



Overview

The St. Mark's Youth Basketball League (SMYBL) strives to give boys and girls in Kindergarten through 2nd grade a positive experience learning fundamental basketball skills and playing team basketball. Our coaches are committed to helping each player grow in the game of basketball.

We plan to have separate divisions for boys and girls. If necessary, we may combine boys and girls to form co-ed teams. In our first three seasons, we have been able to have separate divisions for boys and girls and anticipate this will be the case again this year.

Each weekly session will last 60 minutes. Each session will consist of a 30-minute practice and a 30-minute game with another team.

Score will be kept during the games. An age appropriate amount of competition in sports can help children learn to aspire to excellence. We plan to wrap up the season with a tournament during the last session.

SMYBL is open to everyone in the community. If any questions come to mind, please contact league directors Matt Bauer and Brett Bengel at 916-961-7891 or school@StMarksLutheran.com.

Age-Appropriate Equipment

We play with 8-foot goals and junior size (27.5") basketballs so these young players can learn proper technique without being burdened by a goal that is too high and a basketball that is too heavy.

Skill Development

- Dribbling, passing, and shooting
- Jump stops and pivoting
- Rebounding
- Team defense (man to man)
- Team offense: court spacing, basic movement
- Rules of basketball

Schedule

Saturday, January 7 (morning)
Sunday, January 15 (afternoon)
Saturday, January 21 (morning)
Saturday, January 28 (afternoon)
Saturday, February 4 (morning)
Saturday, February 11 (morning)

League Features

Each player will receive a SMYBL T-shirt and team picture. A concession stand will be open during the games. The season will culminate with a brief awards ceremony in which the players will receive medals for their participation and enjoy some refreshments.

Player Equipment

Each player must be equipped with:

- Functional athletic attire, SMYBL T-shirt
- No metal jewelry, hairpieces, etc.
- Non-marking athletic shoes (wood gymnasium floor)
- Water bottle (if desired)

Registration

- Early registration fee (by December 1): \$45.00
- Late registration fee (after December 1): \$55.00
- Last year we filled up, so register early to ensure your child's spot.

Please mail the attached registration form with payment to:

St. Mark's Youth Basketball League
7869 Kingswood Drive
Citrus Heights, CA 95610

Checks can be made payable to SMYBL.

SMYBL Website

School.StMarksLutheran.com/SMYBL



2017 Registration Form

Please mail this registration form with payment to
St. Mark's Youth Basketball League (see flyer for address) by
December 1. Please keep the information flyer for future reference.

Player's name _____ Gender (circle one) boy girl
Height _____ Current grade (circle one) K 1 2
School _____
Parent's name _____
Address _____ City _____ Zip _____
Phone number _____
Email address _____

Emergency contacts (please list name and phone number)

	Name	Phone number
1.	_____	_____
2.	_____	_____

Description of special medical conditions of which we need to be aware _____

PLAYER RATING

Considering your child's basketball experience and skill for his or her age, please check the most appropriate rating:

- Beginner (little or no experience) Intermediate (some experience/skill) Advanced (much experience/skill)

T-SHIRT Please circle the desired size (Y = youth, A = adult): YS YM YL AS AM

CONSENT AND WAIVER OF RESPONSIBILTIIY

I agree that on behalf of the above named child being registered in the St. Mark's Youth Basketball League, I will not hold St. Mark's Lutheran Church and School of Citrus Heights, California, and/or its staff, coaches, or employees responsible for any injury, accident, or loss of property however caused. It is further agreed that all risks involved in participating in the said sport are assumed by the child and his parent(s) or guardian(s), who are responsible for the medical wellbeing of the participant and for all medical costs incurred in case of injury while participating in the St. Mark's Youth Basketball League. I agree to allow the above named child to be treated by an emergency medical response team or a licensed physician in the case of an emergency.

Parent's signature _____ Date _____

You will be contacted prior to the start of the season to verify your child's registration and confirm the details.