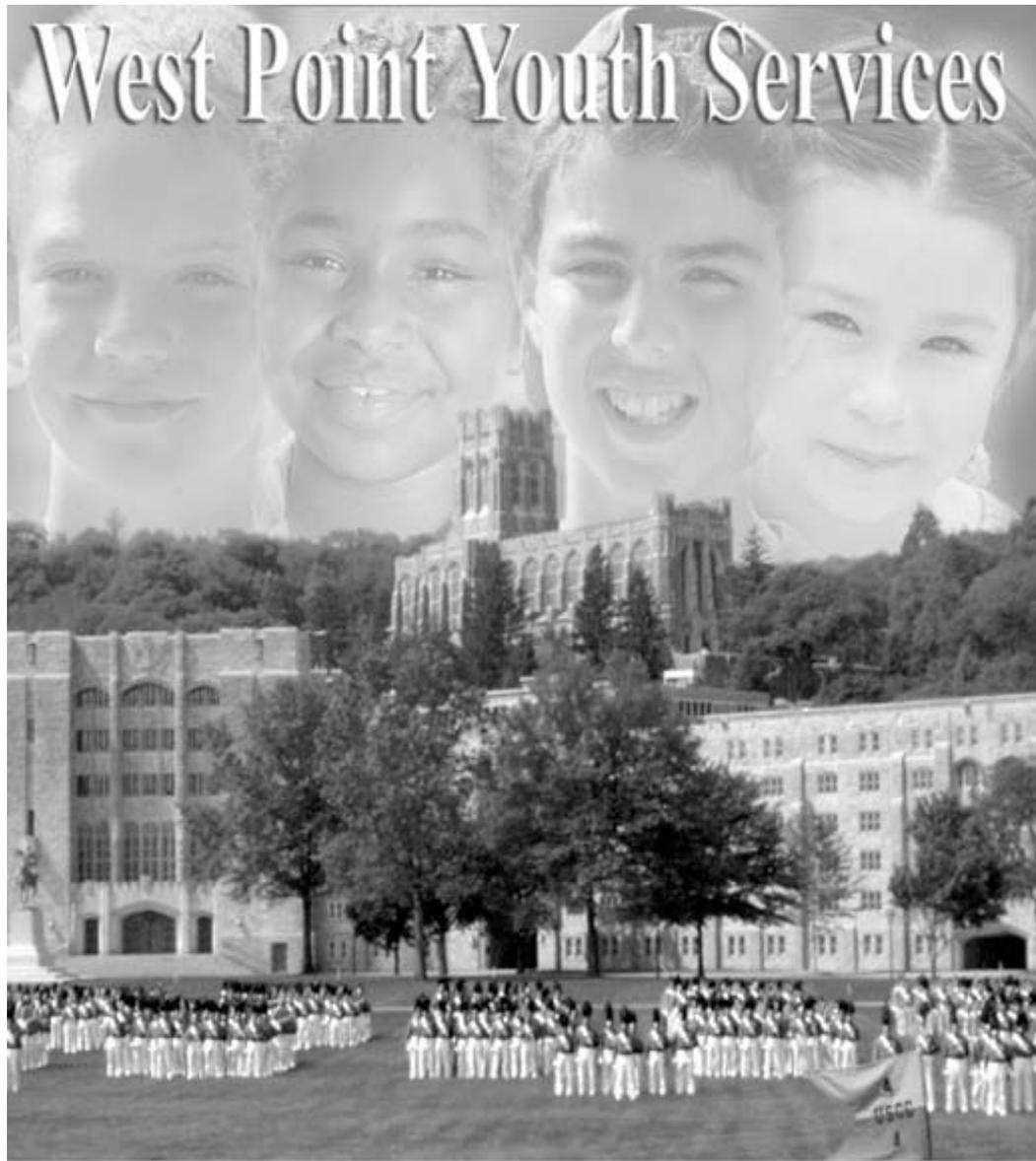


West Point Youth Services



2004-2005 Academic Year
Program



A Note from the Director

West Point Youth Services enjoys a proud tradition of nurturing and mentoring young people. Our programs have been nationally recognized for their progress in preparing our youth for adult life. In addition to our exceptional facilities at West Point, our partnerships with the Boys and Girls Club of America, 4H and other related agencies provide extensive opportunities in which children can participate and grow.

