



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# **2019 YOUTH SPORTS PARENT HANDBOOK**

## **Kernersville Family YMCA**

### **Northwest North Carolina Association**

KERNERSVILLE FAMILY YMCA

1113 W. Mountain St, Kernersville NC 27284

P 336 996 2231 [www.kernersvilleymca.org](http://www.kernersvilleymca.org)

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."

Dear Parent:

You have chosen a sports program where the staff is dedicated to the development and well-being of your children. We will provide your children with compassion, patience, learning opportunities and love. In turn, we ask that you, as the parent, help us by letting us know of any questions, concerns or ideas at any time. In this way, staff and parents can function as a team that is oriented toward helping children. The YMCA is a place for families and it is our intent to do everything possible to help strengthen and support your family.

Thank you for choosing Y sports and welcome!

Sincerely,  
Pam Greene, Associate Director for Sports & Family Life

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## **YMCA Mission**

“Helping people reach their God-given potential in spirit, mind, and body.”

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## **YMCA Sports**

**Our goal** is to ensure youth are prepared for life by helping them achieve, build relationships and feel like they belong.

**Our focus** at practice and games is to encourage players to meet their potential by demonstrating five key character traits: caring, honesty, respect, responsibility and faith.

**Our purpose** is to provide a quality, Christian-oriented experience that is safe, convenient and affordable. Our programs present age- appropriate opportunities to participate in sports while having fun, making new friends and building good character.

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## **YMCA Sports Staff**

Pam Greene, Associate Director for Sports & Family Life: [p.greene@ymcanwnc.org](mailto:p.greene@ymcanwnc.org)

## **Branch Information**

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## **Pre-Season**

### **How to Register**

You can register online, by phone or in person at the membership desk. Full payment is expected at the time of your registration. Early registration, as well as membership to the YMCA, often provide a discounted rate. Financial assistance is available for families who qualify. If interested, please pick up a financial assistance application from the Member Services desk or online at [www.ymcanwnc.org/membership/open-doors](http://www.ymcanwnc.org/membership/open-doors). Please allow 7-10 business days for financial assistance approval.

### **Age of Registrant**

Your son or daughters' age on the first day of their first practice dictates the default division in which he/she will fall. In other words, do not base it on the age your child is at registration, but on the age they will be when the season you are registering for begins.

If your child is an exceptional athlete or is perhaps taller for their age you may prefer that they "play up" an age division. This is acceptable, but requires special permission from the Sports staff and an over-the-phone or in-person registration.

### **Refunds**

Any player may be dropped and receive a full refund via their original method of payment up to 14 days before the start of the program. A \$15 fee will be applied for any changes/cancellations made within 14 days of the start of the program. No refunds will be provided for changes/cancellations made after the 1<sup>st</sup> practice or session.

## **Coaches**

### **Parent + Community Volunteers**

Our coaches are parent and community volunteers. This means they are not paid. It is one of the many ways we keep our prices low and maintain a clear focus on character development. We are always in need of coaches. If you would like to learn more about what it means to be a coach or would like to apply to be a coach, please visit [ymcanwnc.org/be-a-coach](http://ymcanwnc.org/be-a-coach).

### **Coaches as Mentors**

Your coach is just like you. A parent or caring member of the community who wants to help kids thrive. We ask that our coaches serve not just a coach, but as a leader and mentor for their team. We entrust them to help pass on valuable life lessons and build good character.

### **Picking a Coach**

If there is a specific coach you would like to stay with, we recommend that you connect with the coach or the Sports staff to coordinate.

### **Team without a Coach**

If your team is without a coach at the first practice please know that we have made every effort to recruit a coach. The team will not be disbanded.

In this rare occurrence, a YMCA employee will attend the first practice to create a committee of parents who take turns coaching the team each week. This includes at least one practice and one game per parent or some other variation that works for your teams' parents unique circumstances. Our hope is always that a single parent will take on the role of head coach and that another will serve as their assistant to fill in when they are unable.

