



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA YOUTH SPORTS

Parent and Coach Handbook



YMCA PLAYER'S CREED

Win or Lose, I pledge before God to do my best,
To be a team player,
To respect my teammates, and officials and coaches
And to improve myself in Spirit, Mind, and Body.

Our Mission

The Mission of the YMCA of Metropolitan Chattanooga is:
"To put Christian principles into practice through programs
that build healthy spirit, mind and body for all".

YMCA OF METROPOLITAN CHATTANOOGA

301 West 6th Street Chattanooga, TN 37402

ymcachattanooga.org

TEAMWORK

Each person in the program has a role and works toward the goal of developing youth. Please commit to the following in your role.

As a parent I will...

- Place the emphasis on fun rather than winning by encouraging good sportsmanship by demonstrating positive support for players, coaches and officials at every game and practice.
- Support coaches and officials in order to encourage a positive and enjoyable experience for all.
- Make sure that my child and I treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Make sure that my children, guests and I follow the 10 rules of good sportsmanship.
- Refrain from the use of tobacco or other smoking related products, alcohol and drugs at all youth sports activities.
- Monitor the coach's efforts to ensure they are trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches Code of Ethics.
- I will ensure safety by remaining present at all games and practices, leaving pets at home and monitoring the actions of siblings by making sure they also act respectfully.

As a coach I will...

- Treat and uphold the authority of players, coaches, fans and officials with respect regardless of race, sex, and appreciate them as an integral part of the game.
- Make sure that my players and I follow the 10 rules of good sportsmanship.
- Not transport children other than my own to or from practices or games.
- Refrain from the use of tobacco or other smoking related products, alcohol and drugs at all youth sports activities.
- Keep winning in perspective by not encouraging extra work or practices and emphasizing fundamentals and good sportsmanship
- Attend YMCA coaches training and participate in required web training to learn; the fundamental skills, child abuse prevention, values training, concussion prevention, safety, rules, and evaluation techniques and implement the learning in practices and games.
- I will strive to achieve the objectives of the YMCA youth sports program and communicate them to my players and their parents.
- Learn the strengths and weaknesses of my players and conduct my practices and games so that all players have an opportunity to participate equally and improve their skill level through active participation.
- Protect the health and safety of my players by insuring that all of the activities under my control are conducted age appropriate and develop their psychological and physiological welfare.
- Provide positive feedback during practices & games
- Recognize what players are doing correctly.
- Always be positive and genuine in your comments.
- Try to state a compliment followed by a correction and then another compliment
- Speak clearly, in an appropriate tone and volume
- Watch your athletes for signs of confusion or frustration
- Use terms and language your athletes can understand
- Make sure to spread your attention around to all your athletes

Community Support Campaign

To ensure that no one is denied a chance to participate because of inability to pay, the YMCA Community Support Campaign raises money to provide scholarships for swim lessons, day camp, family/senior memberships, youth sports, child care and community outreach programs. GIVE, JOIN, or VOLUNTEER in our Community Support Campaign. Please speak to your branch director for more details.



Ten Rules of Good Sports

- 1) Even if you are losing or a kid messes up, always encourage! Never discourage your team or an individual
- 2) Do not intentionally rack up the score. If you are miles ahead, use this chance to use new plays or move kids to different positions for a chance at learning something new.
- 3) Always act professionally.
- 4) Focus on the skills of the kids, not the score of the game.
- 5) Do NOT keep stats of the team/record of wins v loses. There is no all-star team/game so no need to keep track. Make sure the kids know this too.
- 6) Constantly be an example of good sportsmanship for the athletes, as well as the parents. One major job of the coach is to be a character builder in the kids as well as the families. Easiest way to do that is to encourage good sports from your bench and sideline.
- 7) Never yell at the referees. They are working just as hard as you are. If a rule needs to be clarified, that is the ONLY time you are allowed to question the referee. Any disrespect towards the referee will be cause for removal from the game and/or program.
- 8) Trash talking is not allowed. It is childish and unprofessional.
- 9) Sportsmanship line at the end of each game is to congratulate the kids and coaches from the other team.
- 10) THE GOLDEN RULE OF SPORTSMANSHIP: Show respect at all times for all participants.

Risks and Guidelines

Cancellation of Games

If games are cancelled for weather, the YMCA branch program Director will contact the individual coaches, coaches will then contact players.

Inclement Weather Procedure

Coaches will be contacted by the sports director by posting to Facebook, and a message will be relayed to the Front Desk of your Y branch. It will be the coaches or a team representative responsibility to contact parents.

