

Team Sports Starting Up At The Glendale Sports Center

by Mark Smiley

One of the joys of participating in athletics is being part of team, but upon reaching adulthood it is sometimes difficult to find a place to be part of an athletic team. The *Glendale Sports Center* managed by the YMCA makes it easy. In *Men's Basketball* and *Co-ed Volleyball*, one can sign up as an individual and the center will help you join a team, or you and your friends can start your own team and sign up together. You do not have to be a member of the Glendale Sports Center to join up for the team sports.

The Men's Basketball and Co-ed Volleyball leagues will be starting soon. The Men's Basketball league is one of the least expensive in the Cherry Creek Valley. The league consists of nine teams with four games per night. One team has a bye every week. There will be a maximum of 10 players on a team. The rules will follow the standard CHSAA Basketball Rules. Teams must provide their own numbered uniforms. The Sports Center will keep score and have two contracted officials for every game. At the end of the season, there is a tournament with the top four teams making the playoffs. T-shirts will be awarded for first place finish.

Starting in April, there will be an "Over 30" league for those wanting to play competitive basketball but not against the younger men. The basketball league starts February 19, 2014, and ends on April 9, 2014. Games are every Wednesday at 6 p.m. The deadline for registration is February 12, 2014. Call the Sports Center today to reserve a spot.

The Co-ed Volleyball league also starts in February with the deadline for registration, February 11, 2014. Games begin on February 18, 2014, and end on April 8, 2014. Those interested can also come in as an individual or as an entire team. Games will be played using rally scoring up to 25. Winners will be determined using a best-of-three format. Six players will be allowed on a court at a time. A libero, a defensive specialist not subject to the rotation requirements, will not be used in this league. Teams will be limited to 10 players.

For more information on either basketball or volleyball contact Lynn Taylor at 303-692-5771.

There is also a social aspect to playing in each league. Many of the teams go to the popular *Bull and Bush Pub and Brewery* and other sports bars after the games. The Bull and Bush is just blocks away from the Glendale Sports Center and is a convenient spot to grab a drink or a bite to eat after playing either sport.

Volleyball enthusiast Denise Johnson raves about the team programs at the Sports Center. "It's easy, convenient and fun. There is a real sense of camaraderie for those playing team sports at the center and the Y staff really makes you feel welcome. For my money there is not a better or more fun place to play team sports in the Denver metropolitan area."

All games are played in the gymnasium at the Glendale Sports Center located at 4500 East Kentucky Avenue in Glendale. You do not need to be a member to participate in either league. Glendale Sports Center Members and Glendale Residents are \$280 per volleyball team and \$370 per basketball team, and Non-Members or Non-Glendale Residents are \$450 per team. Glendale Sports Center Members and Glendale Residents are \$35/individual while Non-Members or Non-Glendale Residents are \$45/individual for volleyball. Individuals seeking to join a basketball team are \$45 for Glendale Sports Center Members and Glendale Residents and \$50 for Non-Members or Non-Glendale Residents.

For more general information, call 303-639-4711 or visit infinityparkatglendale.com/sportscenter.

The *Glendale Sports Center* is a state-of-the-art fitness facility featuring premier Technogym cardio and weight equipment, yoga, Pilates, a dance studio, weight room, group exercise classes and Zumba all included in membership.



Drive The Lane: The basketball league starts February 19, 2014, and ends on April 9, 2014. Games are every Wednesday at 6 p.m. The deadline for registration is February 12, 2014.



Spike The ball: One of the most popular team sports that the Glendale Sports Center offers is Co-Ed Volleyball. The league starts in February with the deadline for registration, February 11, 2014.

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