



Register for all programs at the youth center:

1st and Bellinger Blvd., Bldg U-40
Norfolk, VA 23511

Registration hours:

Monday - Friday, 7 a.m. to 5:30 p.m.

For more information:

757-444-4049

757-444-8259

mitchell.c.nnadi.naf@us.navy.mil

Naval Station Norfolk
YOUTH



Sports & Fitness
PROGRAM

NavyLifeNSN.com

NSN-CYP-2209-251-DT

 [NSNMWR](#)
 [NorfolkNavalMWR](#)

No Navy endorsement implied.



Co-Ed Winter Basketball League 2022 - 2023

Ages: 5-18 **Coaches meeting:** TBD

Registration dates: October 3 through November 11, 2022

Registration fee: \$60 per child, includes jersey top, shorts, at least six weeks of practices and games, and an end-of-the-season award.

Season Info:

- **Ages 5-9:** Practice begins the week of Monday, December 12, 2022. There is no postseason for these ages. All practices and games will be held at the youth center's gymnasium. Practices will be conducted once a week and games will be held on Saturdays at Naval Station Norfolk.
- **Ages 10-18:** Practice begins the week of Monday, December 12, 2022. All practices will be held at Naval Station Norfolk. Some games may be played at various military installations in the immediate Hampton Roads area on Saturdays during the regular season. Games during the postseason may take place during the weekdays at various military installations.

Parents need to provide: Basketball shoes or athletic shoes.

Winter Cheerleading 2022 - 2023

Ages: 5-18 **Coaches meeting:** TBD

Registration dates: October 3 through November 11, 2022

Registration fee: \$60 per child, includes tops and skirts, as well as participation in at least six weeks of practices and games and an end-of-the-season award.

Season Info:

- **Ages 5-18:** Practice begins the week of Monday, December 12, 2022. All practices will be held at the youth center. All cheerleaders will have an opportunity to showcase their talents during the youth basketball games. All games will be held on Saturdays. There will be a cheerleading performance with all military installations in the immediate Hampton Roads area at the end of the season.

Parents need to provide: Athletic shoes.

Co-Ed Spring Soccer League 2023

Ages: 3-18 **Coaches meeting:** TBD

Registration dates: February 3 – March 20, 2023

Registration fee:

- **Ages 3-4:** \$25 per child, includes shirt and end-of-the-season awards.
- **Ages 5-18:** \$60 per child, includes shorts, jersey tops, socks, participation in at least six weeks of practices and games, and an end-of-the-season award.

Season Info:

- **Ages 3-4:** Practices and games will be held one day a week for six weeks. Each session will consist of 30 to 40 minutes of instruction followed by a game.
- **Ages 5-9:** Practices will be held once a week for approximately one hour at Naval Station Norfolk. Games will be held on Saturdays at Naval Station Norfolk.
- **Ages 10-18:** Practices will be held twice a week for approximately one hour at Naval Station Norfolk. Games may be held at other installations in the immediate area on Saturdays. Includes a postseason tournament.

Parents need to provide: Shin guards and cleats.



Co-Ed Summer Baseball League 2023

Ages: 5-18 **Coaches meeting:** TBD

Registration dates: April 3 through May 12, 2023

Registration fee: \$60 per child, includes tops, caps, socks, participation in at least six weeks of practices and games, and an end-of-the-season award.

Season info: Practice starts the week of Sunday, May 28, 2023. Games will run from June 10 through July 29, 2023. All practices will take place at Naval Station Norfolk during the week. Games may be held at various military installations around the immediate Hampton Roads area.

Parents need to provide: Baseball pants, cleats and a glove.

Co-Ed Summer Track and Field 2023

Ages: 5-18

Registration dates: June 1 – August 15, 2023

Registration fee: \$20 per child, includes a top and helps provide any equipment needed for the duration of the program.

Session info: Track and field will run from August 8 through 20, 2023.

There will be two practices a week for the duration of the program from 6 to 7:30 p.m. each day at Naval Station Norfolk. On August 20 there will be a track meet for all participants. The location is TBD.

Parents need to provide: Shorts and athletic shoes.

Co-Ed Fall Flag Football League 2023

Ages: 5-18 **Coaches meeting:** TBD

Registration dates: June 26 – August 4, 2023

Registration fee: \$60 per child, includes reversible jersey, shorts, flag belt, participation in at least six weeks of practices and games, and an end-of-the-season award.

Season Info:

- **Ages 5-18:** Practice begins August 21 and season will run until November 4, 2023. All practices will be held at Naval Station Norfolk. All games will take place on Saturdays at an offsite location at Midway Manor housing.

Parents need to provide: Cleats and a mouth piece.

Fall Cheerleading 2023

Ages: 5-18 **Coaches meeting:** TBD

Registration dates: October 3 – November 11, 2023

Registration fee: \$60 per child, includes tops and skirts, as well as participation in at least six weeks of practices and games and an end-of-the-season award.

Season Info:

- **Ages 5-18:** Season will run from October 3 through November 11, 2023. All practices will be held at the youth center. All cheerleaders will have an opportunity to showcase their talents during the youth basketball games. All games will be held on Saturdays. There will be a cheerleading performance with all military installations in the immediate Hampton Roads area at the end of the season.

Parents need to provide: Athletic shoes.



Fun Runs, Fitness Challenges & Instructional Classes

Be on the lookout for various fun runs, fitness challenges and instructional classes for youth of all ages throughout the year. Check the NSN MWR Facebook page to stay up to date!

REGISTRATION OPTIONS

Online Registration — Available for all current patrons that have used Navy CYP services in the Mid-Atlantic Region: <https://myffr.navyaims.com/cyms.html>

- Select Mid-Atlantic Region.
- Create user name and password, your user name is your primary email address.
- Follow steps to make payment for youth sports.

In-person Registration — Available for all patrons. Only credit and debit cards are accepted.

- After your first time registering in person, you will be able to register online.
- Parents interested in volunteering as a coach will need to register in person.

Volunteer Coaches Needed!

Volunteers are the backbone of our youth sports program. Without volunteers there wouldn't be a program. Volunteers are needed for all of our programs. Any parents willing to volunteer are eligible for a volunteer discount! All individuals volunteering will receive a National Alliance of Youth Sports membership and an American Red Cross First Aid/CPR certification for free. If you or somebody you know is interested in volunteering, please contact us or stop by.