I encourage you to take advantage of the programs we offer your children here at West Point. We look forward to helping them enjoy and grow from the tremendous opportunities life at West Point has to offer.

Donald L. Hulst
Chief, Child & Youth Services



Table of Contents

Registration and Program Information 4
Youth Services Office
Child & Youth Membership
Health Assessments & Registration Forms

Instructional Programs 5-9
Session Registration
Cheerleading
Bowling
Dance
Drama
Kindergym
Tae Kwon Do
Hapkido
Ice Skating
Tennis
Fitness & Strength Training

Sports Programs 9-12
Baseball, Basketball
Ice Hockey (Travel and Intramural)
Roller Hockey
Lacrosse
Soccer (Travel and Intramural)
Wrestling
Sports Special Events

Youth Center 12-15
Academic Year Hours of Operation
Special Events
Chess Club
Technology Center
Homework Center
Youth Sponsorship
Halloween Fest
Intervention/Prevention
Leadership Development
Workforce Preparation and Career Exploration
Torch and Keystone Clubs
Camp Counselor Training
Volunteer Opportunities

Partnerships 16
Boys & Girls Club
4-H

Other West Point Youth Agencies 16-17

REGISTRATION AND PROGRAM INFORMATION

Youth Services Office – Telephone: 845-938-3727

Visit the Youth Services Center at building 500, Washington Road. The office is open Monday through Friday, 10 a.m. – 6 p.m. Information regarding academic-year programs and summer activities is available.

Youth Center – Telephone: 845-938-3208

The Youth Center is open for youths and teens grades 6 through 12, implementing middle school and teen programs. The facility is open after school and evenings, Monday through Friday, and Saturday afternoons.

Child & Youth Services Membership

A family membership is required for participation in Child and Youth programs. Annual fees are \$18 for a family with one child, \$36 for a family with two children and \$40 for a family with three or more children.

Health Assessments and Registration Forms

Child & Youth Services requires a Registration & Special Needs Screening Form be kept on file and updated yearly or as health status changes. Please contact the Youth Services Office for the required forms. A copy of a school physical examination satisfies this requirement. A current physical and a copy of up-to-date shot records is necessary to register for any Youth Services Programs.

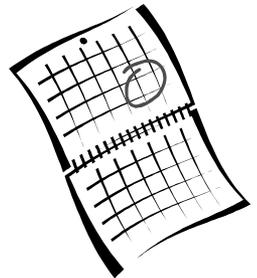


Medication Policy

Youth Services staff will administer approved medications in accordance with the Child and Youth Services Standard Operating Procedures. Exception-to-policy requests for other medication must be submitted to the Youth Services administrative office prior to the start of the program, and be reviewed by the Special Needs Resource Team (SNRT). At least three business days are needed to process approval.

Youth Services Programs

A comprehensive schedule of Sports and Instructional Programs is offered year-round for youths ages 5 through 18. Selected programs are also offered for preschool children. Check Channel 23, the Daily Bulletin, our web site at www.usma.edu/dcfa/activity/youth or the Youth Services Office for updated information throughout the year.



INSTRUCTIONAL PROGRAMS

Instructional Programs are scheduled in 5 and 10-week sessions. The registration dates and time period of each 10-week session held during the academic year are listed below. Cost for classes is \$4 per 30-minute. Information sheets for each program are available at the Youth Services Office.

Registration Schedule	Class Schedule
Session I – 26 July 04	30 August – 18 November <i>No Classes 6 Sep., 11 Oct. & 11 Nov.</i>
Session II - 29 October 04	29 November – 19 February <i>No Classes 20 Dec. – 31 Dec. & 17 Jan.</i>
Session III - 11 February 05	7 March – 19 May <i>No Classes 14-18 March</i>

Dance Classes

All classes work progressively towards a full-dress recital on May 21, 2005.

Dance Awareness

Introduce your three to five year old to the creative and imaginative world of dance. Join us as we explore the fundamentals of dance and rhythm through a wide range of movement and music!



Eligibility: Ages 3 – 5

Class Schedule: Tuesday 9:30-10:00, 10:15-10:45 & 11:00-11:30 a.m.
Wednesday 10:45-11:15, 11:30-12:00 & 12:15-12:45 p.m.



Kinderballet

This class will develop basic skills in an inventive and supportive atmosphere. Introductions to musicality, stretching, and ballet history will be woven into the development of technique.

