



**Neighborhood  
Boys & Girls Club**  
For Better Men & Women

**2024 WINTER II**

# **ATHLETIC GUIDEBOOK**

In our sports program, the motto is "EVERYONE PLAYS." Any child who signs up for an NBGC sports program will enjoy plenty of playing time in a supportive and encouraging atmosphere, regardless of experience or skill level. Even first-time players can develop confidence and skills through our year-round sports program.



# TABLE OF CONTENTS

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- Welcome Message
- About NBGC
- Girl's Floor Hockey
- Boy's Floor Hockey
- Co-Rec Volleyball
- Spring Co-Rec Karate
- FAQ's



# WELCOME MESSAGE

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## **Timothy Watts**

Athletic Director

Dear NBGC Families,

Welcome back! To our returning families, we are delighted to have you with us once again, and to our new families, a heartfelt welcome to the NBGC community.

As the Athletic Director, my mission is to ensure that our athletic programs not only nurture physical skills but also instill values such as teamwork, sportsmanship, and perseverance. Our focus extends beyond the field, as we are committed to fostering a supportive and inclusive environment where every participant feels valued and encouraged to grow.

This season promises exciting opportunities for your child to develop their talents, bond with teammates, and create cherished memories. With dedicated coaches and a wide range of athletic programs, we are confident that this journey will be transformative and rewarding.

Let's unite as one NBGC family, embracing the challenges and celebrating the successes together. Thank you for being a part of this incredible journey, and here's to a fantastic season ahead!

With warm regards,

Timothy Watts  
Athletic Director, NBGC





# ABOUT NBGC

The Neighborhood Boys & Girls Club (NBGC), founded in 1931, is a non-profit organization committed to youth development. Our mission is to enhance the well-being and potential of our members, their families, and the community.

For over 90 years, NBGC has continuously pursued excellence in its youth services and organizational governance, driven by the vision of "building better men and women." We are proud of our uninterrupted service to the community, and our board, staff, leaders, and volunteers are unwavering in their dedication to meeting and exceeding the needs of youth and families.

Founded by Robert Buehler and Richard Valentin, NBGC's roots trace back to a single football game played at Revere Park in 1931. What began in a small Chicago garage has grown into a thriving organization that embodies the vision of its visionary founders.

Situated in Paul Revere Park on Irving Park Road, NBGC features various sports fields, tennis courts, a playground, a clubhouse, and indoor practice gyms. Our members, aged 5 to 18, have access to a wide range of athletic, educational, social, and leadership programs that provide an alternative to negative influences outside the club.

At NBGC, we emphasize sportsmanship and teamwork, ensuring that all members, regardless of skill level, can participate. Membership is free for over 1500 girls and boys who participate in our year-round programs. Beyond sports, NBGC fosters leadership skills, new friendships, and a sense of pride in oneself.

Our Youth Development and Leadership Program is one of the most important offerings at NBGC. Young leaders facilitate day-to-day programs, guiding and mentoring their peers to become role models in the community. These leaders gain self-discipline, initiative, and self-esteem, making them eligible for our Leaders' of the Future Scholarship Fund, generously supported by alumni, past recipients, and local businesses.

NBGC is dedicated to enhancing the lives and futures of our youth, and the leadership skills acquired here become the foundation for a lifetime of success. Join us at NBGC, where we continue to build a brighter future for our community and its young members.

# BOY'S FLOOR HOCKEY

## Registration

**When:** Registration open through February 10th, 2024

**How:** [Register online here](#)

**Who:** Girls in grades K-8.

**Cost:** \$110 per participant

**Financial assistance available upon request. Email [finance@nbgc.org](mailto:finance@nbgc.org) prior to registration**

**Preseason Practices** (2 per league) see group times on [nbgc.org](http://nbgc.org).

### **Leagues & Schedule:**

- **K - 1st grades (Discovery League)**
  - Saturday, February 24th
  - Friday, March 1st
- **2nd - 3rd grades (Cadet League)**
  - Tuesday, February 20th
  - Saturday, February 24th
- **4th - 5th grades (Prep League)**
  - Wednesday, February 21st
  - Saturday, February 24th
- **6th - 8th grades (Tribe League)**
  - Tuesday, February 20th
  - Tuesday, February 23rd

