

# SPORTS

Recreation Supervisor, Jason Keppler

## YOUTH BASKETBALL

### HEAD START LITTLE DRIBBLERS (Auxiliary Gym)

The Head Start Basketball Little Dribblers Program is designed to provide a positive and fun environment for kids to develop their basketball dribbling skills with individual attention given to each player. The Little Dribblers program will actively, creatively, and playfully engage players in ball handling skills and drills. The ultimate goal is to get your little dribbler comfortable and confident with a basketball in their hands, able to utilize both their right and left hand equally effectively.

REGISTER at [www.headstartbasketball.com](http://www.headstartbasketball.com)

Grades: K-3

Tuesdays 5/10-5/24 6:00-7:00pm

Fee: \$30

### HEAD START BASKETBALL CAMP (Rec Center Gyms)

Emphasizing the fundamentals of basketball with individual attention given to each young player. The campers will be taught the basic techniques of shooting, dribbling, passing, rebounding, and defense. The camp will not only provide a fundamental base for each young player, but will also be a fun and enjoyable experience for every camper. Our coaches work with the campers on developing their individual basketball skills while also teaching sportsmanship. We want to make the most of every day and we do that with enthusiasm and a positive attitude. Learning is FUN!

Here are just a few things you will learn out on the court

\*Ball handling drills that you can work on at home to become more confident with the ball

\*Proper shooting technique

\*Passing and catching skills

\*How to box out your opponent and grab a rebound

\*Defensive stance and movements

\*Sportsmanship

\*How to be a good teammate

\*Basic 3 on 3 basketball strategy

REGISTER at [www.headstartbasketball.com](http://www.headstartbasketball.com)

Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or [headstartbasketball@usa.net](mailto:headstartbasketball@usa.net) for more information

<b>Grades: 1-8</b>	1:30-4:30pm		
Monday-Friday	6/6-6/10	Boys and Girls	Grades K-6
Monday-Friday	6/13-6/17	Boys Only	Grades K-6
Monday-Friday	6/20-6/24	Boys and Girls	Grades 4-8
Monday-Friday	6/27-7/1	Boys and Girls	Grades K-6

Fee: \$100

### HEAD START BASKETBALL SKILLS CHALLENGE (Auxiliary Gym)

Test your ability in a variety of basketball skills competitions. Shooting, dribbling, and passing games will allow players of all ages and abilities to show off their fundamentals and have fun doing it. There will be favorites like knock-out and free throws, but plenty of new contests too! We will also play a half-court team tournament. The Skills Challenge will be directed by former Strongsville High and Kent State University player Mike Klinzing who has more than 25 years of basketball camp experience.

REGISTER at [www.headstartbasketball.com](http://www.headstartbasketball.com)

Grades: 2-7 (grade last year) Class Limit: 78

Monday-Tuesday 8/1-8/2 1:30-4:30pm

Fee: \$50

## YOUTH T-BALL, BASEBALL & SOFTBALL

### STRONGSVILLE T-BIRD T-BALL by Jump Start Sports (Field TBD)

A fun and highly instructional introduction to baseball for 3 and 4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Instruction is conducted by the Jump Start Sports coaching staff. Players receive a MLB hat, team tee shirt, and baseball medal. Volunteer Coaches may also participate.

REGISTER at <https://www.jumpstartsports.com/camps-and-programs>

Ages: 3-4 years

Saturdays 4/16-5/21 9:00am or 10:00am (1 hour)

Saturdays 6/11-7/23 9:00am or 10:00am (1 hour)

Saturdays 9/10-10/8 9:00am or 10:00am (1 hour)

Fees: Residents \$95  
Non-Residents \$100

### YOUTH LATE SUMMER BASEBALL LEAGUES

Registration will begin June 16 and go until leagues are filled or July 7, whichever comes first.

Ages: 5-18 yrs. (as of Aug. 1, 2022)

Co-Ed	5-6 yrs.	T-Ball
Boys	6-8 yrs.	Coach Pitch
Boys	9-10 yrs.	Kid Pitch
Boys	11-13 yrs.	Kid Pitch
Boys	14-18 yrs.	Kid Pitch
Girls	7-9 yrs.	Coach Pitch
Girls	10-11 yrs.	Fast Pitch
Girls	12-14 yrs.	Fast Pitch

Practices: Start mid-late July. One weeknight and one weekend time.

Games: 2 per week, Monday-Thursday. Starting early-mid August through the end of September/beginning of October. Each team will play ten games.

Coaches: Parents or adults interested are encouraged to fill out an application.

Fees: Residents \$55  
Non-Residents \$70

### YOUTH SANDLOT BASEBALL (Wood Field)

Playground baseball like in the 50's and 60's. Parents are encouraged to join along in this fun filled, low key activity.