Eligibility: Kindergarten

Class Schedule: Monday 6:00-6:30 p.m. Tuesday 6:00-6:30 p.m.
Thursday 6:00-6:30 p.m.

Ballet 1 & 2

The art of ballet spans a range of desirable skills, including agility, grace, musicality, flexibility, and overall composure. Our classes emphasize formation of a solid technical and artistic vocabulary in a supportive, yet disciplined environment. Join us as we cultivate an enthusiasm for performance!



Eligibility: Grades 1 to 8

Class Schedule: Ballet 1 Mon. 7-8 p.m., Wed. 6:00-7:00 p.m.
Ballet 2 Wednesday 7:00-8:00 p.m.

Jazz Dance

From today's popular styles of street dance to the classic sophistication of Broadway's golden age, jazz dance has a strong place in American culture. This class will focus on a broad vocabulary of steps chosen to increase strength and flexibility, and to develop an understanding of rhythm and syncopation.



Eligibility: Grades 3-12

Class Schedule: Thursday 7:15-8:10 p.m.

Pre-Tap Dance

Introduce your three to five year old to fundamental rhythm and tap dance skills with this creativity-oriented class. Join us as we learn how to hear our feet dancing!

Eligibility: Ages 4 - 5 Monday 6:30 - 7 p.m. (Kindergarten only)

Class Schedule: Thursday 10:00 - 10:30 a.m. & 11:00 - 11:30 a.m.

Tap Dance

A truly American form of dance, tap develops not only agility and physical control, but complex rhythmic skills as well. The classes, divided for beginners and more advanced students, will focus on technique, strength, and on developing a personal sense of style.



Eligibility: Grades 1 – 8

Class Schedule: Tap I Tuesday 6:35-7:35 p.m.

Tap II Tuesday 7:45-8:50 p.m.

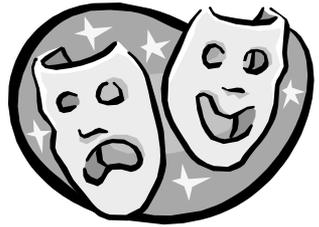


Drama

Children Learn the basics of acting and stage direction.

Beg. Drama: (K - grade 3) Wed. 5 - 6 p.m.

Drama: (grades 4 & up) Wed. 6 - 7 p.m.



Martial Arts

All classes work progressively towards belt advancement.



Tae Kwon Do

This program provides instruction in non-combat Tae Kwon Do. Flexibility, body awareness and mental concentration are characteristic of this martial art.

Eligibility: Ages 6-18

Class Schedule: Beginners Monday/Wednesday 6:00-6:45 p.m.

Yellow Belts & up Monday/Wednesday 7:00-7:45 p.m.

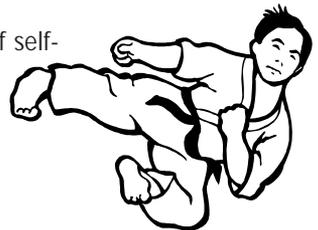
Tae Kwon Do Registration Schedule	Tae Kwon Do Class schedule
Session I 26 July 04	8 Sep. - 13 Oct. No Classes 11 Oct
Session II 4 October 04	25 Oct. - 29 Nov.
Session III 29 October 04	6 Dec. - 24 Jan. No Classes 24 Dec - 31 Dec. & 17 Jan.
Session IV 3 January 05	31 Jan. - 7 Mar. No Class 21Feb.
Session V 7 February 05	21 Mar. - 20 April
Session VI 11 April 05	2 May - 6 Jun

Hapkido

Learn the Korean martial art that teaches a wide range of self-defense techniques. The areas of concentration are strikes, kicks, blocks, avoiding movements, holds, locks, throws, tumbling, meditation and healing.

Eligibility: Grades 4-12

Class Schedule: Thursday 6:45-7:45 p.m.



Hapkido Registration Schedule	Hapkido Class schedule
Session I 26 July 04	9 Sep. - 16 Nov.
Session II 29 October 04	1 Dec. - 16 Feb. No Class 20 - 31 Dec.
Session III 7 February 05	9 Mar. - 18 May

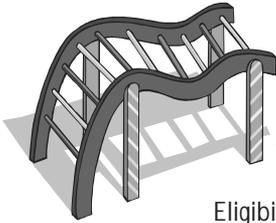
Ice Skating

Under the guidance of certified skating instructors, students have the opportunity to learn to ice skate or improve their skating skills. Classes are held throughout the academic year on Sunday afternoons at Tate Rink. Skate rental is available. Classes are held in 30 minute intervals between 1pm and 4 pm.



