

# SportsPlex Newsletter



Activities Newsletter - Fall 2018

www.cvsportsplex.org

## \*Basketball Clinic Pre-K & Kindergarten

This clinic will help assist participants in building a solid foundation in terms of fundamentals. The clinic will consist of a variety of drills to help improve ballhandling, shooting, passing, defense, rebounding, and more. The clinic will meet five times on Tuesdays and Thursdays at 5:30 at the Cedar Valley SportsPlex.

Registration Begins: 8/29/18

Site: Cedar Valley SportsPlex

Fee: \$27

Program Dates: 10/9/18- 10/23/18

Registration Deadline: 10/3/18

Member Fee: \$24

Program #: 82010

### Session 2

Site: Cedar Valley SportsPlex

Program Dates: 12/4/18-12/18/18

Registration Deadline: 11/28/18

Program #: 82020

## \* Youth Basketball 1st-3rd Girls & 1st-4th Boys

This program expands on the skills taught in the previous programs. There is a greater emphasis on rules of the game and understanding the basic flow of a basketball game. Practices and games will take place during the week in the evenings and on Saturday mornings. 1st/2nd boys and 1st/3rd girls will have 6 meetings and 3rd/4th boys will have 9 meetings.

Registration Begins: 9/19/18

Fee: \$33 (\$37 3rd/4th Boys)

Member Fee: \$30 (\$33 3rd/4th Boys)

Site: Cedar Valley SportsPlex

Session 1 Registration Deadline: 10/31/18

League	Days & Program #	Dates
1st/2nd Boys	Mon Evenings & Sat AM - 81020	Nov. 3 - Nov. 19
1st/3rd Girls	Thurs Evenings & Sat AM - 81025	Nov. 1 - Nov. 17
3rd/4th Boys	Mon/Thurs Evenings & Sat AM - 81030	Nov. 1 - Nov. 19

Session 2 Registration Deadline: 1/2/19

3rd/4th Grade Boys League Registration Deadline: 2/6/19

League	Days & Program #	Dates
1st/2nd Boys	Tues/Fri Evenings - 81040	Jan. 8 - Jan. 25
1st/3rd Girls	Tues/Fri Evenings - 81045	Jan. 8 - Jan. 25
3rd/4th Boys	Tues/Fri Evenings - 81050	Feb. 12 - March 12

## \*Youth Basketball 5th-6th Grade Boys & 4th-6th Grade Girls

This program will include basic fundamental instruction through team practices and league play with heavy emphasis placed on sportsmanship. Participants will take part in a skills assessment on November 26th and then be placed on a team for league and tournament play. Carpools may not be accommodated to assure talent level is evenly distributed. This league will conclude with a tournament and a league championship game. Referees and score-keepers will be used for games. Awards for 1st and 2nd place teams in both divisions. Program meets on Monday evenings and Saturday mornings between 9AM and noon.

Programs: 4th-6th Grade Girls & 5th-6th Grade Boys

Skills Assessment: November 26th Girls @ 6:00 PM & Boys 7:00 PM

Program Dates: 11/26/18-2/8/19

Site: Central Middle School

Registration Begins: 10/10/18

Registration Deadline: 11/21/18

Fee: \$47

Member Fee: \$42

Program #: Girls: 81050

Boys: 81055

## Registrations

You can now register online! Please visit the website to register your child today for our community recreation programs. It's quick and easy! Visit our website at [www.cvsportsplex.org](http://www.cvsportsplex.org) or email [leisure.services@waterloo-ia.org](mailto:leisure.services@waterloo-ia.org).

## \*Tumbling

Join the Cedar Valley SportsPlex tumbling class! We teach beginner tumbling moves to kids while helping them develop body awareness, flexibility and strength. This beginning class is designed for children who have little to no experience with tumbling. It is a safe and enjoyable way for children ages 3 to 5 to learn the basics on tumbling. Program will have 5 meetings at 5:15 PM Mondays and Wednesdays.

Registration Begins: 9/26/18

Site: Cedar Valley SportsPlex

Fee: \$40

Registration Deadline: 10/31/18

Member Fee: \$36

Ages 3-5	Days	Time & Program #	Dates
	Mon. & Wed	5:15 pm - 83010	Nov. 5 - Nov. 19

## \*Fall Soccer

The Cedar Valley SportsPlex is partnering with the Hawkeye Community College Redtails Soccer! Boys and girls will receive 4 weeks of instruction in soccer fundamentals and participate in team practices and recreational games. All teams will be coed. Team practices and games will be held between 5:30 and 7:30 PM every Tuesday and Thursday. Shin guards are highly recommended. Space is limited so register early. Fee includes team T-shirt.

Registration Begins: 8/29/18

Program Dates: 10/2/18-10/25/18

Pre/K - 1st Grade- 5:30PM-6:15 PM

2nd-4th Grade - 6:30-7:15 PM

Site: Cedar Valley SportsPlex

Registration Deadline: 9/26/18

Fee: \$40

Member Fee: \$36

## \*Taekwondo

Misting Dragon Martial Arts is committed to providing the highest quality martial arts instruction and training in a friendly, positive environment. Individuals of all ages with or without previous martial arts experience can learn to defend themselves, receive a great workout, have fun, and improve as individuals. In addition to punching and kicking techniques of Tae Kwon Do, students learn self-defense and martial arts weaponry. The program will be offered on Mondays and Wednesdays starting September 10th, 2018.

