

Revised 4-18-08

Christ United Methodist Church
Sports Progression through Age Group Classification

Soccer: Registration May 1-May 30

(Fall: August-November 15)

- Jr K & K boys and girls (COED)
 - Play 3 v 3
 - Size 3 ball
 - No score is kept
 - Each child gets the opportunity to possess the ball and learn to use his/her feet
 - Players are taught basic rules of soccer (i.e. no hand balls)
 - Major emphasis on fun while learning very basic soccer skills (kick and run)
 - They learn the fundamentals of spacing in a triangle
 - All players play each position in each game
 - Teams practice once before the season starts and they practice during warm up each game
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- 1st & 2nd grade boys and girls (teams divided)
 - Play 6 v 6
 - At this age the emphasis is fun while we begin to teach teamwork and passing in triangle
 - All players play each position every game
 - Continue to build on rules and skills from micro soccer
 - Teach more advanced skills (i.e. dribbling, passing)
 - Work on individual skills
 - One practice per week and one game per week
 - MCRA League

- 3rd & 4th grade boys and girls (teams divided)
- Play 9 v 9
- Continue to build on skills/triangle formation
- Begin to teach team concepts and improved passing
- Learn positioning
- Emphasize the correct way to execute skills
- Two 1-hour practices per week and one game per week
- MCRA League

- 5th & 6th grade boys and girls (teams divided)
- Play 11 v 11
- This is full soccer governed by the National Federation of High Schools
- Continue to work on and improve skills and rule understanding
- Preparing for 7th & 8th grade school level
- Reinforce ideals about sportsmanship and fair play
- Two 2-hour practices per week
- MCRA League/PAA

Youth Soccer

- 7th grade and up boys and girls (teams divided COED)
- Governed by National Federation of High Schools
- Various divisions based on ability level of teams
- One 1-hour practice per week and one game per week
- MCRA League/PAA

Basketball: Registration October 1-November 1

- Jr K & K-Beginner
- Boys and girls (COED)
- Play on 7 foot goals
- 28.5 basketball
- No score is kept
- Emphasis on FUN
- Teach the fundamentals of shooting, passing, dribbling and defense

Bantam Boys and Girls

- 1st & 2nd grade boys and girls (teams divided)
- Play on 8.5 foot goals
- All scores are reset at the quarter
- Emphasize fun at this age level
- At 1st & 2nd grade work hard on individual fundamentals and skills
- Teach the children about sportsmanship
- One 1-hour practice per week and one game per week
- MCRA League

Lassie Girls and Midget Boys

- 3rd & 4th grade boys and girls (teams divided)
- Play on 8.5 goals
- 28.5 basketball
- Score is kept in this group
- Team concepts should be taught (i.e. offense)
- Build on skills and rule understanding
- Teach team offenses and defenses
- Begin to teach more advanced basketball skills (i.e. boxing out)
- Two 1-hour practices per week and one game per week
- MCRA League or Memphis Park Commission

Junior Girls and Pee Wee Boys

- 5th & 6th grade boys and girls (teams divided)
- Play on 10 foot goals
- 28.5 basketball
- Everything should begin to come together by this age
- Beginning to teach more difficult plays (offensive and defensive)
- Intensity is stronger at this age so our program continues to teach sportsmanship and fair play
- Two league choices at this age
 - PAA (school/church league divided by grade and ability)
 - Two 2-hour practices per week and one or two games per week

MCRA League-Two 1-hour practices per week and one game per week

Youth

- 7th grade and up boys and girls (teams divided)
- Various divisions based on ability level of teams
- One practice per week and one game per week
- MCRA League

Football: Registration May 1-June 1

- 5th & 6th grade boys
- PAA league (church and day school members only)
- Teach fundamentals
- Teach positions and techniques
- Concentrate on safe tackling and blocking
- Three or four practices per week and one game per week
- Designed to make players fundamentally sound to help them in junior high football programs
- Also gives kids a chance to try football before they get to junior high school and are committed to a program

We also offer Cheerleading, Cross Country, Golf and Volleyball in the fall through the PAA League. Participants must be church or day school members to qualify. Registration May 1-June 1

In all sports when there is more than one team in a league, players will be divided by age and ability. Teams will be divided by the staff and the Board of Control, unless a draft is requested by the Board of Control. Player requests will be honored only if the Athletics Committee approves and then only one request will be allowed. These requests must be reciprocal. The Athletics Ministry Staff and Committee believe that all children have the right to participate in every game. Some leagues dictate the amount of playing time each child must receive and some do not. We do request that all children play at least 50% over the course of the season including scrimmages and league games.

Coaches must be members of CUMC or regular participants in our program approved by the Athletics Ministry Staff and Committee. All coaches must be trained in the Protect Our Kids Program and must attend the coaches' meetings. Coaches may be dismissed any time the safety of a child is compromised, league rules are not followed, or in any way the coach and team do not represent CUMC in the most Christlike manner.

Practices will be scheduled through the Athletics Ministry office. The Athletics Ministry staff will determine rainouts.

Children and youth will have gym and field priority for practice and game times during sport specific seasons.

- Baseball/Softball/T-Ball: February-July 15
- Soccer: August-November 15
- Basketball: October 15-March 15 (with the exception of Monday night for men)
- Adult sports programming will take precedence over free play during sport specific seasons.

All other programming will be relocated during these sports seasons.

Parents are asked to support their child's team by prioritizing their child's participation in practices and games. Parents are also asked to attend their child's game and volunteer through the Athletics Ministry.

You can register for sports on our website at cumcmemphis.org/register. The registration site will only be available for the month each specific sport has registration available. For more information, you can contact us at 683-6887. Rainout information and cancellations are posted on our website at cumcmemphis.org/athletics and on 683-6887 after 2:30 p.m. weekdays and 8 a.m. weekends.