

# YOUTH SPORTS HANDBOOK

Welcome to the Misawa Youth Sports program! Our program has been developed and organized to provide a POSITIVE, SAFE, and RECREATIONAL youth sports environment. Each sport offered by our program supports youth development, enhancing the emotional, physical, social, and educational well being of each participating youth, while also providing a fun-filled experience with positive role models that serve as coaches, assistant coaches, and team parents. Our Youth Sports program is also affiliated with the Boys and Girls Clubs of America (BGCA), and, as a result, focuses on the BGCA *Youth Development Strategy*, which states all participating children will have a positive experience that contributes to a positive sense of self-esteem by assuring youth develop a sense of competence, a sense of usefulness, a sense of belonging, and a sense of influence.

The Misawa Youth Sports program is a community effort. Our volunteer coaches are the heartbeat of our program. Our staff and faithful volunteers have applied a lot of energy and effort to our very successful sports program! Throughout the school year, our program utilizes the base elementary school gymnasiums for basketball, indoor soccer, and baseball/softball league practice.

Our Misawa Youth Sports program made a commitment to ensure all volunteers working in key leadership roles with youth would be certified by the National Alliance for Youth Sports (NAYS). Key leadership roles are coaches, assistant coaches, and officials. This certification program is not meant to be a determination of whether a volunteer is an expert coach in a particular sport. The NAYS certification program provides volunteers an awareness of the current philosophy spreading across our nation: to provide a safe, positive environment for youth involved in out-of-school sports leagues. The NAYS program works to “sensitize” coaches to their responsibilities when working with children in sports and hold them accountable to the NAYS Coaches’ Code of Ethics. In addition, parents are required to review and sign the NAYS Parents’ Code of Ethics

It is the desire of the 35th Force Support Squadron and the Misawa Youth Sports program to provide an opportunity for all children to participate in sports if it is their desire to do so. Our program stresses safety and FUN, as well as the basic skill building and good sportsmanship of each participant.

Thank you for your interest, participation, and continued support of our community program. Best wishes for a fun and successful experience in our program!

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To assist DoD military and civilian personnel in balancing the competing demands of the accomplishment of the DoD mission and family life by managing and delivering a system of quality, available, and affordable programs and services for eligible children and youth 5 through 18 years of age.

# **Youth Sports Coach's Handbook**

## **Mission Statement**

*We develop, control and oversee programs that foster children's social, physical, character and leadership development. While nurturing children's capacity to learn life skills while enjoying team sports, we also strive to deepen children's commitment to pro-social values such as kindness, helpfulness, personal responsibility, and respect for others – qualities we believe are essential to leading humane and productive lives in a democratic society.*

## **PHILOSOPHY**

- Focus on Participation
- Help Youth Develop Physical, Emotional and Social Skills
- Placing Winning and Losing In a Healthy Perspective
- Defining success as striving for the best that they can do
- Develop a lifetime commitment to sports and personal fitness

## **KEY CONTACTS**

### **Resource Information for the National Alliance for Youth Sports**

National Alliance for Youth Sports (NAYS)

2050 Vista Parkway

West Palm Beach, FL 33411

(561) 684-1141

(800) 688-KIDS

[www.NAYS.org](http://www.NAYS.org)

## **Helpful Telephone Numbers**

Youth Sports Director	226-3220
School Age	226-2266
Teen Center	226-2792
Youth Center Director	226-3220
Youth Center	226-3220
Family Advocacy	226-2123
Safety	226-3453
DoD Child Abuse and Safety Hotline	800-790-1197

## **Program Policy and Unity**

1. The Misawa Youth Sports program is developed and organized to provide an age appropriate recreational sports environment. Each sport supports youth development, enhancing emotional, physical, social, and cognitive development, while providing a fun experience with positive role models that serve as coaches, assistant coaches, and team parents. The administration of the sports program shall be the responsibility of the Youth Programs director and the Youth Sports director. The program's objectives, policies, and procedures are a direct result of community input from youth, parents, coaches, and league administrators.
2. All concerns will be brought to the attention of the Misawa Youth Sports Director and/or Youth Director.
3. The policies and guidance reflected in this handbook are hereby implemented representing the community and Misawa Youth Programs primary means of governing the program.