## Team Formation Guidelines

### Soccer, Flag Football, T-Ball/Baseball, Indoor Soccer, Volleyball and Basketball

- No evaluations and subsequent drafts for these sports.
- You choose your team at the time of registration by registering for a specific practice day and time.
- If you would like to play with a particular coach or friend, it is your responsibility to contact the other party to coordinate and register for the same team.
- Early registration is strongly recommended to meet specific day and time constraints or to guarantee play with a specific friend or coach.
- No waiting lists will be formed once a team is full. **You must check the website or call the branch to find out if an opening on a team has occurred.**

**\*If you have questions after reviewing these guidelines or believe you have a special circumstance, please contact the sports office.**

### Team Reduction Guidelines

Each sport has a required number of players to form a team. If a team is below the minimum number of players nearing the end of registration ALL members of that team will be moved to another team. We do this to provide every registered child the opportunity to play as well as to provide ample time to recruit coaches. We will try our best to keep those who signed up together on the same team (applies to non-drafted teams). If your new team has a practice day and time that is not convenient for your family, please call the Sports Office and we will work with you to find a better option.

## Communication

### Pre-Season

You will receive your first contact from your coach, provided your team has one, one week prior to the start of the season. There are reasons why this may not occur so do not panic. You will also be receiving regular communication from the sports department staff two weeks prior to the season beginning.

### In-Season

You will receive a weekly email update from the sports director. Each update will include a brief summary of the previous week, information for the week ahead and the word of the week. Any reported issues or changes will be shared via this communication if needed.

### PLAYERSPACE

PLAYERSPACE is our league management system that manages team schedules and rosters. Prior to the season, you will receive an email inviting you to create a login (if you do not already have an account). Upon login, you will receive communication from the YMCA and your coach through the PLAYERSPACE platform. You will also be able to view your teams' schedule, teammates and be able to communicate with your coach.

You may also receive text message alerts from PLAYERSPACE. It is very important we have your correct email and mobile number on file to ensure you are receiving communication. If you feel as though you never received a log in email or are not receiving updates, please check your trash and junk mail and be sure to add [noreply@playerspace.com](mailto:noreply@playerspace.com) to your address book.

For help and tips on how to use PLAYERSPACE, please visit [playerspace.net/parent-help-sports](http://playerspace.net/parent-help-sports).

## **Season Logistics & Details**

### **Spring & Fall Locations**

Whenever possible we try to keep our sports on campus at the Kernersville Family YMCA. However, that is not always possible. Your child may have games at other YMCA branches

### **Winter & Summer Locations**

Due to the size of our basketball program, older divisions often play off campus for games and practices. These locations include middle and elementary schools.

### **Drop Off / Pick Up**

It is our expectation that you will stay on campus during both practice and games. No one is able to take on the individual responsibility of your child so for the safety and well-being of your child, please stay nearby. You are permitted to have another adult chaperone your son or daughter. This can be a sibling or other relative as well as caregivers over the age of 16. If your child is 12 or older they can attend practice and games without individual adult supervision.

### **Staffing**

A YMCA director supervises all of our sports. All staff members are required to attend over 10 hours of training prior to the beginning of the season, which includes First Aid and CPR training.

### **Jerseys & Equipment**

All athletes will receive a jersey, which will be handed out at the first practice. Everyone should be dressed in comfortable athletic or play attire and should bring a water bottle to stay hydrated and cool. All personal items need to be clearly labeled with the child's first and last name.

Soccer: shin guards, socks that cover the shin guards, and cleats (tennis shoes for indoor soccer)

Flag Football: mouth guard and cleats

Volleyball: knee pads

T-Ball/Baseball: fitted baseball glove and cleats

Basketball League + Academy: nothing additional required

### **Lost Items**

In the event that a personal item becomes misplaced a sports employee will take it inside to the membership desk where it will be placed in the lost and found. Please go inside to the lobby and ask a membership associate about your specific item and provide as much detail as possible if it is not labeled.

### **Game Days**

Please arrive 10 to 15 minutes early to allow ample time for parking, finding the correct field or court and seeing to any last minute needs prior to the beginning of the game.

### **Playing Time**

All children are guaranteed 50 percent playing time regardless of team size or personal ability. If you believe that your coach is not adhering to this policy, please let your coach know or come to a member of the sports staff after the game. Mistakes do happen, but we will work with you to be sure that they do not become a regular part of your sport experience.

