

Union City Board of Education Youth Sports Programs



UNION CITY BASEBALL LEAGUE

LOCATION: Washington Park Baseball Field
2nd Street & Bergenline Ave.

AGE: T-BALL 5-7 Minors 7-10
Majors 10-12 Babe Ruth 13-16

SEASON: Spring (Mid-March - June)

TRAVEL SEASON: Summer (June-July)

PRACTICE: Monday-Friday/Weekends - TBD after Registration

REGISTRATION: TBD ONLINE February & March
Flyers distributed through schools

LEAGUE SEASON: Spring (Mid-March - June)

GAMES: Monday-Friday/Weekends - TBD after registration

CONTACT: James M. Coughlin (212) 621-2974



UNION CITY VOLLEYBALL PROGRAM

ROOTS / SKILLS DRILLS PROGRAM (GIRLS & BOYS)

LOCATION: Union Hill Middle School • 3808 Hudson Ave.

GRADE: 3rd-8th

SEASON: Spring (April - June)
Fall (September - November)

REGISTRATION: March for Spring Season
September for Fall Season

PRACTICE: Mondays & Wednesdays 6:00 PM-8:30 PM

GAMES: Saturday between 9:00 AM-12:00 PM

CONTACT: James M. Coughlin (212) 621-2974





UNION CITY BASKETBALL PROGRAM ROOTS / SKILLS DRILLS PROGRAM (GIRLS & BOYS)

LOCATION: Union Hill Middle School • 3808 Hudson Ave
GRADE: 1st - 6th
SEASON: Winter (November - March)
PRACTICE: Mondays & Wednesdays 6:00 PM-9:00 PM
GAMES: Saturdays between 9:00 AM-12:00 PM
REGISTRATION: ONLINE October • Flyers distributed through schools
CONTACT: James M. Coughlin (212) 621-2974



6TH GRADE INTRAMURAL BASKETBALL LEAGUE (GIRLS & BOYS)

GRADE: 6th
LOCATION: At each 6th grade School
REGISTRATION: In School Tryouts in February
SEASON: Spring (March - June)
PRACTICE: 2 times per week
GAMES: Friday afternoons
CONTACT: James M. Coughlin (212) 621-2974



MIDDLE SCHOOL BASKETBALL LEAGUE (GIRLS & BOYS)

GRADE: 7th & 8th
LOCATION: Sara M. Gilmore Academy • 1600 Kerrigan Ave.
Emerson Middle School • 318 18th St.
Union Hill Middle School • 3808 Hudson Ave.
REGISTRATION: School Tryouts October / November
SEASON: Winter (November - March)
PRACTICE: After school at the school
GAMES: After school
CONTACT: James M. Coughlin (212) 621-2974





TRAVEL BASKETBALL

LOCATION: Sara M. Gilmore Academy • 1600 Kerrigan Ave.
Emerson Middle School • 318 18th St.
Union Hill Middle School • 3808 Hudson Ave.

GRADE: 7th & 8th

REGISTRATION: School Tryouts October / November

SEASON: Winter (November - March)

PRACTICE: Weeknights & after school

GAMES: Weeknights & weekends

CONTACT: James M. Coughlin (212) 621-2974



UNION CITY FOOTBALL

LOCATION: Washington Park • New York Ave. & Paterson Plank Rd.

AGE: Flag Football 5-6 Jr. Eagles 7-8
Mustangs 9-10 Warriors 11-12 Chiefs 13-15

REGISTRATION: ONLINE June & July • Flyers distributed through schools

SEASON: Fall

PRACTICE: Weeknights 6:00 PM-8:30 PM - TBD after Registration

CONTACT: James M. Coughlin (212) 621-2974



WINTER STRENGTH & CONDITIONING FOOTBALL PROGRAM

LOCATION: Union City High School • 2500 Kennedy Blvd.
Weight & Wrestling Rooms

GRADE: Warriors grades 5th & 6th
Chiefs grades 7th & 8th

SEASON: Winter

PRACTICE: Tuesday, Wednesday & Thursday 6:30 PM-8:00 PM

CONTACT: James M. Coughlin (212) 621-2974





UNION CITY FLAG FOOTBALL (GIRLS & BOYS)

