

# YMCA of Boulder Valley

## Youth Sports Parent Information Handbook

[www.ymcabv.org](http://www.ymcabv.org)

**YSPORTS**<sup>TM</sup>

We build strong kids, strong families, strong communities.

## Table of Contents

<b>Page 3</b>	Welcome Mission/Vision/Values Philosophy
<b>Page 4</b>	Philosophy cont.
<b>Page 5</b>	Code of Conduct General League Information
<b>Page 6</b>	Financial Assistance Strong Kids Campaign Coaches and Volunteers Practices and Games
<b>Page 7</b>	Practices and Games cont. Cancellations Online ( <a href="http://www.ymcabv.org">www.ymcabv.org</a> )

## **YMCA Youth Sports Information**

Thank you for choosing to participate in a YMCA of Boulder Valley youth sports program. Please take a minute to read through this packet to familiarize yourself with our philosophy and policies. We are looking forward to a fun and rewarding season!

YMCA sports are designed to provide age appropriate experiences throughout life. Beginning with skill clinics and continuing with leagues, leadership training and adult sports. There truly is a YMCA sport program for everyone.

YMCA youth sports provide opportunities for kids of all ages to develop an appreciation of sports, learn physical and leadership skills, and have fun! Kids come first in YMCA sports and everyone plays. Our limited scorekeeping and ongoing commitment to good sportsmanship round out the programs. Coaching is by parents and other adult volunteers who care about the healthy development of all kids.

### ***Mission/Vision/Values***

#### **Mission**

The YMCA of Boulder Valley is an Association of people, of all ages, abilities, ethnic groups and religious affiliations who are united in a common effort with a worldwide fellowship, putting Christian principles into practice and enriching the quality of spiritual, mental and physical life for all.

#### **Vision**

We build strong kids, strong families and strong communities.

#### **Values**

Caring. Honesty. Respect. Responsibility.

#### **Sports Motto**

Kids First, Winning Second.

### ***Philosophy***

#### **Seven Pillars of YMCA Youth Sports**

**Everyone plays** – We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.\*\*

**Safety first** – Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to make sure the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

**Fair play** – Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about your being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

**Positive competition** – We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The "right perspective" means adults make decisions that put the best

interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. These are the lessons we want to teach through YMCA Youth Sports.

**Family involvement** – YMCA Youth Sports encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials and timekeepers, we encourage them to be at practices and games to support their child's participation. To help parents get involved appropriately, YMCA Youth Sports offers parent orientation programs.

**Sport for all** – YMCA Youth Sports is an *inclusive* sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

**Sport for fun** – Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; let them have fun.

### **The True Meaning of Fair Play**

YMCA sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to win. This fundamental virtue is a special inherent attribute of sport.

Fair play implies respect for oneself, one's opponent and others involved in conducting the competition. Players, coaches, officials and spectators share a responsibility for fair play. Fair play sets the game above the prize.

The YMCA believes that its sports programs provide an excellent means of developing a predisposition to play fairly. As this virtue develops, it can influence behavior in everyday life.

The YMCA also believes that its sports programs can help people to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun. It is for the development of such virtues that the YMCA promotes its sports programs.

### **Character Development**

The YMCA believes that character development is an essential element of its sports programs.

**Caring** – To love others and be sensitive to the well being of others involved in the sports program

**Honesty** – To have integrity, making sure that one's actions match one's values through participation in sports

**Respect** – To value the worth of every person, including oneself, one's teammates, opponents and officials

**Responsibility** – To be accountable for one's behavior and obligation

### **Code of Conduct**

#### **Parent, Spectator, Volunteer**

I pledge as a parent, spectator or volunteer involved in the YMCA's youth sports programs, to display good sportsmanship and provide an environment where children can succeed and have fun. I will always place the athlete first and winning second. This

includes never jeopardizing an injured player's health and being alert for any signs that would indicate a safety or health hazard. I will not openly criticize or use abusive or profane language. Instead, if a problem arises I will go through the proper channels to voice my opinion. I know that the use of tobacco products is not allowed on any property the YMCA is using and that the use of alcohol or drugs will not be tolerated. Finally I understand that if I do not uphold these values I can be required to leave any YMCA facility, owned or rented, by any YMCA of Boulder Valley employee.

**Site Supervisors and officials have the authority to ask anyone (spectator, coach, or parent) who does not display behaviors consistent with the philosophy of the YMCA to leave the game area. This includes inappropriate comments to officials, staff, participant or spectators. The YMCA will not tolerate behavior that is disrespectful or disruptive.**

### ***General League Information***

#### **Team Requests**

We believe that children have the best experience when they are allowed to participate with their friends. Therefore, we try our best to honor friend and coach request. **Requests are only accepted at the time of registration and are never guaranteed.** Please contact the appropriate director for more information on team sign-ups.