## **Eligibility**

1. All parents must attend one mandatory Parent Orientation per year
2. Dependent youth of active duty, military and armed services, and DOD personnel ages five through eighteen years of age are eligible to participate. Players **MUST** be five years to participate in the youth sports program.
3. Participants must register at the Youth Center in person,

Registration must include:

- a. Parental consent.
  - b. Payment of registration fees (prior to participation in sport).
  - c. Authorization of emergency medical treatment in the absence of a parent and/or legal guardian.
  - d. Agreement by parents to return all uniforms and equipment used by participant.
  - e. Physical Examination (in accordance with DoD regulation, youth participating in youth sports must have a youth sports physical at least annually).
  - f. Current Immunization Records ((in accordance with DoD regulation, youth participating in youth sports must have a current immunization record on file at the Youth Center)
5. Youth not wearing appropriate and/or required protective equipment for said sport shall be ineligible to play.

## **Misawa Goals for the Youth Sports Program**

1. Provide all Misawa youth who desire with opportunities for participation, fun, and enjoyment.
2. To provide opportunities to the Misawa youth for the development of lifetime leisure skills.
3. To assist Misawa youth with physical development by:
  - Teaching fundamental and safe sports skills appropriate for their age.
  - Improving their physical condition.
  - Teaching sound health habits.
  - Providing safe playing areas and proper equipment.
4. To help Misawa youth develop psychologically by:
  - Fostering the development of self-worth and personal identify.
  - Providing the opportunity to express and control emotions.
  - Creating a learning environment.
5. To help Misawa youth develop socially by:
  - Learning cooperation and sportsmanship.
  - Providing opportunities to learn independence and the important of teamwork.
  - Providing all youth with opportunities to develop leadership skills and initiative.
  - Providing opportunities to learn how to compete.

## **Program Organization**

1. The Youth Sports program is the responsibility of the Youth Programs director and the Youth Sports director. They will coordinate and assemble base resources through the Youth Center in support of respective league and division matters.
2. There will be no player trading once teams have been formed.
3. At parents' request, sibling combinations will play on the same teams. All reasonable requests by spouses of deployed active duty members will be honored.
4. Teams and leagues shall be organized according to age. A maximum of a two-year age division will be used.
5. Parent head coaches may automatically be assigned their son/daughter, however, the number of coaches allowed this privilege per team shall be determined at the beginning of each season for each respective sport.

8. No coaches, including assistants, shall change teams for the duration of the season unless specifically approved by the Youth Sports director.
9. Once teams have been formed, assignment of remaining players shall be made only by the Youth Sports director.
10. The number of players on a team roster will be determined by the number of players registered and by the Youth Sports director; however, the number shall be as matched between teams as possible. Player assignment will be based primarily on the relative strength of the teams, with the objective of keeping the teams as equally matched as possible.
11. Normally, new coaches will be assigned in an assistant coach status.
12. The Youth Sports program will initiate and obtain a completed Background Check on all coaches.

### **Minimum Play Rules**

**Everyone Plays** – Any eligible child can register and be assigned to a team, regardless of athletic ability. No registered child is ever excluded from participation!

**Playing Time** – Any eligible child is guaranteed equal playing time. Our philosophy upholds the old adage, “It is better to play on a losing team, than sit on the bench of a winning team.”

### **The Inclusion Policy**

**Everyone Plays** – Any eligible child can register and be assigned to a team, regardless of athletic ability. No registered child is ever excluded from participation!

**Children with Disabilities** – because our program’s belief in inclusion is SO strong, we will make any reasonable accommodation for children with disabilities.

