

Sports & Athletics

Friday Night Open Basketball

Teens this is your time to get together and play pick-up basketball with your friends. Open Gym cards may be purchased by Matteson residents for a \$20.00 fee NOTE: The Matteson Parks and Recreation Department offers Friday Night Open Basketball as a privilege to Matteson's youth. Participants are expected to respect and obey any Department and/or School staff member/employee. Any participants not adhering to guidelines or showing disrespect to staff or fellow participants will have his/her pass revoked without refund.

LOCATION: **6 - 8 grade:** Sieden Prairie
9 - 12 grade: Woodgate School
DATES: January 13 to April 27
Open Gym is subject to cancellation dependent upon the school's needs.
TIME: 6:30 p.m. - 8:30 p.m.
DAY: **Friday**
FEE: \$ 3.00 at the door or
\$20.00 Open Gym pass
(Valid for one year from date of purchase.)

NOTE: There will be a \$5.00 fee to replace cards lost or stolen.

THE PARKS AND RECREATION DEPARTMENT GRATEFULLY ACKNOWLEDGES AND APPRECIATES THE USE OF SCHOOL DISTRICT #159'S SCHOOLS.

"Itty Bitty" Basketball

The Matteson Parks & Recreation Department now offers basketball for the little people. This class is an instructional, non-competitive program, designed to introduce young children to the fundamentals of basketball. The basketball hoops will be lowered to 8 feet and the children will play with junior size balls.

Please Register At Least One Week Prior to Each Session

PROGRAM #: 37006-01
LOCATION: Matteson Community Center
AGE/TIME: **4 - 6 year olds:** 10:00 a.m. to 10:50 a.m.
7 - 8 year old: 11:00 a.m. to 11:50 a.m.
DAY: **Saturday**
DATES: April 14 to June 2
(No class on April 28 & May 12)
REG. DEADLINE: April 14
WEEK: 6 weeks
FEE: \$50.00
LIMIT: Min. 10 / Max. 20
INSTRUCTOR: Donell Ausley, Courtology Institute™
www.courtologyinstitute.com



Wednesday Night Adult Open Basketball

Adults this is your time to get together and play pick-up basketball with your friends. Note: Matteson Parks and Recreation Department offers Wednesday Night Adult Open Basketball and we expect the participants to respect and obey any Department and/or School staff member/employee. Any participants not adhering to guidelines or showing disrespect to staff or fellow participants will be ask to leave and ask not to return to adult open basketball. **I. D. IS REQUIRED TO PARTICIPATE.**

LOCATION: Colin Powell Middle School
AGE: 18 & older
TIME: 6:00 p.m. to 9:30 p.m.
DAY: **Wednesday**
START DATE: January 18 to March 21
Open Gym is subject to cancellation dependent upon the schools needs.
FEE: **\$5.00 at the door**
(I.D. is required at the door)
LIMIT: 30 participants

Youth Recreational Soccer League

Parents, do you have a child with natural kicking instincts? Whether you do or not, we have a special soccer program designed for all future soccer enthusiasts. Our program focuses on the fundamentals - proper kicking technique, passing, and shooting goals. This is a recreational yet competitive program that will serve as great start for your young soccer star. Participants will practice one night a week and games will be held on Saturday's location and time will be determined. Participants will receive a jersey and award after the end of the season. The Matteson Youth Soccer League will partner with Park Forest to play league games.

PROGRAM #: **37069-01 (4-6)**
37069-02 (7-14)
LOCATION: Matteson Community Center
AGE: 4 to 6 yr. olds
7 to 14 yr. olds
TIME: 9:00 a.m. - 12:00 p.m.
DAYS: **Saturday**
DATES: April 9 - June 2
(Games will start on 4/28 weather permitting)
REG. DEADLINE: March 24
FEE: \$65.00
LIMIT: Min. 8 / Max. 32



NFBCI Basketball League

The Village of Matteson and New Faith Baptist Church International are partnering to form the New Faith Basketball League. If you are looking for a league with integrity, yet still has great competition. Than this league is for you! Come out and show your skills against some of the finest basketball players from the Southland. This league will allow adult basketball players (18 and older) to play in a fun and competitive environment. The league consists of regular season games and a playoff tournament! All participants will receive a league t-shirt. There is a maximum of 10 players to a roster. Team rosters are due one week prior to the start of league play. All players must be at least 18 years of age. Haven't got a team? Not a problem, sign up individually for \$ 60.00 dollars.

