

Youth Sports Leagues



We'd like to thank our youth sports leagues and MSSP sponsor:



Call the City of Lakewood Outdoor Sports Weather Hotline if you need to check the status of an outdoor game, event or activity: 303.987.7078.

MIDDLE SCHOOL SPORTS PROGRAM (M.S.S.P.)

Information: 303.987.4805

In these recreational middle school sports leagues for students at Creighton, Carmody, Dunstan and O'Connell, participants will be taught the basic rules of the game as well as sportsmanship. Games and practices are held right after school at the schools.

Fee: \$100/sport

T-shirt fee: \$10 (can be worn for multiple sports)

Cheer uniform: \$30 (can be used for football and basketball season)

Financial assistance: 303.987.5405

CARMODY

Sport	Activity #	Date	Day
Girls 7th Basketball	153001-01	Jan 12-Mar 11	Mon,Wed
Boys 7th Basketball	153001-02	Jan 13-Mar 12	Tue,Thu
Girls 8th Basketball	153001-03	Jan 12-Mar 11	Mon,Wed
Boys 8th Basketball	153001-04	Jan 13-Mar 12	Tue,Thu
Cheerleading	153001-05	Jan 13-Mar 12	Tue,Thu
Track and Field	153001-07	Mar 17-May 21	Tue, Thu
Kickball	153001-08	Mar 16-Mar 20	Mon,Wed

CREIGHTON

Sport	Activity #	Date	Day
Girls 7th Basketball	153002-01	Jan 12-Mar 11	Mon,Wed
Boys 7th Basketball	153002-02	Jan 13-Mar 12	Tue,Thu
Girls 8th Basketball	153000-03	Jan 12-Mar 11	Mon,Wed
Boys 8th Basketball	153002-04	Jan 13-Mar 12	Tue,Thu
Cheerleading	153002-05	Jan 13-Mar 12	Tue,Thu
Track and Field	153002-07	Mar 17-May 21	Tue, Thu
Kickball	153002-08	Mar 16-Mar 20	Mon,Wed

DUNSTAN

Sport	Activity #	Date	Day
Girls 7th Basketball	153003-01	Jan 12-Mar 11	Mon,Wed
Boys 7th Basketball	153003-02	Jan 13-Mar 12	Tue,Thu
Girls 8th Basketball	153003-03	Jan 12-Mar 11	Mon,Wed
Boys 8th Basketball	153003-04	Jan 13-Mar 12	Tue,Thu
Cheerleading	153003-05	Jan 13-Mar 12	Tue,Thu
Track and Field	153003-07	Mar 17-May 21	Tue, Thu
Kickball	153003-08	Mar 16-Mar 20	Mon,Wed

O'CONNELL

Sport	Activity #	Date	Day
Girls 7th Basketball	153004-01	Jan 12-Mar 11	Mon,Wed
Boys 7th Basketball	153004-02	Jan 13-Mar 12	Tue,Thu
Girls 8th Basketball	153004-03	Jan 12-Mar 11	Mon,Wed
Boys 8th Basketball	153004-04	Jan 13-Mar 12	Tue,Thu
Cheerleading	153004-05	Jan 13-Mar 12	Tue,Thu
Track and Field	153004-07	Mar 17-May 21	Tue,Thu
Kickball	153004-08	Mar 16-Mar 20	Mon,Wed

Youth Sports Leagues

VOLLEYBALL

Information: 303.987-4805

PRE CARA INTRO CAMP FOR BEGINNERS

Learn basic USA Volleyball skills and techniques in this skills camp. Each player will be introduced to and taught the latest techniques for passing, setting and serving.

Ages: 7-12

\$49 Resident, \$65 Nonresident

Activity #	Date	Day	Time	Loc
151703-02	Mar 9-11	Mon-Wed	4:30-5:30 pm	CWRC

PRE CARA SKILLS CAMP

This camp is for participants that have previous volleyball experience, preferably at least two seasons of league play. Basic USA Skills will not be taught, but refined and practiced.