## League Game Days

**Dates:** Week of February 26th - Week of April 20th

### **Game Day Schedule:**

- **K - 1st grades (Discovery League)**
  - **Fridays** (start time between 4:30p - 6:30p); **Saturdays** start time between 9:00a - 2:00p)
- **2nd - 3rd grades (Cadet League)**
  - **Tuesdays** (start time between 4:30p - 6:30p); **Saturdays** (start time between 9:00a - 1:15p)
- **4th - 5th grades (Prep League)**
  - **Wednesdays** (start time between 4:30p - 8:00p); **Saturdays** (start time between 11:30a - 3:00p)
- **6th - 8th grades (Tribe League)**
  - **Tuesdays** (start time between 6:00p - 8:00p); **Fridays** (start time between 5:30p - 8:00p)

## Additional Information

- Team assignments + game schedule will be posted/sent 3-7 days before league games begin.
- Preseason Practice subgroups assigned at the close of registration.
- For more information or to register, visit [nbgc.org/basketball](http://nbgc.org/basketball)
- No games or practices March 22nd - March 31st

# GIRL'S FLOOR HOCKEY

## Registration

**When:** Registration open through February 10th, 2024

**How:** [Register online here](#)

**Who:** Girls in grades K-8.

**Cost:** \$110 per participant

**Financial assistance available upon request. Email [finance@nbgc.org](mailto:finance@nbgc.org) prior to registration**

**Preseason Practices** (2 per league) see group times on [nbgc.org](http://nbgc.org).

### **Leagues & Schedule:**

- **K - 1st grades (Daisy League)**
  - Monday, February 19th
  - Monday, February 26th
- **2nd - 3rd grades (Pebble League)**
  - Friday, February 23rd
  - Saturday, February 24th
- **4th - 5th grades (Junior League)**
  - Monday, February 19th
  - Thursday, February 22nd
- **6th - 8th grades (Co-Rec Tribe League)**
  - Tuesday, February 20th
  - Friday, February 23rd

## League Game Days

**Dates:** Week of February 26th - Week of April 20th

### **Game Day Schedule:**

- **K - 1st grades (Daisy League)**
  - **Mondays** (start time between 4:30p - 6:30p); **Saturdays** (start time between 9:00a - 12:45p)
- **2nd - 3rd grades (Pebble League)**
  - **Fridays** (start time between 4:30p - 6:45p); **Saturdays** (start time between 9:00a - 12:30p)
- **4th - 5th grades (Junior League)**
  - **Mondays** (start time between 4:30p - 7:30p); **Thursdays** (start time between 4:30p - 7:30p)
- **6th - 8th grades (Senior League)**
  - **Mondays** (start time between (5:15p - 8:15p); **Thursdays** (start time between (5:15p - 8:15p)

## Additional Information

- Team assignments + game schedule will be posted/sent 3-7 days before league games begin.
- Preseason Practice subgroups assigned at the close of registration.
- For more information or to register, [nbgc.org/programs/athletics/winter-2/](http://nbgc.org/programs/athletics/winter-2/)

# CO-REC VOLLEYBALL

## Registration

**When:** Registration open through February 10th, 2024

**How:** [Register online here](#)

**Who:** Boys & Girls in grades 6-8

**Cost:** \$110 per participant

**Financial assistance available upon request. Email [finance@nbgc.org](mailto:finance@nbgc.org) prior to registration**

**Preseason Practices** (2 per league) see group times on [nbgc.org](http://nbgc.org)

- Monday, February 19th
- Thursday, February 22nd

## League Game Days

**Dates:** Week of February 26th - Week of April 20th

- **Mondays** (start time between (5:15p - 8:15p); **Thursdays** (start time between (5:15p - 8:15p)

