



# South Sound YMCA Youth Sports

Coach's Name _____
Practice Location _____
Day and Time _____
Coach's Telephone # _____

Dear Summer Youth Sports Parent:

May 2008

Welcome to the South Sound YMCA 2008 Summer Youth Sports Season. We are glad your child has chosen to participate in our Youth Sports program and would like to do everything possible to make her/his experience a positive one. The following is a list of commonly asked questions. If you have questions or concerns after reading this information, please telephone us. You may leave a message 24 hours a day. Also, please telephone anytime during the season if you wish to share any comments. The sooner we hear about them, the sooner we can pass them on. Remember: We cannot fix a problem we don't know about. Have a great Season!

**Beth Daniel**

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Youth Programs Director  
Track & Field & Cheer Coordinator

**Joe Vanairsdale**

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Assist Youth Programs Director  
T-Ball/Baseball Coordinator,  
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**Chris Miller**

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Youth Programs Information Specialist  
Coach information, website

**Trevon Vanairsdale**

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Basketball, Volleyball, & NFL Flag Football Coordinator

**Youth Sports Hotline**

918-0275

**How are teams formed?**

All kids who participated last year and whose coach is coaching again were given the opportunity to sign up early with the same team. Otherwise, registration is done on first-come-first-served bases. Divisions may be combined if there are not enough participants at a particular level. All divisions are coed unless otherwise noted. The divisions offered this season are as follows:

**Cheer:**

Ages 5-8  
Ages 9-12

**Basketball:**

Ages 5-7  
Ages 7-9  
Ages 9-11  
Ages 11-13  
Ages 13-18

**NFL Flag Football:**

Ages 5-7  
Ages 7-9  
Ages 9-12

**Outdoor Soccer:**

Ages 3-4      Ages 7-8  
Ages 4-5      Ages 8-9  
Ages 5-6      Ages 10-12  
Ages 6-7      Ages 13-14

**T-Ball / Baseball:**

Ages 3-5 (T-Ball)  
Ages 5-7 (T-Ball)  
Ages 7-9 (Coach-Pitch)  
Ages 9-12 (Player-Pitch)

**Volleyball:**

Ages 7-10  
Ages 10-14

**Track & Field:**

Ages 4-12

**What are the season dates?**

Practices begin the week of June 22 for T-Ball/Baseball, Soccer, Basketball, Cheer, Track & Field and Volleyball – The week of August 17 for NFL Flag Football.

- ★ Baseball / T-Ball – Friday Games, July 11-Aug 15.
- ★ Basketball – Saturday Games, July 12-Aug 16.
- ★ Cheerleading – Saturday Games, July 12-Aug 16.
- ★ Soccer – Friday Games, July 11-Aug 15.
- ★ Track & Field – Thursday evening meets, July 10-Aug 7.
- ★ Volleyball – Saturday Games, July 12-Aug 16.
- ★ NFL Flag Football – Saturday Games, Sept 13-Oct 25.

Game schedules for all Summer Youth Sports Teams, except NFL Flag Football, will be available at the Olympia Downtown YMCA, the Briggs Community YMCA, or on our website of <http://www.southsoundymca.org> after 4pm Thursday July 3<sup>rd</sup>. NFL Flag Football schedules will be available Friday September 5<sup>th</sup>. You may either pick one up or your coach will provide you with one at your next practice after schedules are available. Cheerleading participants should ask their coach whom they would cheer for.

**Your coach may or may not contact you before your first practice. However, it is still your responsibility to show up. Please make note of your practice location, night, time and coaches name.**

Please remember we are guests at the facilities we use for games and practices. Parents, please make sure your children are supervised at all times and that no food or drinks are brought into any of the gymnasiums (including the YMCA). Also, there is no smoking allowed in or on the grounds of any of the locations we use for practice/games/meets/matches. This is a policy that we must follow. If your practice is in a facility that has open classrooms (you can access the classrooms from the gymnasium) please

pay extra special attention to your children. We will lose gym privileges if children go into areas other than the gym! Please make sure to pick up any garbage or items left at the end of practices and games.

### **What are the tentative times and locations of games or matches?**

Baseball / T-Ball - Games are usually played on Fridays between 5:15pm and 8pm at a variety of Thurston County locations.

Basketball – Games are usually played on Saturdays between 8:30am and 6pm at either the Downtown or Briggs YMCA

Cheerleading – Will cheer for basketball teams on Saturdays between 8:30am and 6pm at either Downtown or Briggs YMCA

Soccer – Games are usually played on Friday evenings between 5:15pm-8pm at a variety of Thurston County Locations.

Track & Field – Meets are usually scheduled on Thursday evenings 6pm-8pm at a couple of different local High Schools.