Eligibility: Ages 3-18

Class Schedule: Sundays 1:00-4:00 pm.



Kindergym

Take advantage of this opportunity to enhance socialization and improve gross motor skills through song and basic gymnastics. Activities are designed to be enjoyed by children with their parent or caregiver.

Eligibility: Ages 2-4

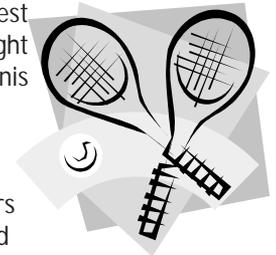
Class Schedule: Tuesday 9:30-10:00 a.m., 10:15-10:45 a.m.,
11:00-11:30 a.m., and 12:15-12:45 p.m.

Tennis

With the availability of a premier indoor tennis facility at West Point, fundamentals of the world's favorite racquet sport are taught throughout the year. Classes are taught in the Lichtenberg Tennis Center.

Eligibility: Ages 6-18

Class Schedule: Monday/Wednesday 6:00-6:45 p.m. Beginners
7:00-7:45 p.m. Advanced
Tuesday/Thursday 6:00-6:45 p.m. Beginners
7:00-7:45 p.m. Advanced



Strength & Fitness Training

This program is designed to provide teens with the opportunity to start a personal fitness and strength training program by exploring a variety of techniques and equipment in a safe environment. The program will provide teens with:

- Certified instructors to help each participant define their personal goals
- A fitness plan to support their current and future fitness goals
- Confidence to train independently

Eligibility:

Grades 8-12

Class Schedule:

50-minute classes

Days will be announced



SPORTS PROGRAMS

Youth Services offers a variety of sports programs for youth living at West Point. The West Point Youth Sports philosophy concentrates on team and character building, sportsmanship, and skill development. Our programs rely on the participation and support of parents as volunteer coaches. In accordance with the Department of Defense standards, all coaches are trained and certified by the National Alliance of Youth Sports. Hockey and soccer coaches receive supplemental sport-specific training. To acknowledge the donation of time and effort of our volunteers, Youth Services allows a coach's child to participate in the sport free of registration fees.

Youth Services Sports programming focuses on skill development and fun through positive mentoring and sportsmanship. All participants, from players to coaches, are required to sign a code of ethics. Come experience and participate in the many fun and exciting facets of youth sports!

Baseball I

The youth baseball program has an annual enrollment of approximately 300 children, kindergarten through age 12. Baseball begins in early spring and most leagues end prior to West Point graduation. The Senior League season for players age 13-15 years ends in late June. Practices for all players begin in early April. Coach's meetings and registration will be held in March.

Program Cost:	\$30.00
T-Ball	Kindergarten
Training League	Ages 6 & 7
National League	Ages 8 & 9
Little League	Ages 10 – 12
Senior League	Ages 13 – 15



Basketball I

Registration begins in October. Practice begins in November with the season concluding in early March. Coaches meetings will be held in mid-November. A skills clinic is scheduled in November. All leagues will play a full schedule of games.



Program Cost:	\$30.00
Training League:	K-1 st Grade – Coed
Junior League:	Grades 1 & 2 - Coed
Collegiate League:	Grades 2 & 3 - Coed
Junior Varsity League:	Grades 5 & 6 - Coed
Boys Varsity League:	Grades 7 & 8
Girls Varsity League:	Grades 7 & 8

Ice Hockey

Youth hockey is one of the most popular winter sports offered by Youth Services. On weekends, the competitive teams play visiting squads from New York, New Jersey and Connecticut. Ice time for each age group is announced at the beginning of each season with the majority of practices and games scheduled for Saturday mornings and selected weekday evenings from September through mid-March. Starting in September, skating clinics will be administered by the Army Hockey Staff to establish travel teams. The West Point Junior Black Knight travel teams are members of the Hudson Valley Youth Hockey League and play a competitive schedule. All Ice Hockey participants are members of USA Hockey and New York State Amateur Hockey Associations.

