

## 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 phone calls, please leave your contact info when you register.
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.

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](http://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

January 27th– April 14th

## 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 2 weeks for playoffs. Teams are allowed up to three additional players to register as substitutes.

**WHEN:** January 27th—April 14<sup>th</sup>

**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 2 weeks for playoffs. Teams are allowed up to three additional players to register as substitutes.

**WHEN:** January 27th— April 14th

**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.
4. All teams that would like to participate must be registered and paid in full by the registration deadline of January 24<sup>th</sup> for your team to participate and be placed on the schedule.

Captains can now register online by going to [www.ymcatrivalley.org](http://www.ymcatrivalley.org)

There will be a prize given away to the winning team for a \$10 gift to the YMCA for each of the 4 players on the roster.

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!