We only ask two things:

1. A physician’s note allowing for participation in youth sports, and
2. A “Care Plan” be coordinated between parents, the Youth Sports director, and the coach(s). We want to make sure we meet your child’s needs, so let us brief the coach on what you would do to ensure inclusion!

**Different Levels** – Leagues are designed to meet the age and experience levels of each child. Our league age groupings are as follows

5-6 years of age

7-8 years of age

9-10 years of age

11-13 years of age

**Safety** – Playing rules, equipment, and playing fields/areas are scaled to maximize safety and performance. The Youth Sports director, all coaches, and all umpires are responsible for ensuring the safety of equipment and playing fields prior to each game and practice.

## **Player Assessment Guidelines**

Assessments are conducted before rosters are finalized within the Minors (9-10) and Majors Division (11-13). The purpose of player assessments is for coaches and youth staff to gain a further understanding of each child's individual skill. Player assessments also serve a purpose to promote fairness and alleviate disparities during games. This will ensure that coaches are aware of their player selections but also that level skill for each team is distributed equally. The ultimate goal for assessments is that for each team is balanced with even skill sets with the variation of players provided. Note: A coach that has their own child(ren) participating will forfeit their pick in the round their child's assessment rating falls in. Youth staff will examine the skill level for the children with special arrangements and determine how they will be divided.

Assessments are held prior to the start of the season to determine how the rosters will be built for the teams. Coaches are first briefed about the types of drills that are conducted for the sport (E.g. Baseball Assessment: Running, Pitching, Fielding, and Hitting). Assessments vary depending on the sport. Based on each skill set, coaches observe each player and rate them on scale of 1-5 with "1" being the lowest and "5" as the highest. All child participants are issued a number at the start of the assessments. Youth staff will explain the drills for each assessment and every child will have the opportunity to show their performance in each drill. Once each child completes one drill, they transition to the next drill until all drills are completed.

When assessments are completed coaches and youth staff collaborate to discuss how the players are divided. Staff will ensure that teams are divided equally to provide balance and fair number of players for every team. Draft will be done by coaches, but moderated by the youth staff. Any child that have registered after assessments will be placed on a team with the youth staff determining which team the child will be placed on.

## **Program Safety & Risk Management**

1. Safety is a primary factor in the success of any youth sports program. The following policies will be adhered to:

- a. Playing facilities will be inspected prior to and after each game by volunteer coaches and the youth center staff to ensure continual safety.
- b. All equipment will be inspected to ensure continual safety.
- c. A fully equipped first aid kit will be provided at each sport activity.
- d. Coaches are not permitted to knowingly require or allow a player to play while having a serious injury or knowingly create an unsafe playing condition.

e. Participation in unsafe conditions, such as lightening storms, darkness, playing sites in disrepair, etc., is not permitted.

h. All coaches must complete CPR and First Aid training.

1. Players will only wear protective equipment issued by the Youth Center. Equipment bought by individual players is not authorized unless inspected and approved by the Youth Sports director.
2. Any player receiving an injury requiring a cast or splint will be placed on the injured list and not allowed to participate for the remainder of the season unless a written consent from the doctor is received by the coach and league administrators.
3. Once a player is removed from a game because of injury or illness, he or she will not be allowed to play if doubt exists as to the nature and extent of injury and/or illness. The game official will determine if the player is able to reenter the game.
4. In accordance with Air Force regulation, youth participating in a youth sports league must have a youth sports physical at least annually.
5. Individual game safety rules will be published in the by-laws prepared for each sport.

## **Emergency Procedures**

Every attempt by the staff to prevent a medical emergency is necessary for a safe environment for youth. However, in the event of a medical emergency our first action is to care for the victim, notify the parent, and notify the chain of command of the medical emergency and procedures taken. To ensure that proper care is provided to the victim(s) it is required for all staff members to receive first-aid care and CPR training within the first six weeks of employment.