Program Cost:	\$70.00 to \$150.00
Atoms:	K-6 years
Learn to Play:	7 years, no skating experience
Mites:	Born after 1/1/96
Squirts:	Born between 1/1/94 - 12/31/95
PeeWee:	Born between 1/1/92 - 12/31/93
Bantam:	Born between 1/1/90 - 12/31/91
Midgets:	Born between 7/1/86 - 12/31/91

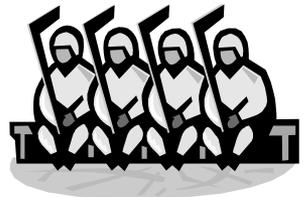


Location: Holleder Center, Tate Rink, home of Army Hockey

Three-on-Three Ice Hockey

This is a great opportunity for our West Point Youth Hockey players to develop quick hands and quick feet! Three-on-Three Hockey emphasizes skill development. Two games are played cross-ice in each end, with a lot of fast changes, stick handling, and passing. This set-up gives the players a chance to learn techniques they might not have used while playing on a larger team. Participants will be better players and will have a lot of fun each session. This program replicates "pond hockey," an opportunity many players do not typically get!

Program Cost:	\$30.00
Eligibility:	Players from academic year ice hockey teams
Sessions:	April-June, check with the sports department for specific dates and times
Location:	Tate Rink



Each player is required to supply his or her own helmet, padding, skates and stick. Pants and socks are supplied by Youth Services. Jerseys are provided to Atoms. A more detailed list of necessary equipment will be furnished at the time of registration.



Lacrosse

Lacrosse is one of the fastest growing youth sports in the Northeast. A travel team has been formed for girls in grades 6-8. Those games are played through the Hudson Valley Lacrosse League. Lacrosse clinics for boys in grades 6-8 are held in Shea Stadium. Both the clinics and the team practices begin in May. Check with the sports department in the spring for more information. Our goal is for all youth to learn lacrosse skills

and develop athleticism, sportsmanship, and the spirit of teamwork.

Cost: \$30.00 clinics (boys)

\$50.00 travel (girls)

Eligibility: Grades 6-8

Soccer

West Point Youth Services offers soccer for ages 4-18. In our recreation level teams, we concentrate on the FUN-DAMENTALS of soccer while developing skills and sport knowledge. The travel soccer teams are members of the Hudson Valley Youth Soccer League, American Youth Soccer Association and Eastern New York Youth Soccer Association. Skill and footwork clinics are held for players throughout the year.



Intramural Soccer

Cost: \$30.00

Just-4-U Soccer: Age 4 only

Division A: Kindergarten

Division B: Grades 1 & 2

Division C: Grades 3 & 5

Hudson Valley Youth Soccer League - Travel Soccer

Cost: \$30.00

Under 10 Girls Under 10 Boys

Under 12 Girls Under 12 Boys

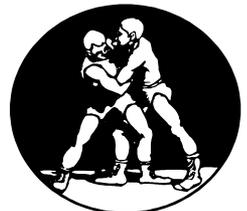
Under 14 Girls Under 14 Boys



All travel games will be held on Sundays according to the schedule of the league.

Wrestling

The youth wrestling program is administered in the Army wrestling room in Cullum Hall. The program is available for ages 5 to 18 and offers instruction in both Free-style and Greco-Roman wrestling techniques. Fall and Spring sessions will be offered.



Program Fee: \$30.00

SPORTS SPECIAL EVENTS

During the calendar year, Youth Services sponsors many different special sports events for the community.

- **August** - The NFL/Pepsi Punt Pass & Kick competition is held at Shea Stadium.
- **November** - Hot Shot basketball competition will be held in our gym!!!
- **March** brings the close of basketball and The Knights of Columbus Free Throw Competition.

Throughout the year, sport specific clinics are held prior to the start of the sport season to promote skill development. Please make sure to inquire at the Youth Center.



YOUTH CENTER

Middle school and teens, grades 6 to 12, gather at Building 500 for both planned and spontaneous activities. This is a 15,000 square foot building offering a full size basketball court, teen and middle school lounges, a technology center and snack area with billiards and air hockey tables. Planned programs are designed Boys and Girls Club curriculum such as the Fine Arts Program, SMART Kids programs and Project Learn. We also offer programs from 4-H and the Army Youth Program Framework. A monthly calendar is developed with daily activities and events that include trips, computer games, contests, gym activities and crafts. Stop by the Youth Center to check out the activity, or visit our web site at www.usma.edu/dcfa/activity/youth



Academic Year Hours of Operation

(Beginning 16 August 2004)

Monday - Thursday 2:15-6:00 p.m.