Thunder / Lightning: Activities will be stopped and everyone asked to move to a safe location when either of these are present. The outdoor activities can be considered safe to continue 30 minutes after the last instance is seen. It is the responsibility of the YMCA staff person on site to determine when play should be stopped and when play should resume.

Tornado Warning: In the event of a tornado warning, practices and games should be discontinued. Return to the building or seek shelter nearby. Practices and games may only continue when the warning has ended and no dangerous weather conditions are present.

Heat Index: A heat index above 90 degrees will require modified practices and additional water breaks. Heat index of 104 will result in stopping of games and practices.

Heat Related Injuries:

- Know the signs and symptoms of heat exhaustion and heat stroke. Make sure athletes are in appropriate clothing and receiving fluids & rest periods during high heat conditions

Missing Children

If you notice a child in your care is missing:

1. Determine through a quick search that they are really missing (never leave other children unattended).
2. Arrange for other adults to continue searching while you call the YMCA to notify the staff in charge. The YMCA will send help and call the parents
3. Activate the 911 system.



Unattended Children

Never leave children unattended. Parents are required to remain on location with their children. If a parent leaves a child inform them and YMCA administration of the issue. The coach has authority to stay until the parents return and to inform them of the rule. Always attempt to call the parents and emergency contact person if a child has been left alone. Don't transport the child home or put a child in your vehicle without another adult present. It is your responsibility to notify authorities if a child's parents cannot be located.

Clothing

Players are required to have appropriate clothing for the sport in which they will be participating. Players will not be permitted to wear; watches, jewelry, wave cap, shoes with metal spikes and clothing with pockets or rings. Appropriate rubber cleated shoes and shin guards are permitted for soccer.

Trash

Please help keep our facility clean by using trash receptacles that are provided.

Game Day

On game day, coaches and players should arrive 30 minutes before game time. Games may be forfeited if there are not enough players to start. This decision is at the discretion of coaches, referees and sports director.

Media

Please do not speak with the media regarding any incident. All inquiries are to be sent to the YMCA.

Injury

The first defense to injury is prevention

- Know the risk factors of the sport specific and make sure that the player has the appropriate protective equipment to prevent injury.
- Inspect the area for hazards and remove them.
- Stop any horseplay

Required Information for All Game and Practice Sites

- Working phone, land line or cell
- The exact address of the activity site
- The exact entry location (which door) for emergency personnel is

What to do When a Child Gets Hurt

- Acknowledge what happened and provide basic first aid (band-aids, ice packs, ice cubes, etc...), notify parents to seek medical attention etc.
- If the parent is not present notify them immediately, even if the injury is minor. If someone other than the parent transports the child, tell them and then call the parents to follow up.
- If the injury is serious make every attempt to notify the parents or emergency contact and let them make the judgment for treatment. If they are unavailable or the injury demands immediate attention, you make the determination to contact 911.
- Notify your YMCA site supervisor or program director of the injury. If the injury occurs during a game, please make sure the YMCA staff person present is aware of the situation. If a serious injury occurs at your practice please notify the YMCA so that they can follow up with the family involved.

Dehydration Prevention

- Make sure your athlete has the proper amount of liquids and is staying properly hydrated. Fluid should be caffeine free. Athletes should have water breaks every 10-20 minutes and more often when exercising in extreme heat.

Concussions

- Athletes need to be in proper protective gear for their sport. In the event of a head injury athletes need to be cleared by a medical professional before returning to play.



Facility Use Guidelines

Without the assistance and cooperation of city and school, gyms and fields our YMCA sports programs would not be possible. Each facility needs to be treated with the utmost respect.

1. Teams are only allowed in the gym or on the field during their scheduled practice time, enter only through the designated after hours entrance.
2. Parents are required to stay for practice and encouraged to get involved.
3. If a player's siblings are present during practice or games they must be supervised by a parent.
4. No one is allowed outside the gym except to use the restrooms or to exit the building.
5. No food or drink is allowed in the gyms. Water in non-breakable containers is acceptable. Teams having snacks after games need to find an appropriate place as designated by the YMCA.
6. No alcohol or tobacco may be used on YMCA or school property.
7. Please make sure to pick up any trash and leave your practice location better than when you started.

Lost & Found

The YMCA is not responsible for lost or stolen property.

How to Run a YMCA Youth Sport Practice Session

The key to a good practice is organization. Each Practice should consist of four components; Warm Up, Skills Drills, Scrimmage, Team Huddle.