## **Emergency Numbers**

EMS: 0176-53-1911

Misawa Operator: 0176-53-5181

Misawa Emergency Room: 226-6647

## **INCLEMENT WEATHER PROCEDURES**

### **Emergency Procedures for Weather & Catastrophes**

In the event of base closure due to inclement weather, Youth Programs facilities will be closed. If children are in the facilities, parents will be notified by phone and facility will remain open one hour so all children can be picked up. If the parent, legal guardian or emergency contact cannot reclaim a child within one hour, Police will be called to pick up the child.

In the event that Youth Program facilities have been damaged and children need to be removed, children will be transported to a designated safe haven in accordance with the Facilities Disaster Preparedness Plan.

The Officials or the Youth Center Staff will have the final say as to whether or not the fields is suitable for play of games. Anytime there is lightening/thunderstorms within five miles all practices and games are cancelled. We will not cancel games because of rain only! Lightening or heavy down pours are the exceptions. Games officials and /or youth staff will make the decision. Games will not be made up due to the logistics of the season.

Coaches are expected to contact parents and teams to make practice cancellations. Youth Sports will not be held accountable for cancelling practices.

- If temperature is 80-89 degrees, including heat index; play must be stopped every 15 minutes to ensure children/youth are drinking plenty of water to hydrate
- If temperature is 90 degrees plus (Black Flag) games will be canceled.
- Games will be canceled if temperatures are below 32 Fahrenheit, including wind-chill factor.
- Children must be dressed appropriately for weather including footwear.

## **FIRST AID PROCEDURES**

### **Medical Emergencies**

Every attempt by the staff to prevent a medical emergency is necessary for a safe environment for youth. However, in the event of a medical emergency our first action is to care for the victim, notify the parent, and notify the chain of command of the medical emergency and procedures taken. To ensure that proper care is provided to the victim(s) it is required for all staff members to receive first-aid care and CPR training within the first six weeks of employment.

### **Administration of First Aid**

A first aid kit will be in each coach bag. Each kit will contain the following basic first aid items: bandages, antibacterial soap, gauze pads. Roll gauze, tape, tweezers, scissors, thermometer, latex gloves, and cold pack. Under no circumstances will any person associated under youth sports administer any type of medicine to youth. This includes over the counter/ nonprescription drugs or prescription medication. Furthermore, the coach will have a copy of their team's registrations sheets that list any special medical conditions that a child may have to better asses his/her needs.



## Role of the Coach

1. To place the emotional and physical well being of his/her players ahead of a personal desire to win.
2. To treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
3. To do his/her best to provide a safe playing situation for players.
4. To promise to review and practice basic first aid principles needed to treat injuries of players.
5. To do his/her best to organize practices that are fun and challenging for all players.
6. To lead by example in demonstrating fair play and sportsmanship to all players.
7. To provide a sports environment for his/her team that is free of drugs, tobacco, and alcohol, and to refrain from their use at all youth sports events.
8. To be knowledgeable in the rules of each sport coached, and to teach these rules to all players.
9. To use those coaching techniques appropriate for all of the skills that I teach.
10. To remember that he/she is a youth sports coach, and that the game is for children and not adults.

(Adapted from the Coach's Code of Ethics © National Alliance For Youth Sports)

## Role of the Parent

**It is each parent's responsibility to:**

- **Play a part in the supervision of their child or children**
- **Bring forward valid complaints to the Youth Programs director, Youth Sports director, and, if necessary, the Youth Sports Advisory Council**
- **Be a good and POSITIVE spectator**
- **Educate children about abuse**
- **Help each child find the right sport and program for his or her needs**
- **Assess the philosophy of the coach and league to make sure it matches the children's needs**
- **Provide their children with the physical and emotional nurturing and guidance they need to thrive**
- **Be an advocate for and support each child**
- **Equally support your sons and daughters as athletes**
- **Understand that all children are gifted, but not in the same ways**
- **Support the individual needs and interests of children**
- **Provide unconditional love and support, not based on performance**
- **Pay attention to whether or not your children are having fun, learning, and improving as opposed to just winning**
- **To uphold the Parent's Code of Ethics internally and externally!**
- **To create a SAFE and FUN environment!**