Friday 2:15-6:00 p.m. & 6:00-9:00 p.m. (teens only)

Note: Children in grades 3 and up are invited to use the Youth Center on Saturday afternoon.

Special Events

Trips, parties, contests, and movie nights are some of the exciting special events offered. All off-post trips require pre-registration and a permission slip signed by a parent or guardian. Fees may be charged. Program details are available at the YS office.



Technology Center

The Technology Center features 15 state-of-the-art workstations equipped with high speed Internet connections for educational and entertainment purposes. We have the latest in hardware and software with all the corresponding accessories. Recognizing computer proficiency as a valuable life skill, we have developed a wide range of specialized programs that utilize not only the technology available at the YS Lab, but also the imagination and intellect of those children and young adults who participate. Programs include exploration of the fine arts and multimedia through digital and traditional photography, digital movie making, and web design. These programs not only develop understanding of these state-of-the-art studies, but also guide students in the development of their own works of art. Consequently, whether it is a student produced photography exhibit, a public service announcement or a web page, youths will be able to produce something in which they can take pride while learning essential life skills.



Skill tech I & II

Based on the Boys & Girls Club Technology curriculum, this exciting program offers technology "Basic Training" to youths 6-13. Includes in depth exposure to Microsoft Office products Adobe Photoshop and Publisher. Check the Youth Services announcements frequently for availability!
Cost \$15.00

Homework Center

The Homework Center is open after school for students in 4th through 12th grade. The Homework Center will assist students with projects, tutoring and homework. Call the School Age Services (SAS) coordinator for more information at 938-8898.

Chess Club

The Youth Services Chess Club is a member of the National Chess Federation and is a program run in conjunction with the cadet brothers of Phi Beta Sigma Fraternity. This program teaches students the basics of chess through competition strategy. Tournaments are scheduled throughout the year. Registration is required.



Eligibility: 8 years and up

Class Schedule: 7:00-8:00 p.m., day to be determined in the fall.



Youth Sponsorship

The sponsorship program is designed to help newly arriving youth become familiar with the West Point community, schools, local towns and the surrounding region. There are many resources available. Technology Center Pen Pals, monthly birthday celebrations, Hail and Farewell parties and other special events are just a few examples of the ways for our youth to participate, meet new people and do exciting activities.

Halloweenfest

As part of the Youth Development program, the HALLOWEENFEST party is held for high school teens grades 9-12 from both the West Point Community and the Highland Falls Central School District. This event takes place at the West Point Ski Lodge on Halloween Night, 31 October from 8-10 p.m. There is no charge for this event. However, all registration must be completed in advance at O'Neill High School by 3 p.m. on 31 October. A party with a professional DJ, dancing, games, contests, prizes and free food make this an event that no one should miss.



Torch & Keystone Clubs



Torch Club (Middle School Leadership Group) and Keystone Club (High School Leadership Group) are organizations that provide youth with a way to make their voices heard. Club meetings are held twice a month and focus on youth programs and community life. Youth have an opportunity to plan special events, get involved with community service projects and conduct fund-raisers to accomplish goals established early in the academic year. Officers and representatives from the housing areas are elected in late September.

Leadership Development

Leadership development is emphasized throughout the Youth Development Program. Keystone and Torch Clubs provide avenues for youth and teens to become involved in leadership roles within the Youth Services Program. To further this development, a series of trainings are held each year utilizing various programs such as Army Team Panel Character Counts Curriculum. These programs provide youth with the opportunity to meet and train other youth from West Point and installations throughout the region. A team of youth leaders brief the Garrison Commander and provide an overview of yearly goals. These youth leaders also become involved in the community Army Family Action Plan Symposium.



Intervention/Prevention

The Red Ribbon Campaign is a program run jointly with the West Point Drug and Alcohol Prevention Program, McGruff the Crime Dog from PMO, West Point Schools and O'Neill High School. This annual event, held for one week each year, is focused on raising awareness about the negative impacts of drug and alcohol abuse and encourages youth to make healthy choices for themselves. The community is urged to join this effort.