Volleyball – Games are usually Saturday mornings between 8:30am-6pm and either the Downtown or Briggs YMCA

NFL Flag Football – Games are usually Saturdays between 9am and 2pm at schools in the Olympia School District.

### **Cancelled Practice/Games**

Cancelled practices are the coach's decision. We will try to notify your coach immediately if YMCA needs to cancel a practice or game due to lack of facility. You can help us out by letting us know if a gym is unavailable because of PTA meetings, school plays, etc. Remember the gym will always be closed during school holidays and teacher in-service days. The decision to cancel games because of adverse weather will be made by the YMCA by 4:00pm on weeknights and by 7:30am on Saturdays. Early games will be cancelled first (i.e., all games before 11:00am). Please call the Youth Sports Hotline at 918-0275 for information. Please note: the YMCA normally will only cancel games due to adverse weather conditions if we feel there is an issue with safety to the kids playing. This does mean that you could be playing in rain.

### **What should my child wear?**

Tennis shoes, short/sweats and t-shirts will be fine for practices and games. Each child will have purchased or already owns a YMCA Sports Reversible jersey to wear on game days and practices, if requested by coach.

**For safety reasons during practices and games, jewelry is not allowed. Your child may want to wear a mouth guard.**

### **What equipment is needed?**

- Baseball / T-Ball - Hats are provided for all baseball / t-ball players. Have your child bring a baseball glove. We have some extra gloves at the Olympia Downtown YMCA. Call Joe Vanairsdale- 918-0263 to arrange a time to get one. Please no metal cleats - Turf shoes or Tennis shoes are allowed.
- Basketball – Basketballs will be available at practice but if you want to bring your own, please clearly mark with your child's name and phone number. Ages 5-7 use Junior-sized ball, Ages 7-9 use Intermediate-sized ball, Ages 9-11 use Intermediate-sized ball, Ages 11-13 use Regulation-sized ball, and Ages 13-18 use Regulation-sized ball.
- Cheer Squad - Cheer Squad, pom-poms are included. If you don't already own a cheer uniform, please be sure to purchase one from either branch.
- Outdoor Soccer - Shinguards are optional but recommended. A size 3 soccer ball for age divisions 3-5 & 5-6, size 4 for age divisions 6-7, 7-8, 8-9, size 5 for age division 10-14 will be used. Children are encouraged to bring their own ball to practice if they have one. Please have name clearly marked on ball. Please no metal cleats - Turf shoes or Tennis shoes are allowed.
- Track & Field – Please no spikes.
- Volleyball - Participants need to provide their own kneepads and elbow pads. Please wear non-marking rubber soled shoes only.
- NFL Flag Football- Mouth guards are recommended. If turf shoes are worn they must have rounded molded rubber, multi-cleat soles. The cleats on the turf shoes must not exceed ¼ inch from sole to cleat. **No metal cleats!**

### **Uniforms**

Every participant needs a reversible jersey, except where noted. These jerseys can be reused from season to season. There will be a fee of **\$12.65** for youth sizes and **\$13.85** for adult sizes (prices include tax). The following sports do not use the reversible jerseys: Roller Hockey, NFL Flag Football, Cheerleading/Drill Team, Golf, and Chess.

Roller Hockey, Golf and NFL Flag Football have their jersey/shirt included in the price. Cheerleading/Drill Team has separate uniforms, which cost **\$20** per uniform. Chess team is not required to have a jersey. If you have any questions, please feel free to contact Youth Sports at 357-6609.

### **Lost Items**

Please make sure that all of your child's equipment is well marked with (first and last) name. If you lost an item at a game site and your coach or a YMCA employee did not retrieve it, you may contact the school/facility to check their lost and found.

### **Track at LBA Park**

If you join a team for Track that meets at LBA Park for practices or games, the location to meet up will be in the upper parking lot unless you hear otherwise from your coach.

### **Pictures**

Our Team photographer is Northwest Sports Photography. Your coach will have information regarding picture day and will provide you with picture envelopes. If you have any further questions please call Northwest Sports Photography at 1-800-446-5758.

### **Refunds**

**FULL REFUNDS\* ARE GLADLY MADE IF REQUESTED 24 HOURS PRIOR TO THE FIRST PRACTICE. 50% REFUNDS\* ARE AVAILABLE BETWEEN 1<sup>ST</sup> AND 2<sup>ND</sup> PRACTICE. NO REFUNDS AFTER THE 2<sup>ND</sup> PRACTICE. Basic membership fee is non-refundable. For the Reversible jerseys and cheer uniforms, please ask Membership Services.**

*\* Refunds are given as a program credit. If you wish to receive a check refund, a \$5.00 check processing fee will be deducted from the amount you are refunded.*

### **Who will be coaching my child?**

All of our Youth Sports Coaches at the YMCA are volunteers. All YMCA volunteers are checked through the Washington State Patrol. Many of them are parents (like you), a few of them are high school/college students, and some of them are just sport lovers who want to share their knowledge and love of the sport. All of them have gone through the National YMCA Youth Sports Coaches Training and are enthusiastic about the upcoming season. You can help make their coaching job easier by offering to help at practices/games, making sure your child is on time and attend as many practices/games as possible.