## **NYSCA Coachesâ€™™ Code of Ethics**

**I will place the emotional and physical well being of my players ahead of a personal desire to win.**

**I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.**

**I will do my best to provide a safe playing situation for my players.**

**I will promise to review and practice basic first aid principles needed to treat injuries of my players.**

**I will do my best to organize practices that are fun and challenging for all my players.**

**I will lead by example in demonstrating fair play and sportsmanship to all my players.**

**I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.**

**I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.**

**I will use those coaching techniques appropriate for all of the skills that I teach.**

**I will remember that I am a youth sports coach, and that the game is for children and not adults.**

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## **NYSCA Parents' Code of Ethics**

**I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics:**

**I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.**

**I will place the emotional and physical well being of my child ahead of my personal desire to win.**

**I will insist that my child play in a safe and healthy environment.**

**I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.**

**I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.**

**I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.**

**I will remember that the game is for youth - not adults.**

**I will do my very best to make youth sports fun for my child.**

**I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.**

**I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.**

**I will read the National Standards For Youth Sports and do what I can to help all youth sports organizations implement and enforce them.**

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## **Providing Positive Reinforcement**

**Your support is vital to your child's ability to retain our Code of Ethics philosophy.**

**Your support is also vital to your child's ability to retain concepts taught as part of their youth sports experience.**

**Don't forget to provide your child the opportunity to practice the skills learned at practices and also reinforce lessons learned from participation. For example, if your child "strikes out" at a game and you overhear coach saying, "Hey, you did your best. That is what is important."**

**Remember to repeat this message to your child on the way home from the game. Be POSITIVELY involved and interested in your child's youth sport experience! Without your support (something as simple as saving negative comments about the coach when your child is not present!), the hard and positive work of coaches and our Youth Sport program is often lost.**

### **Positive Guidance**

**We help children to respect themselves and other and to be responsible for their actions. Positive guidance techniques used by staff will include role modeling, problem solving, redirection, choices, sensitivity and exploration of feelings, communication and consistency. Staff, coaches, instructors and volunteers are trained within 5 working days of reporting to work and annually thereafter on proper guidance, discipline, appropriate/inappropriate touch and proper procedures for calling Security Forces.**

### **Excused Absences**

**You cannot deficit the child if they do not show up for practice or a game. The parents might have other priorities that take precedence over the sports program. The child is relying on the parent to set priorities and assist the child's development.**

### **Program Conduct and Discipline**

#### **Removal Procedures and Suspension**

**All coaches, parents, and players must establish and maintain the highest standard of behavior and integrity. The Misawa Youth Sports program provides a drug, alcohol, and tobacco-free environment. In addition, our program provides a profanity, and violence-free environment. Any violation of the NYSCA Code of Ethics will be addressed and, if appropriate, disciplinary action will be pursued.**

**Coaches – each coach signs the NYSCA Coaches' Code of Ethics. If the coach does not honor this code, he or she will be counseled and possibly lose coaching privileges. Any coach dismissed from a game for unsportsmanslike behavior will be disqualified for the remainder of that game and the next official game in which that respective team participates.**

**Parents – each parent signs the NYSCA Parents' Code of Ethics. This pledge specifies what is**

**expected of all parents. Parents who break the code of ethics can and will be asked to leave the practice/playing area. The playing area is considered any surrounding area, which could be considered close enough to possibly cause further disruptions.**

Repeated violations will result in permanently being barred from attending sporting events.