Workforce Preparation and Career Exploration

West Point Youth Services offers a workforce prep program for teens 13 and up to help them prepare for their first job. This program is offered in the spring and helps teens learn how to fill out applications, write resume and cover letters, and learn job skills such as team building, communication skills, problem solving, phone etiquette and much more. Along with this process, teens evaluate the different assets required to develop specific careers.

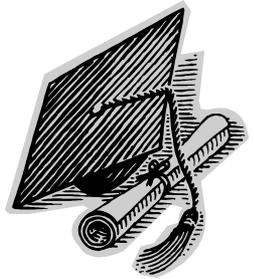


Camp Counselor Training

Teens age 13 and up work as summer camp counselors and academic-year classroom assistants. Applications are available in April. Interviews, selection and 6 hours of training are held at the end of May. Teens are then placed for a 1-2 week period in the School Age summer camp program and have the opportunity to extend their service into the academic year.

Volunteer Service & Scholarship Opportunities

West Point youths have many opportunities to become involved in volunteer services on an individual or group basis, at West Point or in other communities. Ideas for volunteer service are gathered from the youths at council meetings. Seven West Point teens have received \$1,000 scholarships in recognition of their contributions to the West Point and surrounding community programs over the past 4 years.



WEST POINT YOUTH SERVICES PARTNERSHIPS



Boys & Girls Club

West Point Youth Services is a member of the Boys & Girls Clubs of America. Army Youth Services Programs and the Boys & Girls Clubs of America have a partnership designed to pursue a mutually enriching relationship to serve children of the Nation's military personnel. The focus is on character and leadership development, education and career development, health and fitness, arts, sports, fitness and recreation.



4-H

Youth Services is pleased to administer a 4-H program. Our 4-H clubs offer youth opportunities in leadership, decision-making, public speaking, and community service. We also offer the practical experience of bringing a set of projects to completion. The projects, which are chosen by the youth in conjunction with adults, may include woodworking, rocketry, gardening, sewing, electricity, and more. They are presented annually at the Orange County and New York State Fairs. The clubs meet on Monday evenings twice a month at the Youth Center. Presently the clubs consist of youths at age levels 1st – 3rd grade and 4th – 8th grade. A high school club may be established if there is interest.

OTHER WEST POINT YOUTH AGENCIES



Child Development Services – Bldg. 1207 – Offers full-day and hourly care for children ages 6 weeks to 5 years, and part-day preschool for 3 and 4 year-olds. Phone: 938-4798/4523.

Family Child Care – Offers full-day, part-day and hourly care for children 4 weeks to 12 years old in approved government quarters. Call for information on how to enroll your child or to become a Family Childcare Provider – 938-3921.

Parent Advisory Group (PAG) – The PAG has been formed to gather suggestions and input on the policies governing our programs and procedures. If you are interested in serving on this committee, please call the Youth Services Office – 938-3727.

Outreach Services (OS) – Offers central enrollment, alternative child-care options and baby-sitter training – 938-8898.

School-Age Services (SAS) – Offers activities for children ages 5-12 before and after school and all day when school is not in session. Currently the program for children in kindergarten through grade 2 is held at Bldg. 1207 and for children in grades 3 through 5 in Bldg. 500. Call for more information – 938-8898.





Community Recreation Division

Snow Ski Lessons for youth that want to learn to ski or improve their skills are provided at the Victor Constant Ski Slope. Call for more information – 938-3726.

Golf Course- Youth golf lessons are taught during the summer months at the West Point Golf Course. For more information call 938-2435.



West Point / High and Falls Youth Football

Players age 6-13 are eligible to participate in this program. Contact MAJ Joel Jebb 938-5706 / 446-5937.

Swim Club – ages 6-18. Contact JoAnn McCaffrey 628-4898.

Scouts

Boy Scouts: Scoutmaster, Col. Michael Jones 446-7573/938-5706

Girl Scouts: Peggy McCourry 446-7199

ODIA Summer Sports Camps

For information, call 938-3100.

Baby Sitter Training

For information on Teenage Babysitter Training, contact the Child Development Center, 938-4458.



Schools

James I. O'Neill High School – 446-4914

John S. Burke Catholic High School – 294-5481

New York Military Academy – 534-3710

Orange County BOCES – 294-5431

Sacred Heart School – 446-2674

West Point Elementary School – 938-3506



West Point Youth Services



Something for every child
and every season!



A Branch of the Directorate of Community and Family Activities

**Bldg. 500, Washington Rd.
West Point, NY 10996
938-3727/3208**

