does not mean it will be guaranteed. The only request that is guaranteed is siblings playing in the same division to be on the same team. Any other special requests that come in will be considered after looking at the skill level of the team. **Any requests after team placements are sent out will not be honored.**
- Practice day/time requests must also be on the registration in order to be considered. Please do not put preferences! Only put days that absolutely do not work for your family.

4. What and when it skills day?

- Skills day is for ages 7+ where we evaluate the skill level of each player to better inform us in making equal teams. It is imperative that as many children as possible attend so that we can maximize the enjoyment for all involved. You can expect to hear from the program director if skills day is necessary for your child's division.

5. When will I hear about my child's team placement and game schedule?

- You can expect to hear either from your child's coach or from the program director the weekend before practices are expected to begin. This will be communicated via email.
- A game schedule will be sent out after the first week of practices.



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6. Can my child participate in both sports that are being offered in the same season?

- Absolutely! We will do our best to make sure they have different practice nights. However, we cannot guarantee that there will not be any conflicts with their game schedules. We will do our best to minimize those conflicts.

7. What all does a season include?

- Practices begin 2 weeks before the first game of the season. So every team will have a chance to practice twice before the first game
- Each participant will have 7 regular season games
- There is a single-elimination, postseason tournament for ages 7+ only. The tournaments are scheduled after the end of the regular season games and the schedule will be released 1-2 days prior to the tournament beginning. Please expect weeknight games the week of the tournament.

8. Will my child receive an award at the end of the season?

- All participants will receive a medal at the end of the season. The champions of the tournaments for ages 7+ will receive trophies

9. What equipment does my child need to participate?

- The Y will provide each participant a uniform to be worn on game days. General athletic attire is to be worn at practices. Please see below for the items needed for each sport. The Y will provide the rest of the equipment:
 - Outdoor Soccer: Cleats and shin guards (required for ALL ages)
 - Volleyball: Tennis shoes (knee pads are optional)
 - T-ball: Cleats and glove (personal helmet and bat if desired)
 - Flag Football: Cleats and mouth guard
 - Basketball: Tennis shoes
 - Indoor Soccer: Tennis shoes and shin guards (required for ALL ages)

10. Can my child still register after the deadline has passed?

- Contact the program director for availability. A \$15 late fee will be added to the original pricing for all who register after the deadline. **NO EXCEPTIONS.**

11. Does the Y offer refunds if my child decides to not participate?

- Refund requests can be approved up until the start of the season (the first day of practices). After that, all refund requests will be allotted as a system credit that can be used for a future YMCA program. Exceptions can occur.