



JEB LITTLE CREEK CHILD & YOUTH PROGRAMS

2024 SPORTS & FITNESS Schedule



Volunteer Coaches Needed!

Volunteers are the backbone of our youth sports program. Without volunteers, there would not be a sports program. Volunteers are needed for every program. Those who wish to sign up as a volunteer coach will receive free sport registration for their child(ren), a free membership with the National Alliance of Youth Sports, a letter documenting volunteer hours, and free training. Volunteers must pass a background check with Navy CYP, must complete required Navy training, and obtain a First Aid/CPR certification. If you or someone you know is interested in volunteering, please contact/register at the JEB Little Creek Youth Center.

YOUTH SPORTS & FITNESS PROGRAM

REGISTRATION:

Registration dates are on reverse and will remain open until full.

JEB Little Creek Youth Center

1332 Seascape Ct., Virginia Beach, VA 23459
Monday - Friday, 9 a.m. - 2 p.m.

In-person Registration

Available for all patrons.

Only credit and debit cards are accepted, no cash or checks.

- Ages 3-18 must verify proof of birth (birth certificate, passport, or base ID.)
- Ages 17-18 must also provide proof of current high school enrollment.

(Online registration is not available.)



757-462-8718

Programs are open to active duty, DoD/
NAF civilians, active Reservists, government
contractors, and retiree family members.



PLEASE NOTE

With the exception of Start Smart, all CYP Sports & Fitness programs are open to the following co-ed age divisions:
5 - 6, 7 - 9, 10 - 12, 13 - 15 and 16 - 18
(Teens must still be in high school.)

Registration instructions are on reverse and will remain open until full. Open to active duty, DoD/NAF civilians, active Reservists, government contractors, and retiree family members.

T-BALL/BASEBALL 2024 CLINIC

Co Ed League Age Division: 5-18

Registration: May 6 - May 31 **OR UNTIL FULL**

Cost: \$25 per child

Clinic Dates: June 17 - June 28

Equipment Needed: Baseballs glove is required. A cup, bat, cap and rubber cleats are recommended.

Clinic Focus: Basic skills of hitting, fielding, catching, bunting, outfield, and base running.



BASKETBALL 2024 CLINIC

Co Ed League Age Division: 10-18

(Intermediate - Advanced)

Registration: May 6 - May 31 **OR UNTIL FULL**

Cost: \$25 per child

Clinic Dates: July 16 - July 18, Tues-Thurs, 6 - 7:30 p.m.

Equipment Needed: Shorts without pockets and basketball shoes.

Clinic Focus: Basic skills of dribbling, shooting, passing, agility, coordination, defense, and conditioning.

YOUTH TRACK AND FIELD 2024

Co Ed League Age Division: 5-18

Registration: July 1 - July 31 **OR UNTIL FULL**

Cost: \$25 per child

Clinic Dates: August 6 - August 17

Equipment Needed: Running shoes and athletic attire.

Session Information: Practices will be Tuesdays and Thursdays from 6 to 7:30 p.m. for two weeks at Oceana Turf Field.

Track Meet: Little Creek Sulinski Turf Field, August 17, 8 a.m. to 12 p.m.



FALL YOUTH FLAG FOOTBALL 2024

Co Ed League Age Division: 5 - 18

Registration: July 1 - July 31 **OR UNTIL FULL**

Cost: \$60 per child

Season: September 2 - November 2

Equipment Needed: Rubber cleats, mouth guard, and shorts without pockets. All participants are provided with jersey and flags.



YOUTH CHEER 2024

Co Ed League Age Division: 5-18

Registration: July 1 - July 31 **OR UNTIL FULL**

Cost: \$60 per child

Season: September 2 - November 2

Equipment Needed: Athletic shoes. All participants are provided uniform and bow.

Start Smart Program

A program of the National Alliance for Youth Sports, teaches children (ages 3-4) the basic motor skills necessary to play organized sports while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents basic sports mechanics without the threat of competition or the fear of getting hurt. Start Smart sessions are held for six weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement. This program requires parent participation.

START SMART 2024 BASKETBALL

Co Ed League Age Division: 3-4

Registration: May 6 - May 31 **OR UNTIL FULL**

Cost: \$25 per child

Season: June 24 - July 29

Session 1: 5:30 - 6 p.m. every Monday at

Little Creek Youth Center

Session 2: 6 - 6:30 p.m. every Monday at the

Little Creek Youth Center



START SMART 2024 FLAG FOOTBALL

Co Ed League Age Division: 3-4

Registration: July 1 - July 31 **OR UNTIL FULL**

Cost: \$25 per child

Season: September 9 - October 14

Session 1: 5 - 5:30 p.m. every Monday at the Little Creek Youth Center

Session 2: 5:30 - 6 p.m. every Monday at the Little Creek Youth Center