## Behavioral Expectations & Guidelines

It is our expectation that children and adults will treat one another with respect and kindness. If a child or adult partakes in bullying, name calling, teasing and other unsportsmanlike conduct they will receive one warning. Following that warning they may be asked to leave the field or court. It is at the discretion of the site supervisor to determine the severity of the issue. If the problem continues past a single practice or game, it will be at the discretion of the Associate Sports Director to determine a proper course of action which may include ending the season early for a child or prohibiting an adult for further game and practice attendance.

## Inclement Weather & Cancellations

It is our intent to get every practice and game in as scheduled, however the safety and well-being of our participants, volunteers, staff and officials is our top priority. Any practice that is cancelled will not be made up. One game or session will be made up at the end of the season. You will receive a text and an email via Playerspace whenever there is a cancellation or delay.

## Sunscreen & Bug Spray

In order to comply with our child abuse prevention guidelines, the application of topical products will need to be completed by a parent. Our coaches and staff are not to apply by hand or spray any topical product.

## Emergencies

In the event of an emergency, trained YMCA staff will initiate emergency care by activating the chain of survival, which includes calling 911. Emergency care and transportation will be handled by 911 and local emergency services.

## Season Offerings

Season & Sport	Age Range	Dates	Early Registration	Registration
Spring		3/18-5/18	January 14	February 26
Soccer	Co-Ed 3-14			
Flag Football	Co-Ed 3-11			
T-Ball/Baseball	Co-Ed 4-18			
Volleyball	Co-Ed 9-16			
Basketball Academy	Co-Ed 5-14			
Summer		6/10-7/26	April 1	May 14
Basketball	Co-Ed 3-18			
Sport Camp - Basketball	Co-Ed 6-11	8/5-8/9		
Fall		9/3-10/26	July 1	August 20
Soccer	Co-Ed 3-14			
Flag Football	Co-Ed 3-11			
T-Ball/Baseball	Co-Ed 4-7			
Volleyball	Co-Ed 9-16			
Basketball Academy	Co-Ed 5-14			
Winter		12/9-2/29	September 1	November 19
Basketball	Co-Ed 3-14			
Indoor Soccer	Co-Ed 3-14			

\*Age divisions, offerings and dates are subject to change. Some of our pre-school programs may start later or end earlier depending on the season.

## 2019 Spring Season

Week	Practice	Game	Word of the Week
1	3/18-3/22		
2	3/25-3/29	March 30	Respect
3	4/1-4/5	April 6	Sportsmanship
4	4/8-4/12	April 13	Positive Attitude
5	4/22-4/26	April 27	Caring
6	4/29-5/3	May 4	Responsibility
7	5/6-5/10	May 11	Honesty
8	5/13-5/17	May 18	Faith

## 2019 Summer Basketball Season

Week	Practice	Game 1	Game 2	Word of the Week
1	6/10-6/12			
2	6/17-6/20	June 20-21		Respect
3	6/24-6/26	June 27-28		Sportsmanship
4		July 1-3		Positive Attitude
5		July 8-10	July 11-12	Caring / Responsibility
6		July 15-17	July 18-19	Honesty / Faith
7		July 25-26 (ages 9+ tournament*)		Teamwork

\*Only three practices will be held, after that games will replace practices. Divisions ages 9 & up will play a tournament the week of July 22-26.

## 2019 Camp Play Ball Schedule

Session	Dates	Times	Sport:
8	8/5-8/9	8:30AM-12:00PM	Basketball
9	8/12-8/16	8:30AM-12:00PM	Soccer

## 2019 Fall Season

Week	Practice	Game	Word of the Week
1	9/3-9/6		
2	9/9-9/13	September 14	Respect
3	9/16-9/20	September 21	Sportsmanship
4	9/23-9/27	September 28	Positive Attitude
5	9/30-10/4	October 5	Caring
6	10/7-10/11	October 12	Responsibility
7	10/14-10/18	October 19	Honesty
8	10/21-10/25	October 26	Faith

# 2019-2020 Winter Season

Week	Practice	Game	Word of the Week
1	12/9-12/13		
2	12/16-12/20		
3	1/6-1/10	January 11	Respect
4	1/13-1/17	January 18	Sportsmanship
5	1/20-1/24	January 25	Positive Attitude
6	1/27-1/31	February 1	Caring
7	2/3-2/7	February 8	Responsibility
8	2/10-2/14	February 15	Honesty
9	2/17-2/21	February 22	Faith
10	2/24-2/28	February 29	**
		February 24-29 (tournament for ages 9+)	