Beginner Taekwondo: Program #- 47040

This 10 week program is for all ages 5 and up, who have less than 1 year of experience in Taekwondo. This class is an introduction to "empty hand" defense. Students will learn punches, kicks and traditional form.

Time: 6:00-6:35 PM

Intermediate Taekwondo: Program #- 47050

This 10 week program is for ages 8-16 years old with over 1 year of experience. Students will advance in sparring situations and begin to learn falling and throwing techniques from a variety of defense positions.

Time: 6:45-7:30 PM

Adult Taekwondo: Program #- 47060

This 10 week program is for ages 16 and up, any experience level. Students will work at skill level, defining punches kicks and sparring tactics. Advanced students will progress to weaponry attacks and defense.

Time: 7:40-8:40 PM

Program Dates: 09/10/18-11/14/18

Registration Deadline: 9/7/18

Fee: \$75

Member Fee: \$50

## Key Card Holders

**Waterloo** Key Card holders may register for any program with an asterisk (\*) for half price. Registrants must present their Key Card at time of registration to be eligible for this fee reduction. Key Cards are issued exclusively through Operation Threshold. To inquire about eligibility, call Operation Threshold at 235-6243.

# Cedar Valley SportsPlex Activities...

## Swimming Lessons

Classes are offered in four week sessions on **Tuesdays and Thursdays from 6:30-7:15PM or 7:30-8:15PM**. Our classes are based on a program established by the Cedar Valley SportsPlex Staff. All class meetings are 40 minutes **Registration Deadline for Session 1 is September 12th and October 17th for Session 2.**

\* **Infant - 2 Week - \$25 (CVSP Member \$22.50)** - Infant classes are for children 6 months to 2 years old. Parents must be prepared to accompany the child in the water. Infant classes are designed to orientate the child to the water, develop basic swimming skills, and to help parents learn how to work with their child in the water.

\* **Toddler - 2 Week - \$25 (CVSP Member \$22.50)** - Classes are designed for children 2 to 4 years old. Parents must be prepared to accompany their children in the water. Toddler classes are designed to orientate the child to the water, develop basic swimming skills, and to help parents learn how to work with their child.

\* **Preschool - 4 Weeks - \$35 (CVSP Member \$31.50)** - Classes are designed for children 3 to 5 years old. Preschool classes are designed to orientate the child to the water, develop basic swimming skills, and to become more confident and independent in the water. Children will be introduced to deeper water. Parents may be asked to enter the water.

\* **Swabbies (age requirement: 5 years) - 4 Weeks - \$37 (CVSP Member \$33)** - This class is focused on water orientation and helping students enjoy the aquatic environment. There will be an introduction to kicking on front and back. This level is for those who have passed Preschool.

\* **Deck Hands - 4 Weeks - \$37 (CVSP Member \$33)** - This class is focused on helping students become more independent in the aquatic environment. There will be an introduction to freestyle and back stroke. This level is for those who have passed Swabbies and are able to do all skills taught in Swabbies.

\* **1st Mates - 4 Weeks - \$37 (CVSP Member \$33)** - Students will be introduced to more advanced freestyle skills, as well as an introduction to elementary backstroke. Students will be introduced to deep water. This level is for those who have passed Deck Hands and are able to do all skills in Deck Hands.

Session 1		Session 2	
September 18 - October 11		October 23 - November 15	
Infant (9/18-9/27)	Preschool	Swabbies	Preschool
Toddler (10/2-10/11)	Deck Hands	1st Mates	

Parent's/Guardian's Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

CVSP is committed to inclusion. Does your child require any modifications to help him/her be successful? \_\_\_\_\_

Participant's Name (Last, First)	M/F	Birth Date	Current Grade	Program #	Program Name	Fee
		/ /				
		/ /				
<b>TOTAL \$</b>						

### Method of Payment

- Cash     Check  
 Visa     Mastercard  
 Discover

Card Number \_\_\_\_\_

Exp. Date (Month/Year) \_\_\_\_\_

### \*FOR OFFICE USE ONLY

Amount: \_\_\_\_\_

Date Received: \_\_\_\_\_

Staff Initials: \_\_\_\_\_

### Important Information

The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety.

**Warning of Risk:** Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety.

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:** Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided). As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including officers, officials, agents, volunteers, independent contractors, instructors, servants and employees.

I further agree to indemnify and hold harmless and defend Waterloo Leisure Services and Cedar Valley SportsPlex staff to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's/ward's immediate care and I agree that I will be responsible for payment of any and all medical services rendered.

**PHOTO POLICY:** The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television.

**REFUND POLICY:** Refunds are issued in full if a class is full or cancelled by the Sports Department. Refunds for personal reasons must be submitted in writing. Approved refunds prior to the start date will be assessed a \$5 administration fee. Refunds may not be issued after team assignments have been made for select programs. Refunds approved after the first meeting will be charged a \$10 administrative fee. The Waterloo Leisure Services Department reserves the right to deny a request for a refund. If your request has been denied, you will be contacted by a staff member from the Leisure Services Department. All refunds will be mailed within three weeks.

**If registering online, via phone or email, my facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and fully understand the above important information, warning of risk, waiver and release of all claims and assumption of risk, permission to secure treatment and photo/video authorization.**

X \_\_\_\_\_  
Signature of Parent, Guardian or Participant (Under 18)

\_\_\_\_\_ Date

X \_\_\_\_\_  
Print Name of Parent, Guardian or Participant (Under 18)

\_\_\_\_\_ Date