



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



2019 YOUTH SPORTS PARENT HANDBOOK

Stokes Family YMCA

Northwest North Carolina Association

STOKES FAMILY YMCA
105 Moore Road, King NC 27021
P 336 985 9622 www.stokesymca.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,
Patrick Nail, Adult Sports Coordinator

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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

Office & Field
Vacant, Youth Sports Coordinator & Coach Liaison: vacant@ymcanwnc.org
Patrick Nail, Adult Sports Coordinator: p.nail@ymcanwnc.org

Site Supervisors
Allison Spaugh, Volleyball Site Supervisor

Administration
Patrick Whitbred, Senior Program Director: p.whitbred@ymcanwnc.org (Office at Jerry Long Family YMCA)

Branch Information

Stokes Family YMCA
105 Moore Road
King, NC 27021
336-985-9622
www.stokesymca.org

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. 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 Associate Sports Director and an over-the-phone or in-person registration.

Refunds

To request a refund for a sports program, stop by the YMCA Front Desk and complete a "Sports Program Change/Cancellation Request Form." All requests forms will be handled by the Front Desk up to the first practice date. After practices have begun, requests will be sent to the sports department where a decision will be made as to whether to move forward with the refund and how much of the cost will be refunded. Changes/cancellations can be made, at no cost, up to 14 days before the program starts. 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 first practice. The only time a refund may be considered after the first practice is in case of an injury or a move. Documentation must be provided to consider refund. Refunds will not be assessed for the following reasons: unhappy with team selection/assignment, weather cancellations, requests not honored, no designated head coach, no longer desire to play among others.

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.

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

As implied above under "Registration", there are no opportunities to request a coach. If there is a specific coach you would like to stay with year to year, we recommend that you request their personal contact information to coordinate their practice day and time with your choice of practice day and time at registration. This is not available for sports that have drafts and evaluations.

Team without a Coach

If your team has no coach your child's season will not be cancelled and the team will not be disbanded. By the time the season begins, please know that we have made every effort to find a parent on your team to serve as head coach, but that no one has made the formal commitment yet.

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 to.

Team Formation Guidelines

Soccer and Basketball (divisions ages 5-6 Co-Ed, 7-8 boys & 7-9 girls)

- 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.**

Volleyball

- Upon registration, participants can choose their night of practice.
- All players will practice together on the first night of their chosen practice. Player evaluations will take place during this practice. After the first practice, teams will be assembled and players will practice with their team on their chosen time moving forward.
- The goal is to create as balanced teams as possible therefore teammate or coach requests will not be considered.
- Refunds will not be given on account of a request not being granted or any other circumstance such as practice time.

Basketball (division ages 9-18 Co-Ed)

- For these divisions, the Y will host pre-season skills evaluation and formal coach drafts. All participants must attend evaluations. Coaches will then be provided an average score for each player in a division and a snake-draft will take place among coaches to select teams.
- Requests will not be considered for these divisions.
- Refunds will not be given on account of a request not being granted or any other circumstance such as practice time and location.

***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 to your address book.

For help and tips on how to use PLAYERSPACE, please visit playerspace.net/parent-help-sports.

Season Logistics & Details

Spring & Fall Locations

Due to the field space on our campus, our soccer program practices and plays games at King Elementary School. Our 12-14 Co-Ed soccer division may play games at the Fulton Family YMCA. All volleyball practices occur at the Stokes Family YMCA and depending on league size, games may take place at other YMCA's in our association.

Winter & Summer Locations

Due to the size of our basketball program, some practices are held at Poplar Springs Elementary School. All games are held at the Stokes Family YMCA.

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 futsal)

Volleyball: knee pads

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 ten 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.

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.

YOUTH SPORTS / PARENT CODE OF CONDUCT

YMCA Youth Sports Philosophy: YMCA Youth Sports are based on certain beliefs and philosophies: participation and everyone plays. The YMCA encourages having a healthy spirit, mind, and body, meaning the development of the whole person. The YMCA also emphasizes fundamentals, teamwork, fair play, cooperation, and respect for the officials, one's self, one's team-mates, and the other team. Our philosophy is simple: EVERYONE PLAYS EVERYONE WINS. Every decision you make and every behavior you display is based first on what you think is best for your athletes, and second, on what can be accomplished to have everyone become a winner.

I hereby pledge to provide positive support, care, and encouragement for my child participating in the Youth Sports Program by following this Parent Code of Conduct:

- I will encourage good sportsmanship by demonstrating positive support for all participants, coaches, and officials.
- I will do my best to make this program fun for my child.
- I will keep winning in perspective. A child usually forgets the outcome of the game: it is the adults that have a tendency to stress the win/loss record.
- I will ask my child to treat other participants, coaches, officials, parents, and spectators with respect regardless, of race, age, sex, creed, or ability.
- I will treat officials and coaches with respect. They are there to provide your child with a safe and healthy learning environment. Officials and coaches deserve the same type of environment from the parents and spectators.
- I will strive to be a good role model for my child and the other children in the program. I will encourage my child to learn to lose with dignity and win with grace.
- I will respect my child's coach and do my best to have my child at all practices and games on time.
- I will recognize the importance of volunteer coaches.
- I realize they are important to the development of my child and the program.
- I will communicate with them and support their decisions.

Season Offerings

| Season & Sport | Age Range | Dates | Early Registration | Late Registration |
|--------------------|-------------|-----------|--------------------|-------------------|
| Spring | | 3/18-5/18 | January 14 | February 26 |
| Soccer | Co-Ed 3-14 | | | |
| Volleyball | Co-Ed 10-13 | | | |
| Summer | | 6/10-7/26 | April 1 | May 14 |
| Basketball | Co-Ed 3-18 | | | |
| Fall | | 9/3-10/26 | July 1 | August 20 |
| Soccer | Co-Ed 3-14 | | | |
| Volleyball | Co-Ed 10-13 | | | |
| Basketball Academy | Co-Ed 9-13 | | | |
| Winter | | TBD | TBD | TBD |
| Basketball | Co-Ed 3-18 | | | |

*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. Adult Volleyball programs will be offered each season. Adult Basketball programs will be offered in the summer and winter.

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 |

*Games will be played one week during the season to accommodate for Spring-O-Rama. No practices will be held if games are played.

2019 Summer Basketball Season

| Week | Practice | Game 1 | Game 2 | Word of the Week |
|------|-----------|----------------------------------|------------|-------------------------|
| 1 | 6/10-6/11 | | | |
| 2 | 6/17-6/18 | June 20-22 | | Respect |
| 3 | 6/24-6/25 | June 27-29 | | Sportsmanship |
| 4 | | July 1-2 | | Positive Attitude |
| 5 | | July 8-9 | July 11-13 | Caring / Responsibility |
| 6 | | July 15-16 | July 18-20 | 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 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

TBD