#### **Practice Requests**

We will also accept requests for a specific practice day, however we have a limited number of teams and may not be able to work with your schedule. Our volunteer coaches choose the day and times of practices.

#### **Full Teams**

Occasionally we receive more requests for a specific coach than there are slots on the team. In this case priority will be given to those children that played with the coach in the previous season and then we will form the roster based on registration date.

#### **Team Formation**

We form teams based on requests, school/area, and date of registration in that order.

#### **Combining Leagues**

If participation is low we will combine the league with one grade higher or lower or combine East County (Superior, Louisville and Lafayette) and Boulder leagues.

#### **Equipment**

Players must have a good pair of athletic shoes and the required protective equipment (i.e. shin guards) for all practices and games. It is helpful, but not required, for the players to have their own practice equipment (i.e. a soccer ball for soccer). The YMCA will provide jerseys for all leagues and an end of season award. **YMCA issued jerseys MUST be worn at each game.**

#### **Switching Teams**

If a situation arises where a team does not work we will try to find a team that does. Please contact the appropriate director for more information.

#### **Refunds**

Refund requests are only accepted before the first game of the season. Requests submitted after the first practice are eligible for 80% of the fee paid. All refunds are charged a \$10 processing fee.

### ***Financial Aid***

Financial Assistance is available to those who qualify. Please see the front desk for more information or to pick up the required forms. This process usually takes 1 – 2 weeks and the player is not register until it is complete. Please plan accordingly.

### ***Strong Kids Campaign***

The YMCA does not turn anyone away from a program due to lack of financial ability. We are only able to offer financial aid to families in need through generous contributions to our Strong Kids Campaign. If you are interested in finding our more about the YMCA Strong Kids Campaign or you would like to make a donation please contact the Sports Director.

### ***Coaches and Volunteers***

The YMCA's youth sports teams are entirely run by volunteers. Without the volunteer coaches, assistant coaches and team parents the teams cannot be successful. Volunteer coaches are usually parents, but we also have coaches come to us from other community groups and schools.

#### **Background checks**

All volunteer coaches must fill out a volunteer application and provide three written references. The applications can be found online or at either YMCA facility. If you are interested in coaching for the YMCA please contact one of the Sports Directors.

#### **What if there is no Coach**

We do everything we can to find a coach before the first game. All parents on the roster are called to ask for their help. If no coach is found before the first practice then the YMCA will have a staff run the first practice. If no coach is found before the second practice then the team will be disbanded.

### ***Practices and Games***

#### **Practice**

Coaches will choose a practice time and location with the help of YMCA staff. Most teams practice at the YMCA or BVSD locations.

Parents much check their child in with the coach at each practice and game-please do not just drop your child off.

#### **Games**

Games are held at the YMCA facilities and BVSD gyms and fields.

Parents much check their child in with the coach at each practice and game-please do not just drop your child off.

#### **Facility Use Rules**

If there are other children present at a practice that are not on the team or participating in the practice then they **MUST** sit with an adult. Children are not allowed to be in the halls or classrooms of the schools or halls of the YMCA. Children are **NOT** allowed on the tracks at the YMCA facilities. **Failure to follow this policy can result in the team loosing their practice location.**

Any damage to site property will not be tolerated. Facilities need to be treated with respect. **Failure to follow this policy can result in the team loosing their practice location.**

Please make sure to pick up any trash and leave your practice field better then when you started.

Pre game team meetings are allowed in the hallways. However NO warming up is allowed. Basketballs are to be dribbled in the gym only.

Only **Water** is allowed in the gym. No food, Beverages (including Coffee), or snacks are allowed in the gym. (We will allow referees to have Gatorade, Powerade, Etc.)

### ***Cancellations***

#### **Practices**

Coaches will determine if practices need to be cancelled. If they are it is their responsibility to notify the team and the YMCA. If the city or school district closes fields or gyms they will contact the YMCA and staff will contact the coach.

#### **Games**

The director will make the decision to cancel games by 8:00am on the game day. The YMCA will then notify the all coaches and parents via e-mail.

#### **Make-ups**

Practices are usually made up later in the week. If a week of games is cancelled the YMCA will extend the season one week. Any additional games cancelled will be made up during weekday practice.

### ***Online ([www.ymcabv.org](http://www.ymcabv.org))***

#### **Resources**

You can find the following information and resources online:

- Online Registration
- Game Schedules
- Volunteer/Employment Applications
- Membership Information
- Financial Assistance Application
- Online Registration
- Program Guide

**\*\* Not all leagues require equal playing time, but have a minimum playing time requirement for all players.**