



RAF LAKENHEATH

Youth Sports



The Philosophy

“Athletes first, winning second.”

At RAF Lakenheath, the Youth Sports Program develops programs that foster children’s ethical, social, physical, intellectual and psychological development. The purpose is to have fun and enjoy, while nurturing each child’s capacity to learn life-skills. The emphasis of Youth Sports is on skills development, cooperation, teamwork and maximum participation. The Air Force Youth Sports Program follows the National Standards for Youth Sports and develops programs that are consistent with the philosophy outlined in those standards.

Age Groups/Philosophy Breakdown

5-6 year olds: Developmental Program
7-8 year olds: Sport Instruction Program
9-10 year olds: Organizational Program
11-12 year olds: Skill Enhancement Program
13-18 year olds: Complex Skill Development
Game Strategy & Refinement

Registration Requirements

Youth are not permitted to participate in league sports unless they have had a sports physical within the previous 12 months; exams must remain current throughout the season. Results of physical exams must be on file. Youth must also have an approved physical and/or appointment card lasting the whole season, shot records, registration paperwork and payment to complete registration.

Immunizations

11.5.3. In accordance with AF Instruction 48-110 IP, Immunization and Chemoprophylaxis for the Prevention of Infectious Diseases, all children and youth enrolled in CYP are required to follow Center for Disease Control and Prevention (CDC)/Advisory Committee on Immunization Practices (ACIP) recommended age-appropriate vaccinations and immunizations. These individuals may not attend CYP without an approved medical/religious exemption from AF/A1S on file.



Start Smart Golf • Ages 3-5

April 24, 2017 - June 2, 2017

Member: \$30 • Non-member: \$35

Registration

March 6 – March 31

Coaches

Coach Applications Due: March 24

Mandatory Coach Clinic

April 4 • 6pm

Summer Baseball • Ages 5+

June 6, 2017 - August 12, 2017

Member: \$60 • Non-member: \$70

Registration

March 27 – April 28

Coaches

Coach Applications Due: April 28

Mandatory Coach Clinic

May 3 • 6pm

Skill Assessments 9+

May 10 • Ages 9-10 • 5:30pm • Taco Bell Fields

May 11 • Ages 11-12 • 5:30pm • Taco Bell Fields

May 11 • Ages 13+ • 5:30pm • Taco Bell Fields

Start Smart

June 6-July 18



Summer Track & Field • Ages 5+

June 5, 2017 - August 5, 2017

Member: \$60 • Non-member: \$70

Registration

April 3 – April 28

Coaches

Coach Applications Due: April 14

Mandatory Coach Clinic

April 25 • 6pm

Skill Assessments 9+

May 2 • Ages 9-10 • 5:30pm • Fitness Center Track

May 2 • Ages 11-12 • 6:30pm • Fitness Center Track

May 3 • Ages 13+ • 5:30pm • Fitness Center Track

Football Camp • Ages 6-15

August 21, 2017 - August 25, 2017

Member: \$30 • Non-member: \$35

Ages & Times

6-9 yrs • 5:30-6:30pm

10-15 yrs • 6:30-7:30pm

Teaches the basics of running, kicking, passing and defensive coverage. No pads used or tackle drills. Mouth guards mandatory and football cleats encouraged.

NFL Punt, Pass, Kick • Ages 6-15

Saturday, August 26 2017

Free! Certificates for all participants, ribbons for 1st, 2nd and 3rd in each category.



Flag Football • Ages 5+

September 5, 2017 - November 18, 2017

Member: \$60 • Non-member: \$70

Registration

July 17 – August 4

Coaches

Coach Applications Due: July 28

Mandatory Coach Clinic

August 8 • 6pm

Skill Assessments 9+

August 9 • Ages 9-10 • 5:30pm • Taco Bell Fields

August 10 • Ages 11-12 • 5:30pm • Taco Bell Fields

August 10 • Ages 13+ • 6:30pm • Taco Bell Fields

Start Smart

September 5 – October 13

Football Cheerleading • Ages 5-14

September 5, 2017 - November 10, 2017

Member: \$60 • Non-member: \$70

Registration

July 17 – August 4

Coaches

Coach Applications Due: July 28

Mandatory Coach Clinic

August 8 • 6pm



Winter Basketball • Ages 5+

December 4, 2017 - February 24, 2018

Member: \$60 • Non-member: \$70

Registration

October 2- October 27

Coaches

Coach Applications Due: October 20

Mandatory Coach Clinic

November 1 • 6pm

Skill Assessments 9+

November 6 • Ages 9-11 • 5:30pm • Youth Center

November 7 • Ages 11-12 • 5:30pm • Youth Center

November 7 • Ages 13+ • 6:30pm • Youth Center

Start Smart

December 5 – January 23

Basketball Cheerleading • Ages 5-14

December 5, 2017 - February 24, 2018

Member: \$60 • Non-member: \$70

Member \$30 Non-member \$35 (if continuing from football season)

Registration

October 2 – October 27

Coaches

Coach Applications Due: October 20

Mandatory Coach Clinic

November 1 • 6pm