Ages: 12-14

\$49 Resident, \$65 Nonresident

Activity #	Date	Day	Time	Loc
151704-02	Mar 9-11	Mon-Wed	4:30-5:30 pm	CWRC

CARA VOLLEYBALL

This is a coed league for all skill levels. Players will be placed on teams according to skill level. At the end of assessments, players will be notified of their coach, practice location and time. Practices will be twice a week and include tournaments on Friday evenings or Saturdays. All elementary teams will practice on Tuesday and Thursday at Green Mountain.

League dates: Mar 16-May 16 (No practice Mar 23- 25)

EARLY REGISTRATION DISCOUNT through Wed, Mar 11:

\$125 Resident \$149 Nonresident

Full Price as of Thu, Mar 12: \$145 Resident, \$169 Nonresident

Registration deadline: Fri, Mar 13

Mandatory skills assessment:

Grades	Activity #	Date	Day	Time	Loc
2-5	151706-01	Mar 16-17	Mon, Tue	4-5:30 pm	CWRC
6-8	151706-02	Mar 18-19	Wed, Thu	4-5:30 pm	CWRC

WINTER INDOOR

Come and play in this coed recreational league. Players sign up for the practice day and time of their choice. This league offers instruction and play for all skill levels and abilities. Practices are held twice a week with games on Saturdays at Green Mountain or Charles Whitlock Recreation Center.

League dates: Jan 12-March 7

EARLY REGISTRATION DISCOUNT through Wed, Jan 7:

\$115 Resident, \$139 Nonresident

Full Price as of Thu, Jan 8: \$135 Resident, \$159 Nonresident

Registration deadline: Fri, Jan 9

Practice Time	Mon, Wed	Tue, Thu
Grades 2-5		
4:15-5:15 pm	151711-01 CWRC	151711-02 GMRC
5:15-6:15 pm	151711-03 CWRC	151711-04 GMRC
Grades 6-8		
4:15-5:15 pm	151712-02 * CWRC	151712-01 GMRC
		151712-03 CWRC
		151712-04 * CWRC
5:15-6:15 pm		151712-06 * GMRC
6:15-7:15 pm	151712-05 CWRC	
Grades 9-12		
5:15-6:15 pm	151713-01 CWRC	151713-02 CWRC

*These sections require three or more seasons of competing with Lakewood as they will be competitive teams.



FREE!
Denver Nuggets
Skills Challenge

Sunday, February 1

Check in: 2-2:30 p.m. | Event Starts: 2:30 p.m.

CARMODY RECREATION CENTER | 2200 S. Kipling St.

BOYS AND GIRLS AGES 7-14

6 and under can participate but are not eligible to advance to sectionals.

Participants compete in dribbling, passing and shooting, with the chance to advance to sectional and state final events.

Participants must bring a copy of their birth certificate and complete a local entry form prior to participating.

Activity #154904-01

First 20 registered participants are entered for a chance to win a free gift



720.963.5360
Lakewood.org/YouthSports

PATIENT & POSITIVE

VOLUNTEER COACHES NEEDED

For Youth Leagues

A weekly time commitment from you provides a lifetime of memories for the kids. Practices are one day a week with games on Saturdays. Each season lasts eight weeks.

No prior coaching experience is required. Hands-on training, coaching certification, coaches meeting, drills, games and ideas for practices are all provided before and during the season. All sports equipment is provided. Discounts for future seasons are offered upon successful completion of a season!



LEAD. INSPIRE. MOTIVATE

For more information, please call 303.987.5422.

Visit www.Lakewood.org/YouthSports to download the volunteer coach application. A background check is required.



Youth Sports Leagues

YOUTH SPORTS LEAGUES

Information: 303.987.5422

These coed leagues provide the opportunity to learn and develop fundamental skills in a safe, fun and noncompetitive environment. Participants will receive instruction on basic skills and rules of the game during practice sessions and be offered game time to utilize techniques.

BASKETBALL

League dates: Jan 12-Mar 7 at Carmody Recreation Center

Games: Saturdays beginning Jan 24, 8 a.m.-4 p.m.

