

## Youth Sports Leagues

### Basketball & Cheerleading

Winter Basketball League: Registration is held each Fall (usually in October) for leagues:

Biddy Basketball is an instruction league held on Saturdays December-February and led by experience instructors/referees for children in grades 1 & 2. Classes are based on instruction, encouragement and basic concepts of the game. Classes meet on Saturdays where children will learn the fundamentals, including proper dribbling, passing, and shooting techniques, as well as, learning the different positions and areas on the court.

Recreational league play is offered for Grades 3-10. Registration begins in October and games are played December – March. Teams will practice once a week and play games on Saturdays learning sportsmanship and how to be part of a team. Games will have certified referees and may include playoff games. All coaches will have background checks and coaches training.

Middle School Select League is designed to build positive character traits, such as accountability and teamwork through basketball. Teams are led by NYSCA Certified Coaches and practices are held twice a week at each of the 4 middle schools. Children must tryout at the middle school which they attend. Games are played December-March at Chopticon High School.

Cheerleading teams are available for the Middle School Select Basketball league offered for all 4 middle school locations. Cheerleaders will also be required to participate in tryouts.

[Online Registration](#) – Spots do fill quickly, so registration upon opening is highly recommended.

Summer Basketball League: Several leagues are offered during the summer for grades 3-8.

[Online Registration](#)

### Gymnastics

The St. Mary's Gymnastics Academy offers recreational classes for families and youth. There are a total of 5, 8-week sessions that are offered beginning in August and running through July. Additional summer camps are also available during the summer months. Additionally, the facility is home a USAG competitive team for Levels 1-9. Visit the [Gymnastics webpage](#) for more info.

### Track & Field

Introduction to track and field offers physical training and athletic competition for ages 8 to 14 regardless of experience or skill. This program emphasizes the value of good sportsmanship, discipline, teamwork, personal goal setting and hard work. Activities will develop the fundamentals of running, throwing and jumping with emphasis on improving endurance, strength and speed. The program includes one or two organized practices per week. Participants will have the opportunity, if they so choose, to participate in organized track meets.

Registration opens each March. [Online Registration](#)

## **Roller Hockey**

Take your children out of the cul-de-sac with street hockey, strap on some in-line skates and get them a puck and bring them to the Leonard Hall Recreation Center. A great atmosphere to learn the game of hockey. Full equipment is required which includes a helmet with a face shield, stick, shoulder pads, gloves, pants with pads and of course blades. Opportunities are available throughout the year for play.

[Online Registration](#)

## **Soccer (Indoor)**

Children will have the opportunity to learn the beginning basics of soccer. Playing indoors will help children with their passing and dribbling skills. Participants will experience increase touches on the ball to assist with improving their skills when they move outside in the spring. No practices, just games. No standing are kept and there are no playoffs. Keep yourself in shape for the spring season in a recreational atmosphere. Registration usually opens in early November and spots will fill quickly. Registrations are accepted as teams or individuals. Games will be played on Friday nights for older age divisions and Saturdays for younger teams.

[Online Registration](#)

## **Summer Sports Camps**

A variety of summer sports camps are held each year. Registration opens March 1<sup>st</sup> each year and information is posted online in January.

[Online Registration](#)

## **Partner Leagues**

Many youth sports are operated by independent, volunteer groups. A complete list with contact information is available for your reference.

Baseball, Softball & T-Ball  
BMX  
Competitive Cheer  
Football – Tackle & Flag  
Lacrosse

Rugby  
Soccer (outdoor)  
Swimming  
Wrestling

A complete list with contact details is found here: [VOLUNTEER SPORTS LEAGUES CONTACTS](#)