

# YOUTH ATHLETIC PROGRAMS

## WINTER/SPRING 2015

ASHEVILLE PARKS AND RECREATION OFFICES  
72 GASHEES CREEK RD.  
ASHEVILLE, NC 28805

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### YOUTH ATHLETIC PROGRAMS

ASHEVILLE PARKS AND RECREATION OFFERS A VARIETY OF YOUTH ATHLETIC PROGRAMS, WITH A FOCUS ON THREE MAIN GOALS:

1. SAFETY
2. FUN
3. PARTICIPATION DEVELOPMENT BASED ON THE FOLLOWING:

**EVERYONE PLAYS** - PROVIDING OPPORTUNITIES TO LEARN SKILLS AND IMPROVE CONDITIONING BY MINIMIZING ROSTER SIZES AND ENSURING THAT PLAYERS PLAY AT LEAST HALF OF EVERY GAME.

**POSITIVE COACHING** - PROVIDING TRAINING AND EDUCATION FOR COACHES TO ASSIST IN THE DEVELOPMENT OF THE PLAYER'S SELF-WORTH AND CONFIDENCE.

**SPORTSMANSHIP** - CREATING A POSITIVE ENVIRONMENT THAT FOSTERS MUTUAL RESPECT.

### FLAG FOOTBALL

APRIL-BEGINNING OF JUNE

AN NFL YOUTH FLAG FOOTBALL PROGRAM FOR BOYS AND GIRLS AGES 8-12. THIS PROGRAM IS COED AND WILL BE DIVIDED INTO AGE GROUPS DEPENDING ON THE NUMBER OF PARTICIPANTS. TEAMS WILL BE BASED OUT OF THE RECREATION CENTERS, SO CHOOSE THE FACILITY THAT IS MOST CONVENIENT FOR YOUR FAMILY FOR PRACTICE PURPOSES.

TEAMS PRACTICE ONCE PER WEEK AND HAVE ONE GAME PER WEEK.

REGISTRATION: MARCH 2-27

FEE: \$15 (ASHEVILLE CITY RESIDENTS RECEIVE A \$5 DISCOUNT!)

TO REGISTER FOR FLAG FOOTBALL: CONTACT YOUR LOCAL RECREATION CENTER BY PHONE OR IN PERSON.

YOU CAN ALSO REGISTER ONLINE 24 HOURS A DAY AT [WWW.ASHEVILLENC.GOV/PARKS](http://WWW.ASHEVILLENC.GOV/PARKS).

### TRACK AND FIELD

APRIL-MAY

FOR BOYS AND GIRLS 9-14. THIS 6 WEEK INTRODUCTORY TRACK AND FIELD PROGRAM FOCUSES ON STARTS, ACCELERATION, FINISHES, PACING, ETC. AT THE END OF THE PROGRAM, THERE WILL BE A LOCAL TRACK AND FIELD MEET FOR ALL PARTICIPANTS.

REGISTRATION: MARCH 2-27

FEE: \$40 (ASHEVILLE CITY RESIDENTS RECEIVE A \$5 DISCOUNT!)

### YOUTH GOLF PROGRAM

SPRING

INTRODUCING OUR NEW 6-WEEK YOUTH GOLF PROGRAM FOR AGES 10-14!

THIS PROGRAM IS TAUGHT BY A PGA GOLF PROFESSIONAL FROM THE ASHEVILLE MUNICIPAL GOLF COURSE AND TEACHES THE BASICS OF GOLF INCLUDING DRIVING, CHIPPING, PUTTING, AND GOLF ETIQUETTE.

REGISTRATION: MARCH 2-27

FEE: \$75

TO REGISTER FOR GOLF OR TRACK AND FIELD:

CONTACT KIM TURNER @ 232-4526 OR KTURNER@ASHEVILLENC.GOV

YOU CAN ALSO REGISTER ONLINE 24 HOURS A DAY AT

[WWW.ASHEVILLENC.GOV/PARKS](http://WWW.ASHEVILLENC.GOV/PARKS).

ASHEVILLE  
Parks & Recreation



[WWW.ASHEVILLENC.GOV/PARKS](http://WWW.ASHEVILLENC.GOV/PARKS)  
[WWW.FACEBOOK.COM/APRCA](http://WWW.FACEBOOK.COM/APRCA)