



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

FALL 2023

# 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.





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# 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.

# CO-REC FLAG FOOTBALL

## Registration

**When:** Registration open through September 1, 2023

**How:** Register online at [nbgc.org/athletic-programs](https://nbgc.org/athletic-programs)

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

**Cost:** \$140 per participant (includes uniform)

**Financial assistance available upon request**

## Preseason Practices (2 per league)

**Dates:** August 28 - September 5

### Leagues & Schedule:

- **K - 1st grades (Rival League)**

Thursday, August 31 - 4:30 PM - 5:30 PM & Saturday, September 9th - 10:00 AM - 10:50 AM

- **2nd - 3rd grades (Gridiron League)**

Tuesday, August 29 - 4:30 PM - 5:30 PM & Tuesday, September 5th - 4:30 PM - 5:30 PM

- **4th - 5th grades (Elite League)**

Thursday, August 31 - 5:30 PM - 6:30 PM & Saturday, September 9th - 11:00 AM - 11:50 AM

- **6th - 8th grades (Legends League) - Saturdays, 11:00 AM - 11:50 AM**

Tuesday, August 29th - 5:30 PM - 6:30 PM & Tuesday, September 5 - 5:30 PM - 6:30 PM

## Planned Game Days

**Dates:** September 12 - November 18th

### Game Day Schedule:

- K - 1st grades (Rival League) - Thursdays, Start time between 4:30 PM - 5:30 PM
- 2nd - 3rd grades (Gridiron League) - Tuesdays, Start time between 4:30 PM - 5:30 PM
- 4th - 5th grades (Elite League) - Thursdays, Start time between 4:30 PM - 5:30 PM
- 6th - 8th grades (Legends League) - Tuesdays, Start time between 4:30 PM - 5:30 PM

### All Leagues:

Saturdays, Start time between 9 AM - 1 PM

## Important Dates

- Friday, November 17 - Pep Rally @ 5:00 pm
- Saturday, November 18 - NBGC Thanksgiving Day Classic + Lucky Date Raffle

## Additional Information

- Team assignments + game schedule will be posted/sent 3-7 days before league games begin.
- Visit [nbgc.org/athletic-programs](https://nbgc.org/athletic-programs) for a sample schedule from the 2022 season.
- For more information or to register, visit [nbgc.org/athletic-programs](https://nbgc.org/athletic-programs).



# CO-REC CHEER

## Registration

**When:** Registration open through September 1, 2023

**How:** Register online at [nbgc.org/athletic-programs](https://nbgc.org/athletic-programs)

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

**Cost:** \$140 per participant (includes uniform)

**Financial assistance available upon request**

## Preseason Practices

**Dates:** August 29 - September 7

**Schedule:** Tuesdays & Thursdays, 4:30 PM - 6:00 PM

## Season Schedule

**Dates:** September 12 - November 19th

**Practices:** Practices: 1-2 times per week on Tuesdays & Thursdays, 4:30 PM - 5:30 PM at NBGC.

**Games:** Saturdays at football games and occasional Tuesday or Thursday weekday games.

## Important Dates

- Friday, November 17 - Pep Rally @ 5:00 pm
- Saturday, November 18 - NBGC Thanksgiving Day Classic + Lucky Date Raffle

## Additional Information

- More detailed practice and game calendar will be posted/sent at the end of registration.
- Visit [nbgc.org/athletic-programs](https://nbgc.org/athletic-programs) for a sample schedule from the 2022 season.
- For more information or to register, visit [nbgc.org/athletic-programs](https://nbgc.org/athletic-programs).

## Cheer Coach

NBGC's cheer team has been coached by Coach Nikki since 2016.

Contact: [nikki@nbgc.org](mailto:nikki@nbgc.org)



# CO-REC SOCCER

## Registration

**When:** Registration open through September 1, 2023

**How:** Register online at [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs)

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

**Cost:** \$140 per participant (includes uniform)

**Financial assistance available upon request**

## Preseason Practices (2 per league)

**Dates:** August 28 - September 9

**Leagues & Schedule:**

- **K - 1st grades (Challenge League)**

Monday, August 28 - 4:30 PM - 5:20 PM & Saturday, September 9th - 11:00 AM - 11:50 AM

- **2nd - 3rd grades (Champion League)**

Wednesday, August 30 - 4:30 PM - 5:20 PM & Wednesday, September 6 - 4:30 PM - 5:30 PM

- **4th - 5th grades (Premier League)**

Monday, August 28 - 5:30 PM - 6:20 PM & Saturday, September 9 - 10:00 AM - 10:50 AM

- **6th - 8th grades (World League)**

Wednesday, August 30 - 5:30 PM - 6:20 PM & Wednesday, September 6 - 5:30 PM - 6:20 PM

## Planned Game Days

**Dates:** September 11 - November 18th

**Game Day Schedule:**

- K - 1st grades (Challenge League) - Mondays (Wednesday as alternate), Start time between 4:30 PM - 5:30 PM
- 2nd - 3rd grades (Champion League) - Wednesdays (Monday as alternate), Start time between 4:30 PM - 5:30 PM
- 4th - 5th grades (Premier League) - Mondays (Wednesday as alternate), Start time between 4:30 PM - 5:30 PM
- 6th - 8th grades (World League) - Wednesdays (Monday as alternate), Start time between 4:30 PM - 5:30 PM

**All Leagues:**

Saturdays, Start time between 10 AM - 2 PM

## Important Dates

- Friday, November 17 - Pep Rally @ 5:00 pm
- Saturday, November 18 - NBGC Thanksgiving Day Classic + Lucky Date Raffle

## Additional Information

- Team assignments + game schedule will be posted/sent 3-7 days before league games begin.
- Visit [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs) for a sample schedule from the 2022 season.
- For more information or to register, visit [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs).