PROGRAM #: **37070-01 (DIV. A)**
37070-02 (DIV. B)
LOCATION: Colin Powell Middle School
AGE: **18 - 29 yrs old:** Division A
30 yrs old & Up: Division B
TIME: 6:00 p.m. to 9:30 p.m.
DAY: **Monday**
START DATE: January 23 to March 19
Games are subject to cancellation dependent upon the schools needs.
REG. DEADLINE: January 7
FEE: \$600.00 per team
\$60.00 per free agent
LIMIT: Min. 4 / Max. 6 teams
FACILITATOR: Donell Ausley, Courtology Institute™
www.courtologyinstitute.com and Larry Craig

**Resident Registration
Begins Saturday, January 7, 2012**

Sports & Athletics



Imagine enrolling your child or young adult into a dynamic leadership program that includes their favorite sport or activity through basketball. Why? If your child loves basketball or enjoys entertainment, academic and athletic activities Courtology Institute™ is the place for them to embrace the educational programs designed to provide tools of leadership through extracurricular training solutions.

ALL ABOARD!

Courtology Institute™ “The Training Station”

DESCRIPTIONS (PERSONAL TRAINING WITH TEAM SKILL BUILDING)

PROGRAM TYPES	INCLUDES
Pre-Season \$75 (4 Sessions) 360102 One hour of specialized coaching (1) session per week. (Sessions must be completed in (4) Weeks)	Pre-Season 1. Personal Training (One on One) 2. (1) Hour per week <i>Session consist of ball handling, Shooting, defense, Rebounding, and scoring techniques. Beginners to Advances</i>
Regular Season \$150 (8 Sessions) 360103 One hour of specialized skill development in a small group session and (1) 30 Minute one on one specialized coaching session for an intermediate basketball student seeking competitive leagues. (Sessions must be completed in (8) Weeks)	Regular Season 1. Personal Training (One on One) 2. Small Group Skill Development 3. (30 Min) and (1) Hour Session <i>Session consist of Shooting, defensive, ball handling, and Rebounding, in individual and team skill building sessions</i>
Playoffs \$300 (12 Sessions) 360104 One hour of specialized skill development in a small group session and (1) 30 Minute one on one specialized coaching session for an intermediate/Advanced basketball student including competitive exhibition(s). (Sessions Must be Completed in (8) Weeks)	Playoffs 1. Personal Training (One on One) 2. Small Group Skill Development 3. (30 Min) and (1) Hour Session 4. Competitive Exhibition(s) Schedule <i>Session consist of offensive, defensive, ball handling, shooting and court awareness, in individual and team skill building sessions.</i>
Post-Season \$450 (24 Sessions) 360105 One hour of specialized skill development in a small group session and (1) 30 Minute one on one specialized coaching session for an intermediate/Advanced basketball student including competitive exhibition(s). Additional invite to club team. (Sessions must be completed in (12) Weeks)	Post-Season 1. Personal Training (One on One) 2. Small Group Skill Development 3. (30 Min) and (1) Hour Session 4. Competitive Exhibition Schedule 5. Team Member Pre-Requisite Placement <i>Session consist of offensive, defensive, ball handling, and court awareness, in individual and team skill building sessions as a Team.</i>

Courtology Institute™ Basketball Season Packages

Options	Session(s)	Price	Per Month	Includes
Pre-Season	4	\$75	\$75	(4) One Hour Sessions
Regular Season	8	\$150		(8) 30 min (4) 1 Hour sessions
Playoffs	12	\$300	\$150	(8) 30 min (8) 1 Hour sessions
Post Season	24	\$450		(24) 30 min (12) 1 Hour sessions

*EACH ADDITIONAL PERSON IN HOUSEHOLD IS \$100 PER MONTH ADDITIONAL.