LOCATION: Washington Park • New York Ave. & Paterson Plank Rd.
GRADE: 3rd-8th
REGISTRATION: ONLINE March • Flyers distributed through schools
SEASON: Spring
PRACTICE: Saturdays - TBD after Registration
GAMES: Saturdays - TBD after Registration
CONTACT: James M. Coughlin (212) 621-2974



UNION CITY CHEERLEADING

LOCATION: Washington Park • New York Ave. & Paterson Plank Rd.
AGE: 7-14
REGISTRATION: June
SEASON: Fall
PRACTICE: Weeknights 6:00 PM-8:30 PM - TBD after Registration
CONTACT: James M. Coughlin (212) 621-2974



UNION CITY SOCCER

ROOTS / SKILLS DRILLS PROGRAM (BOYS & GIRLS)

LOCATION: Fall & Spring: Midtown Athletic Complex • 1800 Summit Ave.
Winter: Emerson Middle School • 318 18th St.
Union Hill Middle School • 3808 Hudson Ave.
Robert Waters Elementary • 2800 Summit Ave.
GRADE: 3rd to 8th
REGISTRATION: ONLINE Fall in September • Winter in December
Spring in March • Flyers distributed through Schools
PRACTICE: Tuesdays, Thursdays & Saturdays - TBD after Registration
CONTACT: James M. Coughlin (212) 621-2974
William Shapiro wshapiro@ucboe.us





INTRAMURAL SOCCER (GIRLS & BOYS)

LOCATION: Midtown Athletic Complex • 1800 Summit Ave.
AGE: 9-14
REGISTRATION: ONLINE February & March Online • Flyers distributed through Schools
SEASON: Spring (April - June)
PRACTICE: Weeknights 6:00 PM-7:00 PM - TBD after Registration
CONTACT: James M. Coughlin (212) 621-2974
William Shapiro wshapiro@ucboe.us



UNIFIED TOP SOCCER (FOR CHILDREN WITH SPECIAL NEEDS)

LOCATION: Midtown Athletic Complex • 1800 Summit Ave.
Washington Park • 2nd Street & New York Ave.
Robert Waters Elementary • 2800 Summit Ave.
AGE: 5-21
REGISTRATION: Year-round
CONTACT: James M. Coughlin (212) 621-2974
William Shapiro wshapiro@ucboe.us



UNION CITY SUMMER SOCCER CAMP (GIRLS & BOYS)

LOCATION: Midtown Athletic Complex • 1800 Summit Ave.
REGISTRATION: Notice will be sent through schools by Board of Education
SEASON: Month of July
PRACTICE: Weekdays 8:00 AM-1:00 PM
CONTACT: James M. Coughlin (212) 621-2974
William Shapiro wshapiro@ucboe.us





UNION CITY SC TRAVEL SOCCER (GIRLS & BOYS)

LOCATION: Midtown Athletic Complex • 1800 Summit Ave.
Washington Park • 2nd Street & New York Ave.
Sara M. Gilmore Academy • 1600 Kerrigan Ave.

AGE: 8-18

REGISTRATION: May & June OPEN TRYOUTS
Registration Fee will apply if selected for a Travel Team

SEASON: Year-round (September - June)

PRACTICE: Monday - Friday Times • TBD after tryouts

CONTACT: James M. Coughlin (212) 621-2974
William Shapiro wshapiro@ucboe.us



UNION CITY WRESTLING PROGRAM

ROOTS / SKILLS DRILLS PROGRAM (GIRLS & BOYS)

LOCATION: Jose Marti STEM Academy • 1800 Summit Ave

GRADES: K - 3rd

REGISTRATION: ONLINE October & November
Flyers distributed through schools

SEASON: Winter (November - March)

PRACTICE: Weeknights 6:00 PM-8:00 PM - TBD after Registration

CONTACT: James M. Coughlin (212) 621-2974



TRAVEL WRESTLING

LOCATION: Jose Marti STEM Academy • 1800 Summit Ave

GRADES: 3rd - 8th

REGISTRATION: ONLINE October/November
Flyers distributed through schools

SEASON: Winter (November - March)

PRACTICE: Weeknights 6:00 PM-8:00 PM - TBD after Registration

MEETS: TBD after Registration

CONTACT: James M. Coughlin (212) 621-2974



*For up to date information please visit the
Union City Official Website Recreation
page by scanning the QR code.*