

# Adult Sports

*New*

## 5V5 Adult Flag Football

League Offerings:

Sunday Afternoon Coed Rec  
Tuesday Night Men's 'D' Rec  
Thursday Night Men's 'D' Comp

**Cost:** \$340 Team Fee

(50% due at registration to hold spot)

**Length of season:** 7 Weeks + Tournament

**Location:** Jaycee Ballfield (106th & Irma Dr.)

**Registration:** Begins Monday, January 4

**League play starts Sunday, March 14**

## Winter Adult COED Volleyball

League Offerings:

Sunday Night Coed B 6-person

**Cost:** \$310 Team Fee

(50% due at registration to hold spot)

**Length of season:** 14 three-game matches plus playoffs

**Location:** Northglenn Recreation Center

**Registration:** Accepting registrations now

**League play starts Sunday January 17** (no games February 7)

## Spring Adult COED Volleyball

League Offerings:

Sunday Night Coed B 6-Person

**Cost:** \$310 Team Fee

(50% due at registration to hold spot)

**Length of season:** 14 three-game matches plus playoffs

**Location:** Northglenn Recreation Center

**Registration:** February 1 for returning teams and February 9 for all others

**League play starts Sunday April 11**

## Winter Adult Basketball

League Offerings:

Monday Night Men's 'D' Comp (NRC) 10 teams max  
Wednesday Night Men's 'D' Rec (NRC) 10 teams max  
Sunday Afternoon Men's 'D' Rec (NRC) 12-3 p.m.; 6 teams max

**Cost:** \$495 team fee

(50% due at registration to hold spot)

**Length of season:** 10 games plus playoffs in a two-division system

**Location:** Northglenn Recreation Center

**Registration:** Accepting registrations now

**League play starts the week of January 11**

## Spring Adult Basketball

League offerings:

Monday Night Men's 'D' Comp  
Wednesday Night Men's Rec

**Location:** Northglenn Recreation Center

**Length of season:** 7 games plus playoffs for top 4 teams

**Cost:** \$365 Team Fee

(50% due at registration to hold spot)

**Registration:** February 15

**League play starts the week of April 5**

## Summer Adult Softball

League offerings:

Monday Coed  
Tuesday Men's 'D' Rec  
Wednesday Coed  
Thursday Men's 'D' Comp  
Friday Coed Church League

**Length of season:** 10 games + playoffs for all teams

**Cost:** \$525 Team Fee

(50% due at registration to hold spot)

**Location:** Jaycee Ballfield (106th & Irma)

**Registration:** Begins February 1 for returning teams and February 8 for new teams

**League play starts the week of May 3**



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### Winter COED Youth Basketball

For grades 1-9

*New!* 2 Division System:

#### Competitive A:

High school rules, free-throws, zone and man-to-man defenses

*It is recommended that Competitive A Division players have 2+ years of organized playing experience.*

#### Recreational B:

Running clock, all fouls inbounded, man-to-man defense

1st/2nd Grade: **All Recreational B**

3rd/4th & 5th/6th & 7th/9th grades

**League A: Competitive**

3rd/4th & 5th/6th & 7th/9th grades

**League B: Recreational**

Teams will practice one evening per week for one hour, beginning the week of January 11 at Hulstrom, Westview, or Northglenn Middle School

- Each team will play an 8-game schedule. All games will be played Saturdays between 8 a.m. and 3 p.m. at the Northglenn Recreation Center.
- League play begins January 23.
- All participants receive a t-shirt/jersey.
- Volunteer coaches are needed. Training will be provided for coaches on Tuesday, January 5 from 6 p.m.-7:30 p.m. at the Northglenn Recreation Center. All coaches are required to attend. Novices, as well as experienced coaches, are encouraged to sign up.

*Background checks are required for all coaching staff. Two coaches per team maximum.*

- Space is limited in this league. Register NOW!

Space is limited. Registration deadline is Monday, January 11. Call the Recreation Center at 303.450.8800 for more information.

**Fee:** \$65 Resident/\$70 Non-Resident  
*Volunteer coaches will receive a \$10 discount upon registration.*

There will be a free basketball skills clinic on Saturday, January 9 at the Northglenn Recreation Center for Winter COED Youth Basketball participants. Participants will be notified when they will need to show up for the clinic when they register. The Denver Nuggets Skills Challenge will be included as part of the skills clinic. Clinic times are as follows:

1st/2nd grades	8:30-9:45 a.m.
3rd/4th grades	10-11:15 a.m.
3rd/4th grades	12-1:15 p.m.
5th/6th grades	1:30-2:45 p.m.
7th/8th/9th grades	3-4:15 p.m.



### Recreation J.V. COED Basketball

For grades 4-9

Groups will be divided by grades 4-6 and grades 7-9. The purpose of the league is to offer boys and girls an opportunity to play the game of basketball in a community recreational setting. Emphasis will be on skill development, rules, participation, sportsmanship, and most of all, FUN!

- Saturday morning games begin April 17 at the Northglenn Recreation Center.
- Practices are one night per week for 60 minutes beginning the week of March 29 (practice sites to be determined).
- All participants receive a free t-shirt/jersey.
- All participants receive equal playing time (free substitutions are allowed only in the final 4 minutes of the game).
- Each team will play a 7-game schedule. All games played at the Northglenn Recreation Center
- Space is limited!
- Volunteer coaches are needed. Training will be provided on Tuesday, March 23 from 6-7:30 p.m. at the Northglenn Recreation Center. All coaches are required to submit a background check. Novices, as well as experienced coaches, are encouraged to sign up.

**Fee:** \$63 Residents/\$68 Non-Residents  
(Volunteer coaches will receive a \$10 discount upon registration)

**Call 303-450-8928 for more information.**  
Registration begins Monday, February 15.

### More Youth Sports Resources

If your youngster is interested in sports, check out the following community organizations:

North Metro Little League	303-451-9457	www.nmll.org
Colorado Storm Soccer Club	720-929-8159	www.coloradostormnorth.com
Northglenn Youth Football	303-451-8668	www.nyfa.net
Northglenn Judo Club	303-451-6109	www.northglennjudo.org
Northglenn Youth Basketball	303-450-8928	www.northglenn.org
Northside Vikings Youth Rugby	303-410-6500	www.northsiderfc.us
Crunchtime Flag Football	303-502-5442	www.crunchtimefootball.com