# CO-REC TENNIS CLINICS

## Registration

**When:** Registration open through September 1, 2023

**How:** Register online at [nbgc.org/athletic-programs](https://nbgc.org/athletic-programs)

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

**Cost:** \$140 per participant (includes shirt)

**Financial assistance available upon request**

## Clinic Information

**Dates:** August 25 - September 29

- Clinics will take place at the Revere Park tennis courts.
- Players should come prepared with a racket, water bottle, and athletic attire.
- Participants will be split into a K-3rd grade group and a 4th-8th grade group.
- Any cancellations due to inclement weather will be communicated at the earliest possible opportunity via email.
- Clinics are taught by our USTA-trained staff using the USTA Tennis 101 curriculum.

## Clinic Schedule (K-3rd Grade)

**Dates:** September 1 - October 6

- All clinics will run from 4:30-6:00 at the Revere Park Tennis Courts. See dates below:
- Friday, September 1
- Friday, September 8
- Friday, September 15
- Friday, September 22
- Friday, September 29
- Friday, October 6

## Clinic Schedule (4th-8th Grade)

**Dates:** August 25 - September 29th

- All clinics will run from 4:30-6:00 at the Revere Park Tennis Courts. See dates below:
- Friday, August 25
- Friday, September 1
- Friday, September 8
- Friday, September 15
- Friday, September 22
- Friday, September 29



# CO-REC KARATE

## Registration

**When:** Registration open through September 14, 2023.

**How:** Register online at [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs).

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

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

**Financial assistance available upon request**

## Class Schedule

**Days:** Tuesdays & Thursdays

**Dates:** October 3 - December 14

**Time:** 6 PM - 7 PM

## Important Dates

**Gi distribution & try-on:** September 21 @ 6 PM

**No class:** November 21, November 23

## 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 (September 21)</b>	<u>\$25 to cover:</u> Uniform cost	None
<b>End of Session (Date TBA)</b>	<u>\$25 to cover:</u> New Black Gi top New Belt Promotion certificate & frame	<u>\$15 to cover:</u> New Belt Promotion certificate & frame

# 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) or visit [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs).
- How do I apply my NBGC Program Credit?
  - To redeem your program credit(s), please contact [finance@nbgc.org](mailto:finance@nbgc.org).
- Where will practices and games take place?
  - All NBGC-scheduled games and practices will take place at Revere Park, located at 2501 W. Irving Park Rd.
- What should my child bring to practices and games?
  - Players should come to practices with a labeled water bottle and cleats or 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.
- What can I expect from an NBGC Preseason Practice or game?
  - Preseason Practices are scheduled to last for 45-50 minutes and will begin with dynamic stretching followed by working on fundamental game skills, strategies, and rules. Games are scheduled to last for 50-60 minutes.
  - Preseason practices include all the players in the league, regardless of team, and are fully run by NBGC staff. Team coaches don't need to worry about bringing practice plans, materials, or equipment.
  - Each league is scheduled for 2-3 preseason practices before the games begin.
- Are there any NBGC-scheduled team practices during the season?
  - No, NBGC only schedules league preseason practices. Once the games start, any additional practices throughout the season will be coach-scheduled team practices.

# FREQUENTLY ASKED QUESTIONS

- **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 to the proper field. If you are late to pick-up, your child will be brought inside the clubhouse to wait. 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 will be brought to their game by NBGC staff if all of the following situations apply:**
  - 1) The player is enrolled at NBGC's after school programs at NBGC, 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.
- **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.
- **Season Information:**
  - The season will start with 2 preseason practices spread out over 1-2 weeks
  - Each team will play 1-2 games per week - 1 weekday game and/or 1 weekend game on Saturday. Occasional bye-weeks possible depending on league structure.
  - Makeup games will be scheduled as needed on Friday, your league's usual game day/alternate day, or Saturday. Forfeits will not be rescheduled.



# FREQUENTLY ASKED QUESTIONS

- **When will my player receive their uniform**
  - **Players typically receive their team uniform at their first game. This may vary slightly depending on supply chain factors.**
- **When will I see my child's schedules**
  - **Preseason Practice schedules can be found before the season in this packet, on [www.nbgc.org/fall](http://www.nbgc.org/fall), and in the parent guide for a sport.**
  - **Game schedules will be available in the inbox of email addresses provided at registration and on [www.nbgc.org/fall](http://www.nbgc.org/fall) following the conclusion of preseason practices and 3-7 days before the first scheduled game for that league.**