

## ▾ SPRING YOUTH SPORTS

### TRACK AND FIELD (GIRLS AND BOYS)

**Age Groups: 5-17 (Age is determined by birth year)**

Young athletes in our Track and Field program will be coached and then get to compete with other kids their age in various athletic contests based on running, jumping, and throwing. Runners register at their neighborhood community center and practices occur at their home track or field. Track meets will be held at Nathan Hale and West Seattle Stadiums and meets begin mid-April. Teams will be forming at community centers throughout Seattle.

**Fee: \$55, scholarships are available**

**Minimum: Approximately 10 kids**

*Please consider volunteering  
as a coach or helping with  
recruitment of coaches.*

*Our low cost leagues can't operate  
without the dedication of our  
awesome coaches!*



## YOUTH SPORTS GENERAL INFORMATION

### I WANT TO PLAY... HOW DO I GET STARTED?

1. To participate in most Seattle Parks Youth Sports leagues (for basketball and volleyball, for example) **you can either recruit a coach and put together your own team or you can be placed on an existing team with the help of community center staff.** Call for more information. For some sports (Track and Field, for example) all you need to do is go into your community center to get registered.
2. **Get registered!**  
(Paperwork is at community centers).
3. **Start practices and get ready for fun** honing your skills and competing against other neighborhood community centers!

*If your center doesn't offer a sport, the staff will refer you to the next closest center. Centers need a minimum number of players and a volunteer coach to offer the sport.*

### LOVED THE SPORT? LOVE KIDS? WANT TO GIVE BACK TO YOUR COMMUNITY? BECOME A VOLUNTEER COACH!

***Our low-cost leagues can't operate without the dedication of our awesome coaches!***

#### I WANT TO COACH... HOW DO I GET STARTED?

1. Talk to community center staff about applying for a coaching position.
2. Fill out a background check form at the center and then a volunteer registration form online.
3. Work with community center staff to form your team rosters.
4. Request practice times and confirm that all kids are registered prior to the first practice.
5. Attend coaches meeting/training and get ready for a rewarding experience!



**ADULT SPORTS AND ACTIVITIES**

SEATTLE PARKS AND RECREATION IS OFFERING AFFORDABLE AND FUN ADULT SPORTS AND ACTIVITIES!  
ENJOY BOWLING, ROLLER DERBY, WOMEN'S VOLLEYBALL, COED DODGEBALL, MEN'S BASKETBALL, AND GET OUT AND GO GROUPS FOR FALL. MEET NEW FRIENDS, BOND WITH OLD FRIENDS, AND GET MOVING TOGETHER!

**GET MORE DETAILS AT  
WWW.SEATTLE.GOV/PARKS/ATHLETICS  
OR CALL 206-684-7092**