## Additional Information

- Team assignments + game schedule will be posted/sent 3-7 days before league games begin.
- Preseason Practice subgroups assigned at the close of registration.
- For more information or to register, [nbgc.org/programs/athletics/winter-2/](http://nbgc.org/programs/athletics/winter-2/)

# CO-REC KARATE

## Registration

**When:** Registration open through January 23rd, 2023.

**How:** Register online at [nbgc.org/athletics/year-round](http://nbgc.org/athletics/year-round)

**Who:** Boys & Girls aged 8-18. Participation is capped at 20 students.

**Cost:** \$60 per participant (Gi to be purchased separately from instructor; see additional costs below).

**Financial assistance available upon request**

## Class Schedule

**Days:** Tuesdays & Thursdays

**Dates:** February 13th - May 30th

**Time:** 6 PM - 7 PM

## Important Dates

**Gi distribution & try-on:** January 30th @ 6P - 7P

**No class:** March 26th, March 28th

## Additional Information

- Participants will learn traditional Goju Ryu Karate-Do.
- Classes will be taught by Sensei Bob Muralles, 5th Dan Black Belt, Midwest Circuit Champion, M.A.K.A. Champion, Power Nationals Champion, London, Can-Am Police & Fire Games champion.
- Kata will be the focus of the Karate Program. Kata helps refine techniques and improve body mechanics associated with the execution of techniques.
- All class curriculum will be from instructor's Hombu Dojo "Jun Ko Kan", Phoenix, Arizona.
- All returning participants must re-register for Fall & Spring sessions.

## Additional Costs

View tables below. Refunds are not available for the costs listed. Any applicable costs should be paid in cash directly to Sensei Bob by the dates shown. Promotion costs will not apply if class requirements are not met by participants.

	First-Time Student	Returning Student
<b>Beginning of Session</b> (Payment date: January 30th)	<u>\$25 to cover:</u> Uniform cost	None
<b>End of Session</b> (Payment date TBA)	<u>\$25 to cover:</u> New Black Gi top New Belt Promotion certificate & frame	None



# FREQUENTLY ASKED QUESTIONS

- **How do I register for a program?**
  - You can register for a program by locating the registration form and informational flyer on the NBGC website at [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs).
- **How are teams put together?**
  - Teams are constructed by considering school, grade, neighborhood, and requests. All requests **MUST** be included in the registration form. Requests sent via email will not be considered.
- **Is financial assistance available?**
  - Yes, financial assistance is available upon request. If you have previously applied for financial assistance, please take note that a new application must be submitted at the beginning of each program year (each fall). To apply, email [finance@nbgc.org](mailto:finance@nbgc.org) **before** registration.
- **How do I apply my NBGC Program Credit?**
  - To redeem your program credit(s), please contact [finance@nbgc.org](mailto:finance@nbgc.org) **before** registration.
- **Where will practices and games take place?**
  - All NBGC-scheduled games and practices will take place at the NBGC Clubhouse or the Revere Park facilities.
- **What should my child bring to practices and games?**
  - Players should come to practices with a labeled water bottle and sneakers. Other gear such as a mouthguard or athletic cup is optional. For games, players should come with the items listed above and their game jerseys.
  - In rainy or snowy weather, players should not wear their court shoes outdoors and then inside the gym. Please send players with their court shoes to change into.
- **What can I expect from an NBGC Clinic, Preseason Practice, or Game?**
  - Clinics help introduce players to a sport. Clinic sessions run for longer than Preseason Practices and have fewer players in each session. Players receive more personalized instruction of game skills, strategies, and rules for a sport. Clinics are a great way to make new friends and spend time getting better at a sport they enjoy.
  - Preseason Practices are held at the beginning of each season. They are scheduled to last for 45 minutes and will begin with dynamic stretching followed by working on fundamental game skills, strategies, and rules.
  - Preseason practices are **not** scheduled based on the team a player will be placed on. It is a great opportunity to meet other players in the league that will be playing on other teams. These practices are fully run by NBGC staff. Team coaches don't need to worry about bringing practice plans, materials, or equipment.
  - Games are scheduled in 45-60 minute timeslots. Teams will compete against each other while also learning leadership, teamwork, and other NBGC values.
  - Each league is scheduled for 2 preseason practices before the games begin.

