

Volunteers **NEEDED!!**

All of our coaches are volunteers who have jobs, families and other obligations. Because of this we do everything in our power to work around our volunteers schedules. Your help is desperately needed and it's a great bullet for OPR/EPR/1206's!

Typically, practices and games are on weekdays between 1730 and 2030, and only 2 events are scheduled per week (i.e., 1 game & one practice).

To get started, you must fill out a coaching application and turn it in at the Youth Center. We will schedule and **PAY FOR** your National Youth Sports Coaching Association (NYSCA) training and for your First Aid and CPR certification training. Finally, you must attend a coaches meeting for a bit more training and information prior to the sports season.

**If you have questions regarding Sports, Camps, Activities and more
Contact our Youth Sports Director, Mr. Kayline Hamilton, at 434-2503
or email kayline.hamilton@us.af.mil**

**Keep
Your Eye
on the
Ball!**



CAFB Youth Sports

SPORT	REGISTRATION	SEASON PLAYED	AGES
Basketball	December	January - February	3-18
Spring Soccer	February	March - April	3-18
T-Ball	April	May-June	3-7
Baseball	April	May-June	8-18
Softball	April	May-June	8-18
Flag Football	July	August-September	3-18
Cheerleading	July	August-September	3-18
Fall Soccer	September	October-November	3-18
Volleyball	October	November-December	8-18

Seasons are six weeks long and the cost is only \$40 per participant. Every athlete will receive a team T-shirt and a small award at the closing ceremonies! Current sports physicals required at the time of registration for EVERY athlete. See inside for more info.

START SMART

We offer the "Start Smart" program for 3 and 4 year olds for most of our sport seasons. This is a fantastic program that requires a parent or guardian to actively participate during the once-a-week practice that lasts no longer than one hour. This is a six-week experience and the cost is only \$35 per child. Each little athlete will receive a team shirt and a small award at the closing ceremonies!

Involvement in team sports helps youth
BUILD HEALTHY LIFESTYLE HABITS
they will carry with them throughout their lives.

It is our goal to encourage good
SPORTSMANSHIP & RESPONSIBILITY,
teach positive **TEAMWORK,**
increase **CONFIDENCE LEVELS,**
help improve
COORDINATION and MOTOR SKILLS,
give a sense of **INDIVIDUAL & TEAM PRIDE,**
and develop a life-long
MINDSET TOWARD PHYSICAL FITNESS.

CHECK US OUT!

YOUTH SPORTS ADVISORY BOARD

It is our goal to provide the best Sports programming to the youth of Columbus Air Force Base. The Youth Sports Advisory Board is a streamlined way to enhance the programs. The board meets quarterly and consists of parents, coaches and officials.

Parents are welcome to attend to share fresh ideas, suggestions and concerns. Contact Mr. Hamilton at 434-2503 or by email at kayline.hamilton@us.af.mil for more information and meeting dates.



Get up. Get out. Get Fit.
Together.

Check out the FitFamily program! This web based, goal incentive program gives families the opportunity to set fitness goals and monitor their progress. Open to all active duty, reserve, national guard, DOD, and civilian families. Find out more at: www.usafitfamily.com

If you have questions regarding Sports, Fit Factor, Camps, Activities and more
Contact our Youth Sports Director, Mr. Kayline Hamilton, at 434-2503
or email kayline.hamilton@us.af.mil

Keep
Your Eye
on the
Ball!



Registration information & deadlines are advertised on the Youth Center's monthly calendar, in "FYI" (14 FSS' monthly calendar publication), in the Silver Wings, and on marquees throughout the base.

SPORTS PHYSICALS

All youth sports participants are required to have an annual physical. The physical must be on file with the Youth Center **AT THE TIME OF REGISTRATION**, and it must be current for the entire sports season. (AFMAN 34-804 Section 7.1)

"Wellness Checks" are available at the base clinic and are now accepted as a Sports Physical. In the event that the base clinic is unable to complete a Sports Physical/Wellness Check in time for registration, you may request a referral to a provider in town

from the clinic. Also, for your convenience, following is a list of local medical providers which perform the required physicals:

- **Columbus Children's Clinic**
200 Park Creek Drive
(662)327-8410
Cost - \$25 (if becoming a patient)
- **Clinic @ Walmart**
1913 Highway 45 North
(662)328-1918
Cost - \$29
- **Lowndes Family Medical Clinic**
56 Dutch Lane
(662)329-3808
Cost - \$32

*Prices listed are set by the medical provider and are subject to change

