



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Youth Sports Manual



**YMCA OF
METROPOLITAN
DALLAS**

**214-880-YMCA-(9622)
www.ymcadallas.org**

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.

YOUTH SPORTS PHILOSOPHY

YMCA Youth Sports builds strong kids, strong families, and strong communities by allowing each child the chance to play approximately half of each game without the pressure of competition or tryouts. Skill development and healthy lifestyles are emphasized along with the values of caring, honesty, respect, and responsibility. At the YMCA we stress fun and skills over winning and competition, in a safe, supportive, and healthy environment. YMCA Youth Sports – A safe place to play, grow, and have fun for all.

It is our hope that participants, coaches, officials, parents, and spectators will assist us in keeping YMCA sports fun and safe for all. Behavior which does not align with the mission, spirit, values, or rules of the YMCA will be addressed per the YMCA's behavior policy

WHO WE ARE...

Since 1885, the YMCA of Metropolitan Dallas has been serving and engaging communities. The YMCA is well-known for our excellent sports programs that look to bring communities closer. Each YMCA has a dedicated Youth Sports Director that strives to put together a fun and safe athletic environment for you and your child in

your community. Your local YMCA provides sports offerings based on the needs of the community they serve.

WHAT WE DO...

At the YMCA of Metropolitan Dallas, all our sports programs follow the YMCA mission. We believe that by focusing on good sportsmanship and individual progress as opposed to winning or losing we are helping young children build a healthy spirit, mind, and body. The YMCA focuses on caring, honesty, respect, and responsibility as our four core values to teach a child good sportsmanship. We focus on the child's individual progress as opposed to the outcome of the game to maintain high spirits and confidence. Kids develop all their skills, from catching and dribbling to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy & active and that virtual games just can't compare to the real thing. Additionally, we want our practices and games to be beneficial physical activities that keep kids healthy and happy.

HOW WE DO IT...

Volunteer Coaches:

The YMCA of Metropolitan Dallas sports programs rely on volunteer coaches to deliver most of the program delivery. As a result they are your primary liaison between

the team and the YMCA. Each branch typically has one full time staff member and possibly one or two part time staff to run the sports programs. They support the volunteer coaches in their efforts to deliver a quality program to our participants. All coaches undergo pre-screening, including background checks, complete a Child Abuse Awareness class and attend coaches meetings prior to each season.

Everyone Plays:

Every player is placed on a team and coached by a volunteer. There are no try-outs or cuts. Our goal is that each participant will play at least half of each game. All players will have the opportunity to play different positions in the game.

YOUTH SPORTS PLEDGE

The YMCA Sports Pledge is recited by all participants of the youth sports programs before every game.

Win or lose, I pledge before God to play the game as well as I know how.

To obey all the rules, to be a good sport all times, and to improve myself in spirit, mind, and body.

PLAYER CODE OF CONDUCT

- I will not argue calls with officials, my coach, or parents during the game
- I will listen and show respect to what my coach asks of me
- I will respect my teammates as well as my opponents
- I will not trash talk- including making fun of opponents
- I will respect officials at all times
- I will have a positive attitude at all times

TEAM PARENTS

- Please consider healthy choices for post-game snacks and drinks. Choose fruit not doughnuts. Choose water not sports drinks.
- Please be responsive to the coach's and other parents' needs.
- Know where to get updated schedule information. Schedules can change from week to week.
- Look to involve other parents to help with the details.
- Thank You for all you do. Without your time and efforts our programs would not run as smoothly.

YMCA Behavior Policy

The YMCA reserves the right to warn, suspend, expel, terminate any member,

guest, or program participant in the following situations:

- Failure to follow YMCA behavior standards or from violation of any other posted, published or communicated rules or policies at a YMCA branch or program/event.
- If a person has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.
- If a person requires an inordinate amount of attention from the staff thereby causing inadequate levels of supervision for the remainder of the participants or members.
- If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
- For any reason within the discretion of YMCA management.

Prohibited actions specifically include but are not limited to:

- Unlawful, abusive, derogatory, harassing, unwelcome and/or obscene language or behavior.
- Threats of harm, verbal abuse, physical aggression, or violent acts.