WEEKLY SCHEDULING OPTIONS

SINGLE DAY (S)	MONDAY - THURSDAY	
TWO DAYS	MONDAY & TUESDAY	WEDNESDAY & THURSDAY

BASKETBALL TRAINING HOURS

MONDAY - FRIDAY	SCHEDULING WITHIN
-----------------	-------------------

REGISTRATION INFORMATION

Location: Matteson Community Center (708) 441-4500	Details/Scheduling Information Courtology Institute™ (877) 288-8956
---	--

Our programs promote leadership through diverse teaching and training methods that encourage, equip and educate participants of Courtology Institute™ for the next steps of their educational journey. Each program follows our specific curriculum designed to build character, accountability, personal, academic, and athletic standards through the sport basketball.

PAYMENT SCHEDULE

Registrant are to pay in full and include on each waiver the mondays they plan to train.

Registrants have the option of paying using installments

Regular season - (2) Installments of \$75

Playoffs - (2) Installments of \$150

Post Season - (3) Installments of \$150

Sports & Athletics

New!

Chicago Southland Gymnastics

The Matteson Parks and Recreation Department in conjunction with Chicago Southland Gymnastics will now offer gymnastic classes. Chicago Southland Gymnastics is known for its excellence in gymnastics.

MISSION: To challenge the students to be the best they can be, through hands on personalized instruction. We introduce our students to several forms of recreational and competitive activities of the sports world. We believe that gymnastics builds imagination, self-confidence, coordination, creativity, physical strength and healthy minds in healthy bodies, while helping them to grow as people and prepare for the future.

The 13,000 square foot gymnasium is considered one of the finest gymnastic facilities in Chicago land. Students will have the opportunity to work with high quality national and international coaching staff and top notch equipment.

Chicago Southland Gymnastics is located at 6360 West Emerald Parkway, Monee, IL 60449 (less than 10 minutes from Matteson).

SESSIONS:

Session I: JANUARY 16 TO MARCH 10

Session II: MARCH 12 TO MAY 5

Session III: MAY 7 TO JUNE 30

Registration Deadline One Week Prior to the Start of Each Session

Toddlers

It is never too early to begin learning about movement. Tot-Nastics is designed to help the child, as well as the parents develop and discover their physical capabilities and aptitudes. Tots and parents will be lead through beginning gymnastics, tumbling and motor skill tasks. One parent must participate in class.

PROGRAM #:	311001-01 (M:I)	311001-04 (M:II)	311001-07 (M:III)
	311001-02 (W:I)	311001-05 (W:II)	311001-08 (W:III)
	311001-03 (S:I)	311001-06 (S:II)	311001-09 (S:III)
AGE:	18 months to 36 months old / class duration: 50 minutes		
DAY & TIME:	Monday: 10:00 a.m.-10:50 a.m.		
	Wednesday: 10:00 a.m.-10:50 a.m.		
	Saturday: 9:00 a.m.-9:50 a.m.		
FEE:	\$95.00 for 8 week session, one class per week		
	\$145.00 for 8 week session, two classes per week		

Preschoolers

Enjoy beginner gymnastics, low balance beam, bars, vault skills and motor development tasks while having fun! Balance, coordination and body awareness, as well as developing the ability to listen and follow directions will be fostered. Instructors will lead our preschoolers in small groups through fun movements and physical exercises.

PROGRAM #:	311002-01 (M:I)	311002-05 (M:II)	311002-09 (M:III)
	311002-02 (W:I)	311002-06 (W:II)	311002-10 (W:III)
	311002-03 (W2:I)	311002-07 (W2:II)	311002-11(W2:III)
	311002-04 (S:I)	311002-08 (S:II)	311002-12 (S:III)
AGE:	3 to 4-1/2 years old / class duration: 50 minutes		
DAY & TIME:	Monday: 11:00 a.m.-11:50 a.m.		
	Wednesday: 11:00 a.m.-11:50 a.m.		
	Wednesday: 6:00 p.m.-6:50 p.m.		
	Saturday: 9:00 a.m.-9:50 a.m.		
FEE:	\$100.00 for 8 week session, one class per week		
	\$150.00 for 8 week session, two classes per week		



Beginners Girls and Boys Gymnastics

Learn your gymnastic skills on the floor, beam, bars and vault. Try to get to the back hand- spring, with a professional gymnastics instructor in a small group setting. You will learn better balance, coordination and increase your flexibility, while learning all about one of the most popular Olympic sports.