Warm Up (5 to 10 minutes)

- Players will be excited at the beginning of the practice, but also a little nervous. Start warming up and do some light running and stretching.
- Let a different player lead the warm up each practice to teach leadership skills.

Skill Drills (15-20 minutes)

Be organized. Have your practice drills planned out in detail. Go over the practice drill with players, demonstrating the drill. Drills should cover the basic skills of the game. Use a variety of drills that work on the same skill to mix things up. Allow 5 to 10 minutes for each drill.

Scrimmage (15-20 minutes)

This is the opportunity to teach basic plays, rules and the importance of fair play.

Team Huddle (5 to 10 minutes)

This is a time to focus on the objective of increase the self-esteem of the athletes and develop character in youth. Take a few minutes to discuss the topics associated developing these traits. Topics may include: fair play, sportsmanship, honesty, responsibility, importance of education and family.

Teaching Values to Players

It is everyone's responsibility to teach values to youth athletes. Each team may have a "Values Coach" who provides the leadership for Team Huddles. The Values Coach can be the person who is constantly on the lookout for players demonstrating positive values and recognize them for doing so. There are a few important things to remember when teaching values to children:

1. Ask open ended questions rather than giving the answers.
2. BE YOURSELF. Children respect an adult who listens and speaks honestly.



Sample team huddle topics

RESPECT - Discuss respect for coaches, teammates, referees, and opponents.

ENCOURAGEMENT - Discuss ways to encourage teammates.

FORGIVENESS - Discuss that we all make mistakes and it is important to forgive others.

DISCIPLINE - Discuss the importance of living healthy and taking care of your body.

GOALS - Discuss the value of setting goals and what goals the team has as a group.

CONTROL YOUR ANGER - Discuss the importance of controlling your temper.

THANKFULNESS - Ask players to thank parents, coaches, teammates for a fun season.

CARING - Discuss ways to be caring toward teammates and other as well as the equipment.

HARD WORK - Discuss what players accomplished during the season through hard work.

TEAMWORK - Discuss how each position on the team has a role and works toward the same goal.

HEALTH - Discuss the importance of being disciplined and training hard at sports and in school.

HUMILITY - Discuss the value of keeping a humble attitude.

Coaches Troubleshooting Guide

Discipline - Make a few rules and make sure all the players on the team understand not only the rule, but why it is important and the consequences for breaking it. Discipline should be positive and not degrading. Never use exercise as discipline.

The Ball Hog - If you sense this happening, have a chat with the player. Compliment their skills and encourage them to include all the players on the team. Give them a challenge like having everyone on the team touch the ball before a shot is taken. This approach recognizes the player's talent but it also suggests the fact that the team should come first.

Running Up the Score - At some point your team may have a game where it is clear that your team is going to win big. Avoid running up the score by calling a time out and challenge your team to do so many passes before a shot is taken, or focus on other skills. You still want them to work hard but redirect them to focus more on their skills and less on scoring.

Vacations/Schedule conflict - Ask parents for a list of days in which their child will not be able to make games. This will help you when putting together your subbing schedule for the next games and will not leave you scrambling beforehand to change your plan.

Pre-Game Jitters - Young players can become nervous and anxious before a big game. Be careful to not become the source of the pre-game anxiety. Before the game, wear a smile and look relaxed, and bring the team together and have a quick meeting to remind them to have fun, relax and concentrate on what they have learned at practice.

Pushy Parents - What do you do when you have a parent who always wants to give you a piece of his or her mind?

Give them 10 uninterrupted minutes to speak. Then look them in the eye, thank them for their feedback and respond to their suggestions and comments. Notify your YMCA staff if you need help with an aggressive parent.

Tardiness - You have a right to expect players to be on time for practices and games, however, keep in mind players are dependent on an adult. Call the parents and explain to them the importance of their child being on time.

Player Problems - If you are having any type of problems with a player, it is your job to communicate the problem to the parent(s) immediately. Most of your problems are solved just by making the parents aware. Adopt a philosophy of stopping small problems before they become large problems.

Coaches/Volunteer Training Site

Coaches and volunteers can go to <http://training.ymca.net> for valuable tools and other free coaching resources.

Courses include YMCA Youth Sports Programs, Coaching YMCA Youth Sports, Safety and Emergency Action and other sport specific coaching guides with more to come! Each sport specific coaches training includes how to teach basic skills, practice plans, drills, and more. The YMCA highly recommends these trainings for coaches new to the YMCA or any coach wanting to refine their skills or looking for new ideas.