- Physical Assault of an official, player, coach, or spectator.
- Behavior which poses a direct threat to themselves or others.
- Actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status.
- Openly carrying or concealing of any weapons, devices or objects which may be used as a weapon at a YMCA location or at a YMCA sponsored event or activity. All YMCA facilities have I30.06 and I30.07, Texas Penal Code signage posted.
- Smoking, the use of tobacco, or the use of products intended to mimic smoking or tobacco products while in, on, or around YMCA property, program, or events.
- Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA-sponsored programs/events.
- Theft or behavior that results in the destruction or loss of property.
- Harassment/intimidation by words, gestures, body language, or menacing behavior.
- Sexually explicit conversation or behavior.
- Unsafe, inappropriate, immodest, or sexually revealing attire.
- Loitering within or on the grounds of the YMCA.

- Accessing or permitting access to the YMCA facility without signing-in.
- Using equipment for other than its intended purposes or not following safety instructions. Equipment orientations are available to all members; YMCA staff members are eager to be of assistance.

Procedures

- If there is an incident during any game the official and/or field supervisor shall report the incident at the earliest possible time to the Sports Director.
- The Sports Director shall review and investigate the report(s) as submitted, and upon proper investigation shall determine the seriousness of the alleged incident in a timely manner.
- While an incident is being reviewed, involved parties may be temporarily suspended to allow all parties to cool off and ensure adequate time to reach a decision.
- The nature, degree and circumstances of the behavior will be considered on a case by case basis.
- The Sports Director has the right to warn, suspend, expel, restrict or terminate a person's involvement with the YMCA.
- If one branch suspends/terminates a volunteer/contractor the decision shall apply to all YMCA of Metropolitan Dallas locations. For this reason, volunteers or

contracted officials who are suspended/terminated will have a flag (DNR) placed on their volunteer/contractor file so other YMCA branches do not utilize that volunteer/contractor. Sport Director will contact Risk Mngt. to place the DNR on the volunteer/contractor file.

- If a parent or spectator is suspended/terminated they will receive a written notice, referencing the YMCA Behavior Policy which will detail any restrictions to the person's involvement with the YMCA and/or program.

Appeals

Any person who has been suspended and/or terminated may submit an appeal to the YMCA Sports Director within two weeks of the decision. Appeals should be delivered to the Sports Director via email and will be reviewed by the Sports POD to determine if an appeal will be granted. If an appeal is granted, the appeal will be heard by the Association Sports POD, which may include the Branch Executive and other YMCA leadership.

REPORT COMMENTS & CONCERNS

To report comments and concerns about your child's sports program experience please contact your Sports Director, the Branch Executive Director or the Values Hotline (1-888-475-8376)

EMERGENCY PROCEDURES INSTRUCTIONS

1. How do I download the YMCA's Volunteer Emergency Procedure App?

- Go to the App Store on your smartphone.
- Search for "Crisis Plan"
- Download the Facility Dude Crisis Plan app.
- Once in the Facility Dude Crisis Plan App, click on the "+" at the top right of the screen to search for a specific plan.
- Type "YMCA Dallas" as the keyword.
- Download the YMCA Volunteer and Contractor Plan



2. What do I do if I don't have a smartphone? Email your Sports Director for a PDF of the Procedures.

3. In the event of extreme heat, the sports department will assess the situation and make a determination on outdoor activities on a case by case situation. Parents may also want to take extra steps during periods of extreme heat such as: bringing extra water, providing cool towels, etc.

4. The YMCA follows the guidelines of the CDC's Heads Up Program. If a head injury is suspected during any YMCA event, the child will be removed from the game. The parent will determine if the child will be allowed to return to play. Please visit: <http://www.cdc.gov/headsup/youthsports/> for more information.





Coaches Code of Conduct–Youth Sports

The YMCA believes that youth sports should offer competitive fun in a values-oriented, healthy and fair play environment. All YMCA volunteer and contracted representatives are expected to follow this code of conduct and ensure that behavior is consistent with the YMCA mission and values at all times.

I WILL:

- Provide a playing environment for my players that is safe from physical and emotional harm
- Do my best to be knowledgeable of the rules and fundamentals of the game and teach them to my players
- Complete required child abuse prevention training and attend a YMCA Coaches meeting to familiarize myself with YMCA policies, procedures and emergency response plans
- Treat each player as an individual, keeping in mind the wide range of physical and emotional development within the same age group
- Treat all children equally without respect to gender, race, religion, culture, or ability
- Be a positive role model by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity
- Place the emotional and physical well-being of my players ahead of any personal or parental desires to win
- Lead by example, demonstrating fair play and sportsmanship in my on- and off- field actions
- Help reinforce the mission and core values of the YMCA (caring, honesty, respect and responsibility) through my coaching and interactions with others
- Ensure my team recites the Sports Pledge before each game and shake hands with the opposing team after each game.
- Use coaching techniques that are appropriate for all the ages and skill levels present
- Seek and encourage parental participation at practices, games, and any other activities
- Respectfully control the behavior of players and parents by asking them to leave the field or sidelines should they become unruly or create an atmosphere that is not appropriate for the development of good sportsmanship
- Ensure that behavior issues and/or disputes are handled calmly
- I will encourage the use of and honor the 48 hour calming down period and I will engage YMCA staff to resolve any behavior issues with other coaches, parents, participants, officials or spectators in accordance with the YMCA's disciplinary policies and procedures.
- Refrain from the use of tobacco, alcohol, and drugs at all youth sports practices, games, and other events and I will remind others to do the same
- As a coach, know, abide share and monitor others for compliance of the following YMCA's Child Abuse Prevention standards.
- Utilize positive guidance techniques
- Refrain from profanity, inappropriate jokes, and sharing of intimate details of my personnel life

I WILL NOT:

- Subject any child to neglect or to mental, verbal, physical, or sexual abuse
- Leave any child unsupervised
- Be alone with any child where we cannot be observed by others
- Transport any children in my vehicle (unless my own child is involved in a neighborhood carpool)
- Attempt to contact or foster a relationship outside of the YMCA program with any child
- Give any child gifts or special favors
- Hold extra or special practices that are not sanctioned by the YMCA.

The above code of conduct has been established for the safety and wellbeing of each participant. Failure to adhere to this code of conduct could result in termination of program privileges at all branches.

I have read the expectations for participation in this program and I will abide by and support the Y-Coach's Code of Conduct for Youth Sports.

Coach Printed Name

Coach Signature

Date



Parent’s Code of Conduct– Youth Sports

The YMCA believes that youth sports should offer competitive fun in a values-oriented, healthy and fair play environment. All parents of YMCA program participants are expected to follow this code of conduct and ensure that behavior is consistent with the YMCA mission and values at all times.

I WILL:

- Remember that youth sports are for the kids and not for the adults and will do my best to make this experience fun for all of the children and parents involved by placing an emphasis on the fun of participation and putting the emotional/physical well being of all the children ahead of my personal desire to win
- Encourage good sportsmanship by giving positive support to all players, coaches, and officials at every game, practice, or other event
- Support coaches, officials and the YMCA mission and values by reflecting the values of Caring, Honesty, Respect and Responsibility and by working with my child to ensure he/she treats other players, coaches, fans, and officials with respect without regard to gender, race, religion, culture, or ability
- Familiarize myself and comply with the YMCA rules, policies and Child Abuse Prevention standards found online at www.ymcadallas.org/cap
- Monitor the actions of our coach or coaches and will bring any behavior that is inconsistent with the following rules or concerning in any manner to the attention of someone in authority at YMCA or report the concern anonymously to the YMCA Values Line at 888-475-8376
- Refrain from the use of tobacco, alcohol, and drugs at all youth sports practices, games, and other events and I will encourage others to do the same

I WILL NOT:

- Put my child in a compromising position with a coach by disregarding YMCA child abuse prevention standards which are in place to protect adults and children. Allowing “special” practices, not picking children up from games/practices on time, etc. provide opportunities for privacy with a child and should not be allowed
- Interfere at any time with the duties and responsibilities of the coaches or officials. If I have a question specific to my child, an incident or other issue, I will arrange a time that is mutually agreed upon by the coach/parent but never prior to, during or directly after a game

YMCA Coaches/Staff/Officials WILL NOT:

- Subject any child to neglect or to mental, verbal, physical, or sexual abuse
- Be alone with any child where they cannot be observed by others
- Transport any children in their vehicle (volunteers may if their own child is involved in a neighborhood carpool)
- Attempt to contact or foster a relationship outside of the YMCA program with any child
- Give any child gifts or special favors
- Use profanity, inappropriate jokes, or share intimate personal life details
- Hold extra or special practices that are not sanctioned by the YMCA

The above code of conduct has been established for the safety and wellbeing of each participant. Failure to adhere to this code of conduct could result in termination of program privileges at all branches. I also understand that I am also responsible for the actions of my guests before, during and after games they attend.

I have read the expectations for participation in this program and I will abide by and support the Parent’s Code of Conduct for Youth Sports.

Printed Name of Father/Guardian	Signature of Father/Guardian	Date
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Printed Name of Father/Guardian	Signature of Father/Guardian	Date
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