PROGRAM #:	321001-01 (M:I)	321001-05 (M:II)	321001-09 (M:III)
	321001-02 (F:I)	321001-06 (F:II)	321001-10 (F:III)
	321001-03 (S:I)	321001-07 (S:II)	321001-11(S:III)
	321001-04 (S2:I)	321001-08 (S2:II)	321001-12 (S2:III)
DAY & TIME:	Monday: 4:30 p.m.-5:30 p.m.		
	Friday: 6:30 p.m.-7:30 p.m.		
	Saturday: 10:00 a.m.-11:00 a.m.		
	Saturday: 10:00 a.m.-12:00 noon		
AGE:	4 1/2 to 7 year olds/		
	class duration: 1 hour or class duration: 2 hours		
FEES:	\$110.00 for 8 week session 1 hour per week		
	\$165.00 for 8 week session 2 hours per week		

Beginner/Intermediate Girls and Boys Gymnastics

To join this program, gymnasts should have at least one year experience and be able to perform the beginner level skills by themselves with good technique. Students will work on intermediate skill level, form and technique.

PROGRAM #:	321002-01 (MI)	321002-03 (MII)	321002-05 (MIII)
	321002-02 (FI)	321002-04 (FII)	321002-06 (FIII)
AGE:	4 1/2 to 10 years old / Class duration: 1 1/2 hour		
	(2 classes per week recommended.)		
DAY & TIME:	Monday: 5:30 p.m.-7:00 p.m.		
	Friday: 5:00 p.m.-6:30 p.m.		
FEES:	\$140.00 for 8 week session for 1 1/2 hour per week		
	\$195.00 for 8 week session for 3 hour per week		

Advanced Girls Gymnastics

To join this program, gymnasts should be able to perform the intermediate level skills by themselves with good technique. Students will work on a high skill level, form and technique on bars, beam, vault, and floor.

PROGRAM #:	321003-01 (MI)	321003-03 (MII)	321003-05 (MIII)
	321003-02 (FI)	321003-04 (FII)	321003-06 (FIII)
AGE:	8 to 10 years old / class duration: 2 hours		
	10 to 16 years old / class duration: 4 hours		
DAY & TIME:	Monday: 5:00 p.m.-7:00 pm.		
	Friday: 5:00 p.m.-7:00 pm.		
FEE:	Ages: 8-10 \$150.00 for 8 week session/2 hours per week		
	Ages: 10-16 \$210.00 for 8 week session/4 hours per week		

Sports & Athletics

New!

Baseball Coaches Clinic

Baseball Coaches Clinic is designed for the youth league baseball coach that wants to get the most out of their coaching experience. During our 2 hour clinic, we offer advice to coaches who want to maximize their coaching experience. We will teach you...

Fundamentals of Baseball. We will discuss and illustrate the basic fundamentals of baseball that you should be teaching your players – from the importance of pre-game stretching and warm-up, to how to hold and throw a ball properly. We will also cover the basics of hitting, fielding and pitching.

Making Baseball Practice Time More Efficient & Keeping it Fun. This is a key area in helping your players get the most out of their experience. You have to make sure all of your players are involved, learning and getting repetitions but most of all, you have to keep it fun.

PROGRAM #: 340100
LOCATION: Matteson Community Center
TIME: 2:00 p.m. to 4:00 p.m.
DAY: Sunday
DATE: February 12
REG. DEADLINE: February 11
FEE: \$10.00
LIMIT: Min. 10 / Max. 20
INSTRUCTOR: Mike Struck

NOTE: All proceeds will go back into the Youth Baseball League.



Girls Youth Softball League

Join the Matteson Parks and Recreation Department Girls Youth Softball League! This league will focus on teaching girls how to play softball and play as a team. This volunteer coached program is designed to give softball players an opportunity to have fun and practice their skills. Teams will have weekly practice sessions in addition to their weekly games. Available practice times may be on weeknights or weekends.

