

2022

CYS FORT SILL YOUTH SPORTS & FITNESS

2022 SPORTS CALENDAR

2022

SPORT	AGE / COST	REGISTRATION DATES	SEASON	PARENT MEETING
 Basketball	11-12/\$45 5-10	October 1 - November 19, 2021 November 16 - December 16, 2021	January 10 - February 24	Jan 6
 Track	7-18/\$50	January 10 - February 10	February 22 - April 2	Feb 17
 Soccer	5-12/\$55	March 1 - March 31	April 11 - May 21	April 8
 Summer Adventure Camps	8-18/\$35 Per Week	May 2 - May 31, 2022 (June Camps) June 1 - June 30, 2022 (July Camps)	June 6 - 9 June 13 - 16 June 21 - 24 June 27 - 30 July 5 - 8 July 11 - 14 July 18 - 21 July 25 - 28	Parents will be contacted the week prior.
 Girls Volleyball	8-12/\$55	June 13 - July 21	August - October TBD	TBD
 Baseball	5-12/\$55	July 1 - August 4	August 15 - September 24	Aug 12
 Golf	8-18/\$65	July 18 - August 18	August 29 - October 6	Aug 26
 Flag Football	5-12/\$55	August 22 - September 22	October 3 - November 10	Sept 30
 Powerlifting	12-18/\$45	October 3 - November 4	November 14 - December 22	TBD
 Basketball 2023	5-12/\$55	October - December 2022	January - February 2023	TBD

VOLUNTEER COACHES NEEDED

The amount of teams offered depends on the number of cleared volunteer coaches.

COACHES' KIDS PLAY FOR FREE!

START SMART SPORTS // AGES 3-4

Start Smart programs coincide with the seasons of the older age groups. Parent involvement is vital for program structure and success.

Children will meet twice a week for six weeks and complete the National Alliance of Youth Sports (NAYS) START SMART program.

No Saturdays. All children MUST have a parent/guardian participating with them.

SPORT	COST	REGISTRATION DATES	SEASON	PARENTS MEETING
BASKETBALL	\$25	Nov 8 - Dec 9, 2021	Jan 10 - Feb 24, 2022	Jan 6, 2022
SOCCER	\$25	March 1 - March 31	April 11 - May 19, 2022	April 8
BASEBALL	\$25	July 1 - Aug 4	Aug 15 - Sept 15, 2022	Aug 12
FLAG FOOTBALL	\$25	Aug 22 - Sept 22	Oct 3 - Nov 10, 2022	Sept 30

All participants must be **currently registered** with **Child and Youth Services** to enroll in Youth Sports & Fitness programs.

A current sports physical is mandatory for all team and individual sports as well as the influenza vaccination.

Registration/Enrollment can be done with CYS Parent Central Services (580) 442-3486/1098/3927/4836 in building 4700 or enroll on **WebTrac** webtrac.mwr.army.mil. The above information is subject to change due to changing Covid-19 safety guidelines, volunteer involvement, enrollment, partnership schedules and available facility usage.



(580)442-5926/5420
Sill.ArmyMWR.com



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5k Training

Prichard Field | 6-7 PM

Participants in the 5K trainings must complete at least half of the trainings to be registered in the races.

Sport	Session Dates	Registration	Age/Cost
Summer Couch to 5K	Mon/Wed July 11 th – Sept 7 th Tue/Thurs July 12 th – Sept 8 th	June 6 th - July 8 th	5-18/Free
Zombie Couch to 5K	Mon/Wed Sept 12 th – Oct 19 th Tue/Thurs Sept 13 th – Oct 20 th	August 1 st – Sept 9 th	5-18/Free
Fall Couch to 5K	Mon/Wed Sept 12 th – Nov 16 th Tue/Thurs Sept 13 th – Nov 17 th	August 1 st – Sept 9 th	5-18/Free

Teen Functional Fitness

Tuesday/Thursday 4:30 – 5:30 | Youth Center

Sport	Season	Registration	Age/Cost
Teen Functional Fitness	Tue/Thurs Feb 1 st – May 19 th Tue/Thurs Aug 2 nd – Dec 15 th	Continuous / Begins January 3 rd	6 th – 12 th Graders/Free

Summer Weight Training

Monday/Wednesdays or Tuesday/Thursdays 2 – 3 PM | Youth Center

Transportation to Honeycutt Gym

Sport	Season	Registration	Age/Cost
June Weight Training	Mon/Wed June 6 th – June 29 th Tue/Thurs June 7 th – June 30 th	May 1 st – May 31 st	6 th – 12 th Graders/Free
July Weight Training	Mon/Wed July 6 th – July 27 th Tue/Thurs July 5 th – July 28 th	June 1 st – July 1 st	6 th – 12 th Graders/Free

All Fitness Activities Will Include: Nutrition Counseling and Education

**Much of the Youth Sports & Fitness Program depends on partnerships with other MWR facilities.
Details are subject to change.**

All participants must be currently registered with Child and Youth Services to enroll in Youth Sports and Fitness programs. Must have a flu shot or waiver on file during flu season. Registration can be done at Parent Central Services 580-442-3486/1098/3927/4836 in building 4700 or enroll on WebTrac webtrac.mwr.army.mil. For more information on programing, please call the Youth Sports and Fitness office at 580-442-5926/5420.



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