

## **HYSA Program information**

### **U6 “Dynos” – Preschool and Kindergarden**

For children in kindergarden and one year younger. This program is coed and held Saturday mornings in the fall and the following spring. The session is generally an hour long and involves several skill stations and small scrimmages.

### **U8 – 1<sup>st</sup> and 2<sup>nd</sup> grade**

For children in 1<sup>st</sup> and 2<sup>nd</sup> grade. Program runs in the fall and the following spring. There is 1 practice per week, day/time at the discretion of the coach. One game per week on Saturday mornings typically between 9:00am-12:00pm.

### **U10 – 3<sup>rd</sup> and 4<sup>th</sup> grade**

For children in 3<sup>rd</sup> and 4<sup>th</sup> grade. Program runs in the fall and the following spring. There is 1 practice per week, day/time at the discretion of the coach. One game per week on Saturday at any time during the day. All teams U10 and up travel. Approximately half of the games will be home and the rest away in any town from Hull through Plymouth.

### **U12 – 5<sup>th</sup> and 6<sup>th</sup> grade**

For children in 5<sup>th</sup> and 6<sup>th</sup> grade. Program runs in the fall and the following spring. There is 1 practice per week, day/time at the discretion of the coach. One game per week on Saturday at any time during the day. All teams U10 and up travel. Approximately half of the games will be home and the rest away in any town from Hull through Plymouth.

### **U14 – 7<sup>th</sup> and 8<sup>th</sup> grade**

For children in 7<sup>th</sup> and 8<sup>th</sup> grade. Program runs in the fall and the following spring. There is 1 practice per week, day/time at the discretion of the coach. One game per week on Saturday at any time during the day. All teams U10 and up travel. Approximately half of the games will be home and the rest away in any town from Hull through Plymouth.

### **High School**

For children in high school. Program runs in the spring only. There is 1 practice per week, day/time at the discretion of the coach. One game per week on Sunday at any time during the day. All teams U10 and up travel. Approximately half of the games will be home and the rest away in any town from Hull through Plymouth.