REGISTRATION DEADLINE MARCH 3

DIVISION	FEE
Kitten	\$75.00/NR \$80.00
10 U	\$80.00/NR \$85.00
12 U	\$85.00/NR \$90.00

The age is determined as of May, 1 2012

To become a volunteer, please contact the Matteson Parks and Recreation Department at 708.748.1080

“Girls Rock” Basketball

Girls Basketball training program consist of one training session per week for an hour. Participants will work in a one on one or small group training session focusing on basketball fundamentals. Defense, offense and game concepts for beginners thru advance skill levels. Slots are limited please ask for additional scheduling days.

Please Register At Least One Week Prior to Each Session

PROGRAM #: 37011-01 (I)
 37011-02 (II)
 37011-03 (III)
LOCATION: Matteson Community Center
AGE: 7 to 14 year olds
TIME: 5:00 p.m. to 6:00 p.m.
DAY: Monday
DATES: **Session I:** January 23 to February 13
Session II: February 27 to March 19
Session III: April 2 to April 23
REG. DEADLINE: **Session I:** January 21
Session II: March 3
Session III: April 14
WEEKS: (3) 4 week sessions
FEE: \$50.00
LIMIT: Min. 4/ Max. 20
INSTRUCTOR: Donell Ausley, Courtology Institute™
 www.courtologyinstitute.com



Spring Baseball Clinics

Prepare for the upcoming baseball season, shake off the “winter rust” and sharpen your baseball skills by attending our skill development baseball clinic. Whether you are new to the sport of baseball, or sharpening your skills from last season, this is a great opportunity to get back into mid-season form. Receive instruction from an experienced coach in the fundamentals of throwing, base-running and hitting techniques. All participants must bring their own glove for fielding and catching purposes.

Register for the Matteson Youth Baseball League and receive a discount

PROGRAM #: 37049-01
LOCATION: Matteson Community Center
AGE: 7 to 14 year olds
TIME/DAY: Sunday, 1:30 p.m. to 4:30 p.m.
DATE: March 4
REG. DEADLINE: April 25
FEE: Free with Youth Baseball League Registration
LIMIT: Min. 10 / Max. 20
INSTRUCTORS: Various Coaches

The McNabb Challenge Pro Style Football Clinic

This program is an off season conditioning, agility fundamental and advanced structured football clinic. This clinic has been designed to teach, instruct and coach each participant who desires to become the complete athlete in the game of football. This clinic will be divided into manageable session periods that will address essential techniques and position fundamentals in a clinic setting comparable to the collegiate and professional football players organized training activities (OTA's). The object of this workshop is to make football both an enjoyable and rewarding sport for the serious collegiate minded student athlete.

PROGRAM #: 320102
LOCATION: Matteson Community Center
AGE: 10 to 14yrs
TIME: 9:00 a.m. to 1:00 p.m.
DAY: Saturday
DATE: April 14
REG. DEADLINE: April 7
FEE: \$50.00
LIMIT: Min. 5 / Max. 10
INSTRUCTOR: Sam McNabb, Seado Enterprise

New!

Recreational Volleyball Clinic

Calling all girls!! This volleyball clinic will focus on basic skills, team concept, rotations and individual roles on the floor. The clinic will be broken down into six stations; bump, set, spike skills, serves digs and passing the ball. They will also learn communication, offense and defense. These stations will help the girls sharpen their basic fundamentals skills as well as increase their overall knowledge of the game. The goal of the this clinic is to increase the opportunities for girls

PROGRAM #: 320103
LOCATION: Matteson Community Center
AGE: 6 to 14yrs
TIME: 5:30 p.m. to 7:30 p.m.
DAY: Tuesday
DATE: April 17 and May 22
REG. DEADLINE: April 14
WEEKS: 6 weeks
FEE: \$75.00
LIMIT: Min. 6 / Max. 16
INSTRUCTOR: Telisa Randle, YFBH Sports Development



The Youth Baseball Association Of Matteson

Join the Matteson Parks and Recreation Department Youth Baseball League! This league will focus on teaching children how to play baseball and play as a team. This volunteer coached program is designed to give baseball players an opportunity to have fun and practice their skills. Teams will have weekly practice sessions in addition to their weekly games. Available practice times may be on weeknights or weekends. Fees include:

- All equipment (except gloves)
- Official baseball umpires (for Mustang, Bronco and Pony/Colt)

