EVERYBODY WINS WHEN EVERYBODY PLAYS

Parent and Coach Handbook

YOUTH SPORTS

YMCA OF GREATER LOUISVILLE
FOCUS AREAS OF YMCA YOUTH SPORTS

1. SKILLS - We teach young people important life skills and the basic skills of each chosen sport.
2. ENJOYMENT - We encourage young people to compete for the fun and enjoyment of playing sports.
3. FAIR PLAY - We strive to develop good sportsmanship, positive attitudes, dedication and determination among our participants.
4. TEAMWORK - We believe that individual accomplishment is secondary to teaching the value of good teamwork.
5. WINNING - We encourage everyone to do their best, never forgetting there are lessons to be learned from both winning and losing.

PROGRAM GOALS FOR YMCA YOUTH SPORTS

Our program exists to:

1. Make our players feel better about who they are and their own unique abilities.
2. Provide a positive exercise experience, reinforcing healthy habits that will last a lifetime.
3. Build stronger families by giving them something to look forward to doing together.
4. Help children learn how to successfully interact with one another towards a common goal.
YOUR ROLE AS A YMCA COACH

Your job is to teach skills and team play within a framework that includes these elements:

Work with every player on your team.
- The most highly skilled and least highly skilled player on your team should be given equal attention.

Work on basic skills and fundamentals and teach physical fitness habits.
- Younger teams especially should concentrate on fundamentals. Teach the skills and concentrate on the basics.
- Help players become conscious of the importance of proper techniques in execution. Stop the action often to help individual players improve. But don’t interfere excessively.
- Demonstrate the importance of fitness habits such as warm-up and conditioning exercises. Talk to your players about rest, what they eat, and involvement in other sports and activities.

Teach fair play.
- This means respect for oneself, one’s teammates, the other team, the rules and the officials who uphold them.

Keep winning in perspective.
- Help players (and their parents) become aware of other important goals besides winning: learning skills, becoming more fit, being a good leader sometimes and a good follower other times, dealing with the emotions of sport, and having fun.

Relationship to Players:
- Strive to make games and practices fun.
- Praise your team as a group and each team member individually.
- Refrain from shouting at any player. Never embarrass a player. Constructive criticism is okay, but should be low-keyed, positive and on a one-to-one basis.
- Be enthusiastic.
- Practices are important. Hold them regularly.
- Be at games and practices ahead of time.

Relationship to the Officials:
- Teach respect by being respectful.
- Avoid and discourage negative criticism.
- Voice your problems through the Y staff. Don’t ask an official to explain a call during play. Wait until half time or the end of the game.
- Be ready to forgive and forget, time and time again. Adults as well as youngsters will be learning character through this program.

Relationship to Parents:
- Use your Orientation time to break the ice and start communicating.
- Get to know your parents as well as possible. They can be a great help to you. Invite their participation and involvement.
- Be positive about your players, the officials and your opponent. Encourage your parents to do the same.

Relationship to Program:
- Make sure your roster and contact information match the branch copy.
- Make sure you let the YMCA know of any dropouts or injuries on your team.
- Make sure all e-mails are read and handouts are given out to each player and/or parent.
There are times when parents get too involved and this can hinder a child’s interest in playing sports. To avoid being over-involved, remember the following:

- Try not to be overly concerned with the outcome of the game. As long as every child is learning and having fun, everyone wins.
- Try not to spend a great deal of time talking with the coach about the game plan, player skill levels, and the way he or she conducts practices and coaches games.
- Encourage your child to do their best and always praise their efforts more than the final scores.

YOUR ROLE AS A PARENT

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sporting events.
- Place the physical and emotional well being of your child ahead of any desires to win.
- Support coaches and officials in order to encourage a positive and enjoyable experience for all.
- Remember the game is for the youth - not for the adults.
- Help your child enjoy the youth sports experience by assisting with coaching and providing transportation.
- Make sure you and your child treats other players, coaches, fans and officials with respect.
- Insist on a safe and healthy environment - free of drugs, tobacco and alcohol - and refrain from using them at all youth events.
- Manage the actions of siblings by making sure they do not hang from equipment or bleachers and remain off the fields during practice and games.
INJURIES

There is always someone trained in first aid at practice sites/games. In the case of an injury please locate a staff person immediately for help. It is up to the discretion of that staff person or the participant’s parents on whether or not the participant needs additional medical attention.

