

Letter to Parents

Dear Parents and Participants,

The YMCA of the Foothills welcomes you to our Youth Basketball Program! A goal of the YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. Skill development is the main component of all YMCA Youth Sports. Non-competitive games are a part of every season, and each child will play an equal amount of time in every game (as close as possible based on roster of team). Of course, a FUN and friendly environment is characteristic of all YMCA programs. This is the Youth Sports Parent Manual. It describes the YMCA's youth sports program. Please take a few minutes and read the information inside this handbook. This material may answer some of your questions, as well as give you the Youth Sports Philosophy and YMCA mission statement.

Youth Sports programs are possible by the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please contact us.

Families are very important to the YMCA! Please take an interest in your child by participating with him/her during the practices and games. Also, time spent with your child at home in sports skills development builds confidence and parent-child relationships.

Thanks for your participation. We look forward to serving you and your child in our Youth Sports program. If you have any comments or questions, please call the YMCA at 818-790-0123.

Sincerely,

Ryan Serna

Leader, Youth Development

4 Core Values of Character Development:

- Caring
- Honesty
- Respect
- Responsibility

Youth Sports Philosophy:

Building Winners for Life! It is the program that develops kids' skills, fitness, and character – for today and for life.

YMCA Sports: 7 Pillars

1. Everyone plays: Everyone plays Everyone plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth 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.

2. Safety first: We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that 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 also 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.

3. 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 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.

4. Positive competition: We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. Family involvement: Family involvement urges parents to be involved appropriately along with their child participating 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.

6. 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. We do not forfeit games; instead, we share players and proceed with planned games.

7. Sport for fun: Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and 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; make sure the kids are having fun.

Coaches Training:

Anyone interested in volunteering as a youth sports coach is required to participate in the YMCA Coaches' Training sessions prior to the start of each season. The coach's trainings are not just another "meeting," but much more than that, offering leadership for volunteer coaches, learning the YMCA way of youth sports, skill development, and program development. Trainings are held prior to the start of each sports season. It is important that coaches are aware of YMCA Sports principles, making certain that positive competition in youth sports is a positive experience for kids, parents, coaches, referees, and spectators. Most importantly, parents and their children are depending on you.

As a PARENT, please... please... please...

1. Read and use all printed material provided by the YMCA.
2. Make sure your player arrives on time to all practices and games.
3. Ensure the player is properly equipped with shoes, shorts/sweats and team t-shirts.
4. Stay at practices and games whenever possible and support your player and team.
5. Volunteer to help the coach whenever possible, perhaps assisting in practice and sitting on the bench with players.
6. Inform the coach if the player is unable to attend practice or game.
7. Encourage your child and team; but not insult or discourage the other team. Encourage good sportsmanship.
8. Encourage your child to treat others with respect regardless of race, sex, creed or ability.
9. Spend time at home practicing with your child on his/her skill development.
10. Acknowledge the other team's accomplishments.
11. Support and not criticize the coach.
12. Support and not criticize the referees.
13. Be positive at all times!
14. Enjoy the games and have fun!
15. Be drug, tobacco and alcohol free during all team events.
16. Be aware of the Youth Sports Philosophy and support it!

As a Player, please... please... please...

1. Be ready to practice and play!
2. Perform up to your potential and have fun learning youth sports!
3. Arrive at practice and games on time.
4. Show respect for your coach, adult volunteers and other players at all times. Ask questions when appropriate.
5. Show respect to the other team and officials. 6. Have lots of fun!!

Parent Code of Conduct Parent Code of Conduct

1. I hereby pledge to provide positive support, care and encouragement for my child participating in YMCA Youth Sports.
2. I will remember that the game is for youth – not for adults.
3. I will encourage good sportsmanship by demonstrating positive support for all players, instructors, coaches and officials at every game, practice or other youth sports event.
4. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
5. I will insist that my child play in a safe and healthy environment.
6. I will support the Sports Director, coaches, instructors and officials working with my child, in order to encourage a positive and enjoyable experience for all.
7. I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and will refrain from their use at all YMCA Youth Sports events. 8. I will do my very best to make youth sports fun for my child.
9. I will ask my child to treat other players, coaches, instructors, fans and officials with respect regardless of race, sex, creed or ability.
10. I promise to help my child enjoy the youth sports program!

Attire

- 1 Basketball or tennis shoes. Please no open toed shoes, sandals, or slip on shoes (Vans)
- 2 Practice: Athletic shorts, athletic shirt, proper shoes.
- 3 Game: Uniform: Jersey AND Shorts must be worn otherwise player will not play.

Sports Pledge

Win or lose, I pledge to do the best I can, to be a team player and to respect my teammates, my opponents and officials, and to improve myself in spirit, mind, and body.