Ages: 9-16 years Class Limit: 40 (boys & girls)

Wednesdays 6/8-8/10\* 10:00am-12:30pm

Tuesdays & Thursdays 6/7-8/11\* 10:00am-12:30pm

\*Make-ups on Fridays

<b>Fees:</b>	<b>Wed</b>	<b>Tues/Thurs</b>	<b>All 3 Days</b>
Members	\$20	\$35	\$45
Non-Members/Residents	\$25	\$40	\$50
Non-Members/Non-Residents	\$35	\$50	\$60

<b>Drop-In Fees:</b>	Members	\$3/day
	Non-Members/Residents	\$4/day
	Non-Members/Non-Residents	\$6/day

## YOUTH TRACK & FIELD

### STRONGSVILLE TRACK AND FIELD by Jump Start Sports

Children entering grades K-6 get on the "fast track" to track and field. Experienced coaches teach children proper techniques for running, jumping, and throwing events in this fun "mini-class." Events include age appropriate instruction and competition for sprints, mid-distance, long distance, hurdles, relays, long jump, and javelin throw. Instruction will occur for three weeks and will conclude with a multi community track meet.

**REGISTER at <https://www.jumpstartsports.com/camps-and-programs>**  
**Grades: K-6**

**Instructional Classes** (Strongsville Middle School)  
 Tuesdays 6/14-28 6:00-8:00pm

**Multi-Community Track Meet** (Lavelli Field Track-Hudson)  
 Saturday 7/9 Time TBA

**Fees:**  
 Residents \$95  
 Non-Residents \$100

## YOUTH TENNIS

### YOUTH TENNIS LESSONS (City Tennis Courts next to Library)

Students will learn the basic skills, rules, and sportsmanship from Sean Black, current high school varsity tennis coach, former collegiate player with over ten years of tennis instruction experience.

**Ages: 6-14 years Class Limit: 16 per class**  
**4 weeks (8 classes weather permitting)**

Session 1  
 Ages: 5-8 years M/W/Th 6/6-6/23 8:30-9:30 am  
 Ages: 9-12 years M/W/Th 6/6-6/23 9:30-10:30 am  
 Ages: 13-16 years M/W/Th 6/6-6/23 10:30-11:30 am

Session 2  
 Ages: 5-8 years M/W/Th Dates below 8:30-9:30 am  
 Ages: 9-12 years M/W/Th Dates below 9:30-10:30 am  
 Ages: 13-16 years M/W/Th Dates below 10:30-11:30 am  
 Session 2 Dates: 6/29, 7/4, 7/6, 7/7, 7/11, 7/13, 7/14, and 7/20

Make-up/Rain-Out Dates: TBA

**Fees:**  
 Members \$95  
 Non-Members/Residents \$103  
 Non-Members/Non-Residents \$119

### STRONGSVILLE PRESCHOOL TENNIS CAMPS by Jump Start

(City Tennis Courts next to Library)

Strongsville Preschool Tennis is a fun, interactive program for children ages 3-5. The use of smaller racquets and foam balls will enable children to learn forehand, backhand, serving and volley.

**REGISTER at <https://www.jumpstartsports.com/camps-and-programs>**  
**Ages: 3-5 years**

Thursdays 6/9-7/14 5:30-6:00pm OR 6:00-6:30pm

**Fees:**  
 Residents \$95  
 Non-Residents \$100

### STRONGSVILLE TENNIS CAMPS by Jump Start

(City Tennis Courts next to Library)

In this fun, recreational tennis program, beginners will receive instruction on the fundamentals of the game by developing their skills in ball control, stroke techniques, practice habits, and court etiquette.

**REGISTER at <https://www.jumpstartsports.com/camps-and-programs>**  
**Ages: 6-9 years**

Thursdays 6/9-7/14 6:30-7:30pm

**Fees:**  
 Residents \$95  
 Non-Residents \$100

## YOUTH VOLLEYBALL

### YOUTH VOLLEYBALL CLINIC (Auxiliary Gym)

If you are looking to learn how to play volleyball or improve your skills, then this clinic is for you.

**Boys & Girls Grades: 3-7**

**Class Limit: 24 8 Week Sessions**

Grades 3-4/Beginner

Tuesdays 6/7-7/12 4:45-6:00pm  
 Tuesdays 7/19-8/16 6:00-7:15pm

Grades 5-7/Intermediate

Tuesdays 6/7-7/12 4:45-6:00pm  
 Tuesdays 7/19-8/16 6:00-7:15pm

**Fees:**

Member \$48  
 Non-Member/Resident \$53  
 Non-Member/Non-Resident \$63



## YOUTH FITNESS

### INTRODUCTION TO YOUTH STRENGTH TRAINING

Girls and boys (ages 12-14) learn proper strength training guidelines and terminology. Learn how to safely utilize strength training and cardio equipment. Upon successful completion of this course, a certification will be granted which provides access to the strength and cardio machines in the Cardio Area of the Rec Center only. (After you have completed the course, non-members must pay the normal daily guest rate to gain access to the facility and the equipment.) All certified youth must be able to show their certification card if asked when working out in the cardio area.