# FREQUENTLY ASKED QUESTIONS

- **Are there any NBGC-scheduled team practices during the season?**
  - No, the only practices NBGC schedules are the league-wide preseason practices. After the scheduled preseason practices, any additional practices throughout the season will be coach-scheduled team practices. Only pay attention to official NBGC scheduling documents sent by email and posted on our website as there may be some incongruencies between the scheduling documents and the calendar in the Sawyer registration system.
- **How many games will my player have?**
  - In a general season, teams are scheduled for 1 preseason game, 6-8 regular season games, 1-2 playoff games, and an all-star game and/or parents vs. kids game. Numbers may vary slightly depending on season length or gym time available.
- **Will forfeits be rescheduled?**
  - No, forfeits will not be rescheduled. Please let NBGC staff know about upcoming forfeits so we can try to find a replacement team for your opponent.
- **What happens if I am late/early to drop-off/pick-up?**
  - If you are early to drop-off, please wait until you are called into the gym. If you are late to pick-up, your child will be brought inside the NBGC clubhouse to wait for their pickup. Please note this may incur childcare charges unless prior arrangements have been made.
- **Will players be transported to program?**
  - Players in NBGC's after-school program have the option to be brought to their game by NBGC staff if all of the following situations apply:
    - 1) The player is enrolled in NBGC's after school programs at NBGC Clubhouse, Bateman Elementary, Cleveland Elementary, or Linne Elementary and is present in the program that day.
    - 2) The player has an NBGC-scheduled Preseason Practice or Game with a start time at or before 5:30 PM.
  - You must explicitly opt into this service each season during registration if the above conditions apply
- **What is the cancellation policy?**
  - If you cancel prior to the start of programming, a Program Credit will be posted to your account. All registration fees are non-refundable. Cancellation requests must be emailed to [athletics@nbgc.org](mailto:athletics@nbgc.org) and [finance@nbgc.org](mailto:finance@nbgc.org).
- **Can I coach?**
  - If you are interested in volunteering as a coach, please indicate so on your registration form. Coaches will be asked to fill out a volunteer application and will be subject to a background check if they have not already done so in the past 12 months.

# FREQUENTLY ASKED QUESTIONS

- **Season Information/layout:**

- NBGC Seasons are broken into 2 phases or sections:

- **Preseason Practices**

- The season will start with 2 preseason practices spread out over 1-2 weeks.
- After the last preseason practice, we move into the game portion of the season. there are no more NBGC scheduled practices after the preseason practices
- Be sure to check your league's specific preseason practice dates in the season's Athletic Guide and [nbgc.org](http://nbgc.org)

- **League Games**

- Teams start the season with 1-2 preseason games that do not count toward the season standings.
- Each team will play 1-2 games per week on their scheduled league days throughout the season.
- Following 6-8 regular season games, teams are scheduled for playoff games (depending on seeding) and special events such as an all-star game and/or parents vs. kids game.

- **When will my player receive their uniform**

- Players typically receive their team uniform at their first game. We may also schedule a uniform pickup day before the season depending on availability.

- **When will I see my player's schedules?**

- Preseason Practice schedules can be found at the time of registration on [nbgc.org](http://nbgc.org).
- Game schedules will be available in the inbox of email addresses provided at registration and on [nbgc.org](http://nbgc.org) following the conclusion of preseason practices and 3-7 days before the first scheduled game for that league.
- Only pay attention to official NBGC schedule documents sent by email and posted on our website as there may be some incongruencies between the scheduling documents and the calendar in the Sawyer registration system.