In addition, each parent must attend one Mandatory Parent Orientation per year. Orientations are offered throughout the year, prior to the beginning of each sport season.

**Players** – each player signs the NYSCA Players’ Code of Ethics. The coach will review the code of ethics with players. If a player breaks the code of ethics, the following disciplinary actions will be taken:

**First Offense** – the player, with his or her parents, will be counseled. The Youth Sports director will be notified.

**Second Offense** – the player, with his or her parents, will be counseled and provided notification that an ensuing incident will result in the player being benched for one game.

**Third Offense** – a conference with the player, parents, coach, and Youth Sports director will be held. The Youth Sports director will determine the proper action after counseling with the Youth Programs director.

## **Sportsmanship**

How we define SPORTSMANSHIP:

The National Summit for Sportsmanship in Youth Sports, (San Antonio, Texas, August 20-22, 1992) developed the following statement with regard to Sportsmanship and this statement was adopted by the National Alliance of Youth Sports:

Sportsmanship has much to do with one’s perspective. Good sportsmanship is reflected in respect and compassion for others, respect for the pre-defined sport, and a strict adherence to personal morality. Many unsportsmanslike actions within the youth sports field are a result of a loss of perspective. Adults losing perspective and forgetting that the children and their many needs come first often results in behavior that teaches the children how to be poor sports. We must remember that children learn behavior, such as poor sportsmanship, from watching their parents, coaches and other adults around them.

Parents, please remember:

- Winning should NEVER be a top priority in youth sports!
- It is vital that our youth sports arena be an environment that strives to teach the RIGHT lessons and keeps the WRONG people out!
- A youth sports facility must be maintained as a sanctuary for our children!
- Adult Rules for Kids Sports:
  - Make it FUN!
  - Set a good example!

- o Cheer for EVERYONE!

Kids, please remember:

- Respect your opponent
- Role model
  - Shake hands with opposing coach
  - Compliment opposing team
  - Show respect toward officials
- Continuously discuss importance of good sportsmanship
- Ignore conduct from opposing team – don't become part of the problem

## **Information On Child Abuse Prevention, Identification, And Reporting**

### **Child Abuse Prevention and Reporting**

All Youth Program staff, coaches, instructors and volunteers are mandated reporters and are held liable if aware of an instance of child abuse or neglect and failed to report. All are trained within 5 days of reporting to work and annually thereafter on proper identification and reporting child abuse and neglect.

### **Child Abuse In Youth Sports**

- o Benching Less Skilled Athletes
- o Grabbing Players by their facemasks or equipment
- o Cursing, yelling, or using “put-downs” that demean a child
- o Using excessive physical training techniques to punish/discipline young athletes
- o Name calling
- o Not allowing water or bathroom breaks
- o Throwing Equipment
- o Paying attention to the best players only

## **Drug, Tobacco, and Alcohol Free Environment**

The Misawa Youth Sports program encourages and supports a drug, tobacco, and alcohol free environment. All Youth Program facilities and surrounding grounds are no-smoking areas. Please extinguish all smoking material before arriving at the centers.

The use of alcohol, illegal substances, or tobacco by coaches, league administrators, parents, bystanders, youth, or game officials is prohibited at all youth sports events and around all youth facilities.

ANYONE who is under the influence of alcohol or illegal substances is removed from youth sports events. ANYONE using tobacco products are asked to leave the event in order to throw out the tobacco.

Persons suspected of indulging prior to coming to a facility will be denied admittance and their parents notified. Children will not be released to parents or patrons who appear to be under the consumption of alcohol while on the premises. Security Forces will be contacted immediately.

Coaches are encouraged to talk to youth and parents about the need for a drug, tobacco, and alcohol free environment for all children.

**Suitability of Coaches** - To ensure we have suitable, safe, and trustworthy coaches, a local installation records check and Defense Criminal Investigative Index Check is completed for all coaches, assistant coaches, and specified volunteers. Reference checks are also required and coaches are not allowed to work with children until all references have come back reflective of suitability for working with children. It is also a requirement of our program for coaches to provide three references. Again, coaches are not permitted to work with children until references have come back in a positive light.