Registration Deadline March 3, 2012

DIVISIONS	FEES
T-BALL 5-6	\$80.00 / NR \$85.00
PINTO 7-8	\$85.00/ NR \$90.00
MUSTANG (MINORS) AGES 9-10	\$90.00 / NR \$95.00
BRONCO (MAJORS) AGES 11-12	\$95.00 / NR \$100.00
PONY/ COLT AGES 13-14	\$105.00 / NR \$110.00

The age is determined as of May 1, 2012

To become a volunteer, please contact the Matteson Parks and Recreation Department at 708.441.4500

Saturday Tennis Lessons

Looking for a great way to have fun and stay fit? Tennis offers fun, fitness and friends for everyone! Whether it's just for fun, part of a regular exercise program or played at a competitive level, tennis is a sport that is easy to learn. Offers great health benefits; Can be played in under an hour. Can be played for a lifetime. So come out and join us and learn a new skill. Please bring your own tennis racquet. Tennis balls will be provided during class.

PROGRAM #: 360101-01 (I)
360101-02 (II)
LOCATION: Matteson Community Center
DAY/DATES: Saturday
Session I: April 7 to April 28
Session II: May 5 to May 26
AGE/TIME: 7 to 15 yrs. old Beginners: 9:00 a.m. to 10:30 a.m.
16 & Older Advanced: 10:30 a.m. to 12:00 p.m.
REG. DEADLINE: **Session I:** March 31
Session II: April 28
WEEKS: (2) 4 week sessions
FEE: \$60.00
LIMIT: Min. 6 / Max. 10
INSTRUCTOR: Ed Johnson

The McNabb Pro Style High School Football Camp

This camp is an agility fundamental and advanced structured football camp. This camp has been designed to teach, instruct and coach each participant who desires to become the complete athlete in the game of football. This camp will be divided into manageable session periods that will address essential techniques and position fundamentals in a clinic setting comparable to the collegiate and professional football players organized training activities (OTA's). The object of this camp is to make football both an enjoyable and rewarding sport for the serious collegiate minded student athlete. Also, each student will receive a DVD of their workout.

PROGRAM #: 330101
LOCATION: Matteson Community Center
AGE: 14 to 18yrs
TIME: 9:00 a.m. to 1:00 p.m.
DAY: Saturday and Sunday
DATE: April 21 and April 22
REG. DEADLINE: April 14
FEE: \$100.00
LIMIT: Min. 5 / Max. 10
INSTRUCTOR: Sam McNabb, Seado Enterprise



2012 Men's 16" Softball League

The Matteson Parks and Recreation Department will be offering a recreational Men's 16 inch on Friday evenings. The season will consist of maximum of 11 weeks of regular season play with each team playing one game per week, followed by a double elimination tournament involving all teams. A nominal cash award will be rewarded to the top teams of regular season play and tournament play. Rosters are due at time of registration. They must contain names, addresses, and phone numbers for each player. Signatures and driver's license numbers will be required at a later date. Failure to provide roster at registration will result in the team's removal from registration process. No spots will be held in the league.

PROGRAM #: 37008-01
LOCATION: Matteson Parks
AGE: 18 years and Older (Age as of May. 1)
TIME: 6:30 p.m.
DAY: Fridays and Saturdays respectively
DATES: Starting the week of May 7
FEE: \$600.00 per team
LIMIT: Min. 6 teams / Max. 12 teams

Aim for the Fences! Girls Softball Clinic

Aim for the Fences! Is one of the Village's Girls Sports initiatives. This softball clinic focuses on basic skill development in a fun instructional way, giving many of the young ladies an introduction to the sport. All girls from various skill levels are encouraged to participate. Girls will be put in age specific camps once clinic begins. Early registration is encouraged as spots are limited. *All participants must bring their own glove for fielding and catching purposes.*

PROGRAM #: 37056-01
LOCATION: Matteson Community Center
AGE: 7 to 13 year olds
DAY/TIME: Sunday 12:00 p.m. to 1:30 p.m.
DATE: March 4
REG. DEADLINE: February 25
FEE: Free with Youth Girls Softball Registration
LIMIT: Min. 8 / Max. 12
INSTRUCTOR: Coaches from the League

Girls between the ages of 7 and 13 years old should contact the Recreation Department if interested in participating on a Girls Softball Team

Resident Registration Begins Saturday, January 7, 2012