EARLY REGISTRATION DISCOUNT through Fri, Jan 2:

\$99 Resident, \$125 Nonresident

Full price as of Sat, Jan 3: \$119 Resident, \$145 Nonresident

Registration deadline: Wed, Jan 7

Practice Time	Mon	Tue	Wed	Thu
Ages 4-5 COED				
4-4:30 pm	154102-01 Navy			154102-06 Yellow
5-5:30 pm	154102-02 Green	154102-03 Red		
6-6:30 pm		154102-04 Purple	154102-05 Lime	
Ages 6-7 COED				
4-4:45 pm	154103-01 Navy		154103-07 Orange	
5-5:45 pm	154103-02 Green	154103-03 Red		154103-10 Royal 154103-11 Lime
6-6:45 pm		154103-04 Purple	154103-09 Gold	
7-7:45 pm		154103-05 Sapphire		154103-12 Yellow
Ages 8-9 BOYS*				
4-4:45 pm		154104-03 Red		154104-07 Sapphire
5-5:45 pm	154104-01 Navy		154104-05 Lime	
6-6:45 pm	154104-02 Green	154104-04 Purple		
7-7:45 pm			154104-06 Gold	154104-08 Royal
Ages 10-11 BOYS*				
4-4:45 pm		154105-02 Green		
5-5:45 pm		154105-03 Lime	154105-04 Purple	
6-6:45 pm				154105-06 Yellow
7-7:45 pm	154105-01 Navy		154105-05 Red	
Ages 8-9 GIRLS*				
4-4:45 pm	154106-01 Royal			
5-5:45 pm				154106-04 Purple
6-6:45 pm			154106-03 Red	
7-7:45 pm	154106-02 Green			
Ages 10-11 GIRLS*				
4-4:45 pm			154107-03 Orange	
6-6:45 pm	154107-01 Sapphire			154107-04 Lime
7-7:45 pm		154107-02 Yellow		

*If girls and boys do not fill, then ages 8-9 and 10-11 will be coed.

OUTDOOR SOCCER

League dates: Mar 16-May 16 at Carmody Middle School Fields

Games: Saturdays beginning Apr 4, 8 a.m.-4 p.m.

EARLY REGISTRATION DISCOUNT through Fri, Mar 6:

\$99 Resident, \$125 Nonresident

Full price as of Sat, Mar 7: \$119 Resident, \$145 Nonresident

Registration deadline: Wed, Mar 11

(No practice or games Mar 23-26)

Practice Time	Mon	Tue	Wed	Thu
Ages 3-4				
4-4:30 pm	154802-01 Red	154802-07 Gold		154802-19 Charcoal
5-5:30 pm	154802-03 Navy	154802-09 Sapphire	154802-15 Yellow	154802-21 Grey
	154802-04 Green		154802-16 Maroon	154802-22 Chocolate
6-6:30 pm	154802-05 Purple	154802-11 Royal	154802-17 Kiwi	154802-23 Sky Blue
	154802-06 Lime	154802-12 Orange	154802-18 Ten. Orange	154802-24 Car. Red
Ages 5-6				
4-4:45 pm	154803-01 Red	154803-11 Lime	154803-20 Maroon	
5-5:45 pm	154803-05 Yellow	154803-13 Gold	154803-22 Royal	154803-31 Charcoal
	154803-06 Navy		154803-23 Orange	154803-32 Sky Blue
6-6:45 pm	154803-07 Green	154803-16 Sapphire	154803-26 Kiwi	154803-34 Car. Red
	154803-08 Purple		154803-27 Ten. Orange	
Ages 7-9				
5-5:45 pm	154804-02 Red	154804-08 Purple	154804-12 Gold	154804-18 Maroon
	154804-03 Yellow			
6-6:45 pm	154804-04 Navy	154804-10 Lime	154804-14 Sapphire	154804-20 Orange
	154804-05 Green			
Ages 10-12				
5-5:45 pm		154805-01 Orange		154805-03 Lime
6-6:45 pm		154805-02 Purple		154805-04 Royal

