

REGISTRATION:

Place a check to indicate which program you would like to participate in:

- Men's Recreational League (30+)
- Men's Competitive League (18+)

TEAM NAME: _____

CAPTAIN: _____

EMAIL: _____
(Mandatory)

PHONE: _____

Roster:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Sub: _____

Sub: _____

Sub: _____

I understand that my team's participation in any of these activities involves certain risk and regardless of the precautions taken by the YMCA staff and volunteers injuries can occur. I agree to absolve, and hold harmless the YMCA staff, volunteers and directors in case of an injury to myself or a team mate.

SIGNATURE: _____

Need to Know

1. Captains are responsible for communicating on behalf of their teams.
2. League communications are most effective through e-mail or text messages so please be sure your captain provides an e-mail address they check regularly.
3. All Captains will receive league "rules" to distribute to their teams.
4. Children under the age of 12 who are guests of the league must be supervised by an adult who is not actively involved in play. They must also remain in the gymnasium.
5. Participation of non-members in the league does not include access to the rest of the YMCA facility.
6. Teams are limited to only 4 players and 3 subs per team. With a total of 7 players.

The YMCA thanks you for your support of our programs and mission. We appreciate good sportsmanship and respect during league play.

Please stop at the Front Desk for more information on joining the facility as a member or becoming a volunteer within our programs.



Oneida Family YMCA
701 Seneca St.
Oneida, NY 13421
P 315-363-7788
www.ymcatrivalley.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT BASKETBALL LEAGUES

ONEIDA FAMILY YMCA

Men's Recreational League (30+)

Men's Competitive League (18+)



LEAGUE RUNS

September 28th - November 30th

\$175 per Team

MEN'S RECREATIONAL LEAGUE

30 YEARS +

The Oneida YMCA is hosting a Men's Recreational Basketball League on Saturday mornings for men 30 years and older.

This recreational league will promote the basics of men's basketball, while striving to be fun. Play is a 4 v 4 format, half court, call your own fouls with two 20-minute halves.

This is a 10 week league that includes 1-2 weeks for playoffs. Teams are allowed up to three additional players to register as substitutes.

TIME: 8:00AM—10:00AM

PRICING PER TEAM: \$175

MEN'S COMPETITIVE LEAGUE

18 YEARS +

The Oneida YMCA is hosting a Men's Competitive Basketball League on Saturday mornings for men 18 years and older.

This competitive league will promote the basics of men's basketball, while striving to be fun and competitive. Play is a 4 v 4 format, half court, call your own fouls with two 20-minute halves.

This is a 10 week league that includes 1-2 weeks for playoffs. Teams are allowed up to three additional players to register as substitutes.

TIME: 10:00AM—12:00PM

PRICING PER TEAM: \$175

HOW DO I REGISTER?

1. Each team will select a captain.
2. The captain will register at the Oneida Family YMCA Front Desk by paying their team entry fee and submitting a team roster.
3. Payment in full and a completed team registration form is required at the time of registration.

Captains can now register online by going to www.ymcatrivalley.org

There will be a prize given away to the winning team for a \$40 gift card.

If you have any questions or concerns please feel free to contact me, Gregory Torrey, at 315-363-7788 ext. 224

Please feel free to join us on Facebook and to also download our new mobile app, YMCA of the Greater Tri Valley, which is available on the App store!

