TRACK & FIELD (Spring)

Ages 7-14/Registration March 15 - May 1

As part of the Hershey Track & Field Competition participants can enter the city-wide track & field meet and have an opportunity to advance to the District, Regional, State and National Competitions beginning in May. Events will be held in the 50, 100, 200, and 400 meter dashes, 800 and 1600 meter runs, softball throw, and long jump. Register at your local Recreation Center.

TITAN TRACK CLUB (Spring/Summer)

Ages 7-14/ Registration March 15 - June 1

Participants will receive the basic skills and techniques of track and field events. Emphasis will be placed on team work, sportsmanship, commitment and healthy competition. The Track Club will compete in local track meets held around the Washington Metropolitan area.

LACROSSE PROGRAM (Spring)

Boys and Girls Grades 3 - 8

Registration January 2 - 30

Participants will have the opportunity to learn the basic skills and techniques of lacrosse. Teams will be formed to represent the Alexandria community. The program is run in conjunction with the Alexandria Lacrosse Club. Web site: Alexandrialacrosse.com

WAHOOS SWIM PROGRAM (Summer)

Boys and Girls 6 - 18

Registration March 15 - May 31

The swim program offers youth of all abilities the opportunity to develop their own unique potential. The program promotes individual and team camaraderie in an atmosphere of friendly competition. Developing and experienced swimmers alike refine their freestyle, breaststroke, backstroke, butterfly, turns and starts with an experienced staff. Practices will run Monday - Thursday at Chinquapin Center with swim meets on the weekends.

GIRL'S FIELD HOCKEY PROGRAM (June - July)

(Ages 9 - 14) Registration March 15 - June 1

Participants will have the opportunity to learn the basic skills and techniques of field hockey. Players must provide their own equipment.

SOCCER LEAGUE (Spring/Fall)

Alexandria Soccer Association Ages: 5 - 19

703-684-KICK www.alexandria-soccer.com

NJTL TENNIS PROGRAM (Summer)

Ages 8 - 18/Registration May 1 - June 15

The National Junior Tennis League (NJTL) program offers classes for beginners to advanced tennis players. As part of the program, participants will learn the fundamentals of the game, receive instruction on how to improve their game and compete in matches in tournaments. Classes are held daily Monday - Friday at court sites throughout the City.

GIRL'S VOLLEYBALL PROGRAM

Ages 9 - 14 (Fall)

Registration August 1 - September 9

Participants in each division will learn the basic skills of the sport of volleyball. Players will go through a skill assessment and be placed in the appropriate skill level divisions. The season runs September - December.

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

The Alexandria Department of Recreation, Parks, and Cultural Activities encourages participation in City programs for all residents. If you, a member of your family or a friend would like to participate in programs or activities sponsored by the department and are in need of fee assistance in order to participate, please call the sponsoring program office for more detailed information

SPORTS OFFICE

703.746.5402

Mac Slover, Director of Sports

(Mac.Slover@alexandriava.gov) - 703.746.5407

Tamika Coleman, Youth Sports Supervisor

(Tamika.Coleman@alexandriava.gov) - 703.746.5408

Marvin Elliott, Adult Sports Supervisor

(Marvin.Elliott@alexandriava.gov) - 703.746.5409

Rodney Bates, Program Cordinator

(Rodney.Bates@alexandriava.gov) -703.746.5402

VISIT OUR WEB SITE

www.alexandriava.gov/recreation

SPORTS HOTLINE NUMBER

703.746.5597

for all weather related cancellations and program information updates

ALEXANDRIA DEPARTMENT OF RECREATION, PARKS AND CULTURAL ACTIVITIES

RECREATION SERVICES DIVISION

YOUTH SPORTS LEAGUES & PROGRAMS 2011 - 2012

ADRPCA/Sports

1108 Jefferson Street

Alexandria, Virginia 22314

703.746.5402

Alexandriava.gov/recreation

MID-ATLANTIC RECREATION & PARKS SPORTS ALLIANCE

BASKETBALL FUNDAMENTALS SCHOOL

(FALL & SUMMER)

Fall Registration September 15 - October 21

Summer Registration May 1 - June 30

Participants ages 7 - 12 will learn the basic fundamentals of basketball, which will develop their passing, dribbling, shooting skills, and enhance their knowledge of the game. Participants will also have the opportunity to gain playing experience.

BASKETBALL LEAGUE (Winter)

Ages 7-17/ Registration September 15 - November 15

Participants are assigned to neighborhood teams based on age in the following divisions: co-ed 8 & under, boys and girls 10 & 12. The boys and girls in the 14 and 17 & under divisions will go through a skill assessment and draft system. Play-off games, championship games, and a city-wide all-star game will be held.