**Ages: 12-14 years Class Limit: 5**

Wednesdays 5/4-5/25 3:30-4:30pm  
 Wednesdays 6/1-6/22 3:30-4:30pm

**Fee:**  
 Member \$45  
 Non-Member/Resident \$53  
 Non-Member/Non-Resident \$60

### FASTBREAK

A challenging conditioning program designed to enhance speed, strength, and endurance. Build confidence and self-esteem through teamwork and fun. This class is for kids who are striving to be the best they can be.

**Ages: 11-14**

Wednesday 5/4-5/25 4:30-5:20pm  
 Wednesday 6/1-6/22 4:30-5:20pm

**Fee:**  
 Member \$25  
 Non-Member/Resident \$30  
 Non-Member/Non-Resident \$35

## YOUTH & ADULT TABLE TENNIS

### TABLE TENNIS OPEN PLAY (Event Center)

Come on out and play a competitive game of table tennis. If you are a beginner don't worry. David Pech, a USATT Certified Club Coach, will help you with instruction. Go to [www.strongtt.info](http://www.strongtt.info) for more information.

#### Ages: All & Seniors

Tuesdays & Thursdays TBD 6:00-8:00pm

#### Registration Fee (May-August):

Adult \$55  
 Senior/College \$45  
 Youth \$35  
 Youth with paying adult \$25

There is no drop in fee for those that pay the registration fee.

#### Daily Drop-in Fees for those that do not pay the registration fee:

Adults \$6  
 Seniors/College \$5  
 Youth \$4  
 Youth with paying adults \$3



## YOUTH YOGA

### YOGA FOR KIDS (Mind & Body Studio)

These fun-filled classes strengthen confidence and self-esteem, concentration and attention span, fine motor and gross motor skills, and help children to find inner calm and relaxation. We'll practice age appropriate poses, play games, read stories, breathe, and relax! **Instructor: Nicole Crosby**

**Ages: 2-6 years Class Minimum: 3 Maximum: 10 4 Classes**

Ages 2-4 (with caregiver participation)

Saturdays 6/4-6/25 12:00-12:45pm  
 Saturdays 8/6-8/27 12:00-12:45pm

Ages 4-6 (without caregiver participation)

Saturdays 6/4-6/25 1:00-1:45 pm  
 Saturdays 8/6-8/27 1:00-1:45pm

**Fees:** Members \$35  
 Non-Member/Residents \$40  
 Non-Member/Non-Residents \$44

### YOGA FOR TWEENS (Mind & Body Studio)

Yoga for tweens/ teens includes strategies to relax and release stress, beginning meditation activities, sequenced yoga poses, partner poses and group games.

**Instructor: Nicole Crosby**

**Ages: 7-11 years Class Minimum: 4 Maximum: 12 4 Classes**

Saturdays 6/4-6/25 2:00-3:00 pm  
 Saturdays 8/6-8/27 2:00-3:00 pm

**Fees:** Members \$35  
 Non-Member/Residents \$40  
 Non-Member/Non-Residents \$44

## ADULT BASKETBALL LEAGUES

Ages:18 & Older

League	Dates	Start Times	Limit	Reg Fee	Forfeit Fee	# of Games
Tuesday 4x4	5/10-8/9	6:00-9:30pm	12 Teams	\$175	\$80	*12
Thursday 3x3, 40+	6/9-8/18	6:30-8:30pm	12 Teams	\$100	\$80	*8
Sunday Lower, 5x5	5/22-8/14	12:00-5:30pm	18 Teams	\$175	\$80	*8-9
Sunday Middle, 5x5	5/22-8/14	12:00-5:30pm	18 Teams	\$175	\$80	*10

\*Plus playoffs

**Referee Fees:** \$34 per team, per game (\$22 for the 3x3 league)

**Registration Dates:** 4/1-4/20



## ADULT SOFTBALL LEAGUES

Ages:18 & Older

League	Format	Start Times	Limit	Reg Fee	Forfeit Fee	# of Games
Co-Ed Friday	Single Game	6:30-9:30pm	24 Teams	\$275	\$80	*4
Men's Monday	Double Header	6:30-9:30pm	16 Teams	\$300	\$135	*8
Men's Wednesday	Double Header	6:30-9:30pm	16 Teams	\$300	\$135	*8
Men's Sunday	Double Header	9:00am-12:00pm	12 Teams	\$295	\$135	*10

\*Plus playoffs

**Dates:** 9/7-12/23

**Umpire Fees:** \$26 per team, per game

**Registration Dates:** 7/21-8/21