Head Injuries

A participant shall be suspected of suffering a concussion or head injury if any of the following symptoms are observed arising from possible blunt trauma, acceleration of force or deceleration of force:

- Confusion, disorientation or impaired consciousness.
- Dysfunction of memory.
- Loss of consciousness.
- Other signs of dysfunction including seizures, irritability, lethargy, vomiting, headache, dizziness and fatigue.

In the case of any of the above symptoms it is highly recommended that the participant go to the closest medical care facility and get checked out and cleared by a medical professional. Depending on the severity of the injury, it may be required by the Program Director that the participant get cleared by a medical professional before resuming activity.

CHILD ABUSE AWARENESS

WHY TRAIN VOLUNTEERS IN CHILD ABUSE AWARENESS?

- To detect and prevent child abuse.
- To protect volunteers from false claims of abuse.
- To send a strong message to all those involved that any abuse of children will not be tolerated and we will do our best to give volunteers tools to identify signs of abuse. (Please visit our online site to see the full definitions of child abuse.)

Abuse crosses all socioeconomic backgrounds.
SAFETY STEPS AT THE Y

The YMCA of Greater Louisville has hundreds of staff members and volunteers working with youth in the many programs we offer. We want all children to be safe.

While rare, every major youth-serving organization in the country has had incidents or allegations of abuse by a staff member, volunteer or program participant.

The Y takes these steps to keep your child safe:

- We thoroughly screen staff and volunteers, including completing criminal background checks.
- We train staff and volunteers in abuse prevention.
- We carefully supervise and monitor our programs.
- We ensure that staff understand their responsibility to report abuse.
- We have policies to limit circumstances in which staff and volunteers are alone with a child or teen where others cannot observe them.
- We have policies that limit staff interaction with children and teens outside of YMCA programs.

BE HEALTHY. BE STRONG. BELONG.

AT THE Y, WE SPECIALIZE IN FAMILIES!

We would love to see you join the Y and enjoy a wide range of fun and healthy activities for children and families. Our members enjoy discounted member rates for youth sports and many other Y programs such as:

Swim Lessons
Learning to swim can save lives! The Y had been teaching people to swim for over 100 years. We offer classes year-round for all ages. From beginners to those who just want to sharpen their skills in the water, we have classes that are right for everyone.

Summer Camp
Summer Camps are available for kids every day of summer for ages 3 to 16. They are held at more than 30 sites around the area and offer fun activities like swimming, crafts, team sports and wonderful field trips.

Child Care
We offer infant, toddler and pre-school care in our Child Development Centers at three area Ys. We also have before- and after-school care at sites throughout Jefferson and Bullitt Counties. Our child care programs emphasize physical activity, healthy foods and academic support with caring, well-trained staff. We are always there for you, even on snow days, inservice days and school breaks.

Calypso Cove Family Waterpark
A community-wide membership and a one-time pool fee gives you access to our outdoor Calypso Cove Family Waterpark, located at the Northeast Family YMCA. Calypso Cove offers:

- Two 24-foot-tall water slides, splash pads, water spray features and other great interactive features
- Heated water so you can enjoy a longer season.
- Huge pool deck with plenty of lounge chairs.
- Adult-size benches with Jacuzzi jets.

ABOUT JOINING THE Y

A community-wide family membership opens the doors to all 14 area Ys and a huge variety of family programs, year-round youth activities and swim facilities. We make it fun for the whole family. We have no membership contracts and provide membership discounts on youth programs. To learn about community-wide and branch-specific rates, visit us online at ymcalouisville.org

The YMCA is for everyone
We are here to serve people of all ages, backgrounds, abilities and incomes. We offer income-based financial assistance for membership and programs. Visit us today to learn how we can help you become a member, go to ymcalouisville.org or call 502.587.9622.
Information about the YMCA of Greater Louisville and our Youth Sports program is available at the branch locations or at ymcalouisville.org.

NORTHEAST FAMILY YMCA  502 425 1271
OLDHAM COUNTY FAMILY YMCA  502 222 9358
BULLITT COUNTY FAMILY YMCA  502 955 6433
SOUTHWEST FAMILY YMCA  502 933 9622
SOUTHEAST FAMILY YMCA  502 491 9622