SUMMER BASKETBALL LEAGUE

Ages 12-17/ Registration May 1 - June 15

The boys and girls in the 14 and 17 & under divisions will go through a skill assessment and draft system. Play-off games and championship games will be held. Age as of June 1.

LIL' SLAMMERS BASKETBALL SCHOOL

Ages 5 - 6 Registration September 15 - October 21

Participants ages 5 - 6 will learn the basic fundamentals of basketball, which will develop their passing, dribbling, shooting skills, and enhance their knowledge of the game.

LIL' TITANS FLAG FOOTBALL

Ages 5 - 6 Registration August 15 - September 15

Participants will learn the basic fundamentals and knowledge of football in a developmental setting. Flag sets are used for the games. Games are played on Saturdays in Fall. There are no playoff games.

RUGBY PROGRAM (Summer)

Ages 5 - 15/Registration March 15 - June 15

The non-contact and tackle program is designed to incorporate the basic rugby skills of running, passing, team support and decision making in a physically safe environment. The program is run with the assistance of the Alexandria Rugby Club.

ALEXANDRIA BOXING CLUB

Ages: 12 - Adult 703.746.5552

Dennis Porter, Club Director

Charles Houston Recreation Center

The Alexandria Titans

TACKLE FOOTBALL PROGRAM (Fall)

Ages 7-16/Registration March 15-August 9

Participants are assigned to teams based on weight, age, and skill level in the following classes: ankle biters, 75, 85, 95, 110, 125, and 150 pounds. Teams will compete in the Fairfax County Youth Football League (FCYFL). Games are played throughout Fairfax County with home games being played at George Washington Middle School. ***Participant's must have a DMV pictured identification card to participate.***

CHEERLEADING PROGRAM

Ages 5 - 16

Registration August 1 - September 9

Teams are formed at the neighborhood recreation centers. Teams will perform in the ADRPCA sponsored Invitationals and some special events. Skill assessments are in September. There are some uniform accessories cost to this program. There are three divisions (PeeWee, Youth and Juniors). The department hosts two open invitationals December and April each year.

SOFTBALL LEAGUE (Spring)

Ages 5-15/Registration Dec. 15 - March 15

Participants are assigned to neighborhood teams in the Rookie Coach Pitch, National and American Divisions. National and American League teams will have play-offs and championship games. League play begins in April.

TEE-BALL LEAGUE & ROOKIE BASEBALL LEAGUES (Spring)

Ages 5 - 8/Registration Dec. 15-March 15

This league is an introduction to baseball and teaches the basic fundamentals of the sport. Batting tees are used in the Tee-Ball League. Coaches pitch to the players in the Rookie League. Games are played throughout the city.

MIRACLE BASEBALL LEAGUE OF ALEXANDRIA

Ages 6 - Adult/Registration August 1 - September 10

This league provides opportunities for children and young adults with mental and/or physical challenges to play baseball regardless of their ability. Participants will hit, run the bases, and score a run at each bat with an "Angels in the Outfield" volunteer buddy to assist them. Games are played on Saturday afternoons in the Spring and Fall at the Lee Center ball fields. Coming... the Fall of 2012, a Miracle Baseball Field! Check the league out at www.miracleleagueofalexandria.com

SUMMER INSTRUCTIONAL

BASEBALL LEAGUES

Ages 6 - 8/Boys & 6 - 9 Girls

Registration May 1 - June 30

The instructional leagues are designed to incorporate the basic baseball/softball skills of catching, throwing, hitting running and learning the rules of the game. The games will be played in July and early August during the evenings.

ALEXANDRIA

LITTLE LEAGUE BASEBALL (Spring/Summer)

Ages 9-15/Registration Dec. 15 - February 5

Teams are formed for different levels of play including the AA, AAA Major and Junior Leagues. Uniforms are provided for each league. Each division will have a championship and players are eligible for selection to represent Alexandria in the District 4 All-star Championships. Contact Alexandria Little League at 703.739.4444 or visit their web site at www.Alexandriabaseball.com

ALEXANDRIA

LITTLE LEAGUE FALL BASEBALL

Ages 9 - 14/Registration August 1 - 30

The Fall Baseball Program is an instructional league. The season runs from mid-September - October. The league will sponsor 3 divisions based on age. For more information call 703.739.4444 or visit the website at www.Alexandriabaseball.com.

VOLUNTEER OPPORTUNITIES

The Youth Sports Office is looking for volunteer coaches for its programs. Criminal background checks are required for all ADRPCA volunteer coaches. Call the Sports Office or go the web site for information at alexandriava.gov/recreation.

Victory With Honor Pillars of Character

Trustworthiness, Responsibility, Fairness, Caring and Citizenship