

2019 YMCA Capital City League Schedule

SUNDAY GAMES PLAYED IN WEST DES MOINES (noted by date)
 Valley Southwoods Freshman High School – 625 S. 35th St. WDM, IA 50265
 Valley High School – 3650 Woodland Avenue WDM, IA 50265

Sunday, June 16, 2018 Valley Southwoods	4:30 p.m. 5:45 p.m. 7:00 p.m.	Waukee-Clive Vet vs. FTV Lions Club vs. Sparta MRG Int. vs. YMCA
Sunday, June 23 Valley Southwoods	4:30 p.m. 5:45 p.m. 7:00 p.m.	Sparta vs. FTV Lions Club vs. YMCA Waukee-Clive Vet vs. MRG Int.
Sunday, June 30 Valley Southwoods	4:30 p.m. 5:45 p.m. 7:00 p.m.	MRG Int. vs. FTV Sparta vs. YMCA Waukee-Clive Vet vs. Lions Club
Sunday, July 7 Valley Southwoods	4:30 p.m. 5:45 p.m. 7:00 p.m.	Waukee-Clive Vet vs. YMCA Lions Club vs. FTV MRG Int. vs. Sparta
Thursday, July 11 Valley HS	5:30 p.m. 6:45 p.m. 8:00 p.m.	Lions Club vs. MRG Int. FTV vs. YMCA Waukee-Clive Vet vs. Sparta
Sunday, July 14 Valley HS	4:30 p.m. 5:45 p.m. 6:45 p.m.	#3 seed vs. #6 seed Fan Appreciation – Slam Dunk/3pt #4 seed vs. #5 seed
Thursday, July 18 Valley HS	6:00 p.m. 7:15 p.m.	Semi-final game (#2 seed vs. 3/6 winner) Awards Semi-final game (#1 seed vs. 4/5 winner)
Sunday, July 21 Valley HS	5:00 p.m.	Championship game

MANY THANKS TO OUR TEAM SPONSORS!

Waukee-Clive Vet = Waukee-Clive Veterinary Clinic
Sparta = Sparta Waste Services
FTV = Fore The Veterans

Lions Club = Des Moines Outreach Lions Club
MRG Int. = MRG International
YMCA = Walnut Creek YMCA

Please play, coach, cheer and act in a way that represents the YMCA Core Values of Respect, Responsibility, Caring & Honesty