If you or anyone you know is interested in coaching any of the following sports, please let us know!

- Basketball/Cheerleading/Chess/Roller Hockey/Indoor Soccer in the winter.
- T-Ball/Baseball/Cross Country/Drill Team/Roller Hockey/Soccer/Volleyball in the spring.
- Itty-Bitty Soccer/ Golf in late spring.
- T-Ball/Baseball/Soccer/Basketball/Track and Field/Cheerleading in the summer.
- Cross Country/Flag Football/Cheerleading/Roller Hockey/Indoor and Outdoor Soccer/Volleyball in the fall.

### **Program Evaluations**

Please assist us in keeping our Youth Sports Programs at the highest quality level possible. On the final game of the season, a member of our staff will be distributing program evaluations. Please take a few minutes to fill out and either return the form to the staff on site or to the YMCA. We appreciate your input.

### **Game Etiquette**

As our program has grown, we have faced increasing problems because of a small minority of spectators who behave inappropriately toward coaches, referees and even the children. All participants/children, and parents alike need to remember that the main purpose of the YMCA Youth Sports Programs is TO HAVE FUN and to encourage good sportsmanship in our children. Please be a good role model.

### **E-Mail List**

We have a e-mail list available on our website, under Programs, Youth Sports. We encourage ALL coaches and parents to joint this list. No information is distributed outside the YMCA. Website is: <http://www.southsoundymca.org>.

### **Online Registration**

With our new website, we are also offering Online Registration for all sports this season.

### **Pictures**

If you take pictures of your child during the season and are interested in sharing them with the YMCA for it's use in marketing projects, please send them to Chris Miller at the Olympia Downtown YMCA (510 Franklin Street SE, Olympia, WA 98501) or via email at [youthsports@ssymca.net](mailto:youthsports@ssymca.net).

### **What is the philosophy behind this program?**

The goals and objectives of YMCA Youth Sports are based on certain beliefs about youth sports, a philosophy summarized in these eight concepts:

1. Participation. Everyone plays!
2. Fun. We play sports to have fun!
3. Fitness. Regular cardiovascular exercise is important for a lifetime!
4. Skills. Emphasize the fundamentals!
5. Teamwork. Focus on cooperation, not competition!
6. Fair play. Fair play involves respect!
7. Family involvement. Youth Sports is a family program!
8. Volunteers. Volunteers are the key!

Please discuss these with your child and strive to make them as important to your family as they are to us here at the YMCA.

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**South Sound YMCA**

**Youth Sports  
PARENT'S CODE OF ETHICS**

I Hereby Pledge To Provide Positive Supports,  
Care and Encouragement For My Child Participating In Youth Sports  
By Following This Code Of Ethics

- 1. I will encourage good sportsmanship by demonstrating positive supports for all players, coaches and officials at every game, practice or other youth sports events.**
- 2. I will place the emotional and physical well being of my child ahead of any personal desire to win.**
- 3. I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.**
- 4. I WILL REMEMBER THAT THE GAME IS FOR CHILDREN AND NOT FOR ADULTS.**
- 5. I will do my very best to make youth sports fun for my child.**
- 6. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.**
- I promise to help my child enjoy the Youth Sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- I will provide proper supervision for all children I bring to practices and games (this includes siblings, relatives, and neighbor's kids).
- I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- If I drop my child off at practice or games, I agree to return on time to pick them up.
- I will not bring food or drink into any gymnasiums (including the YMCA) and will eat in designated areas only.
- If I have a questions or concern during a game, I will wait until Monday after the game and bring it to the attention of the Youth Sports Director.
- I will be the best role model I can for my child and others by thanking referees and coaches, saying "good game" to all participants, smiling, clapping (no boos!), and overall striving to make YMCA Youth Sports a fun, uplifting experience for the most important participants – the kids!!!
- I will make sure all spectators I bring to practices and games will be aware of and follow this Parent Code Of Ethics.

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***DISCIPLINE POLICY***

Regardless of whether you are a player, coach, referee, or fan, this is the policy.

- First Offense – A conversation with all involved in any incident. A solution will be proposed after a discussion, hopefully satisfying all parties involved.
- Second Offense – Another discussion and a written warning will be given asking again for compliance and adherence to previously mentioned solutions.
- Third Offense – Your participation in the program in question will be terminated for one year, regardless of the capacity in which you served.

Again, highlight and compliment the efforts of the children. Remember that the final outcome of a game is not more important than the efforts made by the children.

**R E S P O N S I B I L I T Y**