## **Training**

Youth sports coaches and assistants, including those in private organizations, are trained as youth sport coaches through NAYS program. Training will include basic information coaching that is universal to all sports and training specific to the sport they will be coaching. **ALL training and coaching certifications must be current and completed prior to the start of the season.** Documentation must be kept in their files.

Coaches are training annually according the YP Coaches Standardized AF Form 1098. At a minimum training must include identification, prevention and report of child abuse and neglect; positive guidance and appropriate touch; emergency and Safety requirements including CPR and First Aid Training and content specific to the sport.

All Coaches must receive annual training of identification, prevention and reporting of child abuse, neglect, positive guidance and appropriate touch.

## **Coaches Responsibilities**

1. It is not the intent of youth sports to dictate the coaching program. However, certain procedures relative to the welfare and morals of youngsters and their parents must be recognized.
2. Coaches must insure that players and parents are informed to scheduled practice and game times. Conduct an initial parent meeting and mid-season parent meeting as required by AFI 34-144. Facebook will not be the primary means of communicating with parents.
3. **NEVER LEAVE A PLAYER OR GROUP UNSUPERVISED!** If the head coach or assistant is unable to attend practice or games they must be postponed or canceled. Parents are not allowed to supervise the event in their absence.
4. COACHES ARE NOT ALLOWED TO TRANSPORT PLAYERS HOME OR TO PARTIES, PRACTICES OR GAMES. (OTHER THAN THEIR CHILD) There must be a minimum of two adult accompanying a group when

transporting youth to a sporting event. Transportation of youth must be authorized by a parent. (AF Form 88)

5. All activities/meeting must be held on approved facilities only. NO END OF SEASON ACTIVITIES OR PARTIES AT ANYONES HOME.
6. Coaches and team parents are expected to maintain a favorable relations with parents and coordinate team events. Have parents meeting prior to first practice to discuss policies.
7. Always remember that your primary objective is the safety of the children whom you accept responsibility. Your next objective should be that all players and all connected with the team have fun. **Keep in mind that this a recreations program to create positive sports experience for a child; not competitive environment which a child does not feel comfortable.**
8. No coach can communicate proper athletic principles and values to children unless they exemplify these qualities both on and off the field or court.
9. Do not enter any event without approval of the Youth Sports Director.

## NUTRITION

“Health is the state of being sound in body or mind” (Information taken from Merriam-Webster’s Collegiate Thesaurus, Copyright 1988).

An interesting fact ...

A study was done looking at families and their eating habits. Less than one-third of American families eat at least two meals together at home each day. Most of your athletes are probably eating on the run or eating poorly. This will affect their athletic performance. As the coach, if you are promoting good eating habits and teaching your athletes to make good choices, you are promoting a healthier lifestyle and helping to maximize their performance (Information taken from NYSCA Journal, Spring 1999, Vol 1, Issue 1)

Parents, if you are promoting good eating habits and teaching your children to make good choices, you are also promoting a healthier lifestyle and helping to maximize their performance!

Parents, please note:

- Rapid weight gain/loss is banned in any Misawa Youth Center Sports Program. This can be harmful to your child!
- ALWAYS make sure and assist your coach, if needed, to have plenty of water on hand at practices and games. Dehydration can be serious! Water is the best choice!
- Bring healthy snacks for the young athletes to enjoy after each game.
- Make sure time is allotted to stretch and warm up prior to any practice and game!



- If you notice that an athlete is deprived of proper nutrition and appears to be in need of medical attention, call 911 right away! *Make sure that you stay in contact with the Youth Sports Director in any case of concern in regards to a child.*
- Your child should be conditioned to participate in practice/games and follow practices of good health and nutrition.