



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARENT & COACH HANDBOOK YOUTH SPORTS



YMCA OF HARRISON COUNTY
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YMCA OF HARRISON COUNTY

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

YOUTH DEVELOPMENT

We believe that all kids deserve an opportunity to discover who they are and find out what they can really achieve. That's why, through the Y, millions of youth today are cultivating the values, skills, and relationships that lead to positive behavior, better health, and better communities.

HEALTHY LIVING

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Ys and our communities—better.

SOCIAL RESPONSIBILITY

We know that when we work together, we move individuals, families, and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential.

OUR PLEDGE

Win or lose, I pledge to play the best I can, to be a team player, to respect my teammates, to respect my opponents and officials, and to improve myself in spirit, mind, and body.

THANK YOU

Our youth sports programs are made possible by the dedication of committed parents and volunteers. We simply could not provide these nurturing, family oriented, and community building activities without you. Thank you to all of the volunteers, past and present, who invest time and energy into making the YMCA of Harrison County a special place for our youth.

PROGRAM GOALS FOR YOUTH SPORTS

Our Program Exists To:

1. Champion each individual to encourage our players unique gifts and abilities.
2. Provide a positive active experience, reinforcing habits that will last a lifetime.
3. Build stronger communities by connecting youth and families, and providing healthy activities to do together.
4. Help our youth learn how to positively engage one another while working towards a common goal.

FOCUS AREAS FOR YOUTH SPORTS

SAFETY – We want our players to experience a safe, nurturing environment where they feel the freedom to try new things.

FUN – We believe that all activity including youth sports, should be enjoyed by the players.

SKILLS – We teach our youth new and important life skills and the fundamental skills of each sport.

TEAMWORK – We encourage our young people to work together to achieve common goals.

EFFORT – We strive to teach all of our players to do their best no matter the score.



YOUR ROLE AS A COACH

Your job is to teach skills and team play within a framework that includes these things:

Teach Basic Skills and Fundamentals

- Younger players especially need attention to the most basic fundamentals.
- Try not to assume that your players already know what you are talking about.
- Stop play often enough to give your players teachable moments that may help in competition.
- Help players become aware of proper technique.
- Educate your team on foundational health and wellness tips. Talk to them about things like proper hydration, before and after snacks, etc.

Relationship to Players

- Give equal attention to all players regardless of skill level.
- Strive to provide positive reinforcement as much as possible during practices and games.
- Refrain from any shouting, berating, or embarrassing of any player. Constructive correction should be done often, but in a positive and personal way.
- Be enthusiastic! Energy is infectious.
- Get on their level. Being able to look a player eye to eye is very important in allowing youth to engage and respond to you.



Relationship to Parents

- Be on time to practices and games.
- Get to know your parents as soon as possible. Parents can be a great resource to help you with anything you need or even fill in in case of an emergency.
- Communicate early and often. Try to communicate dates & times as early as possible and have a system to alert parents of cancellations or reschedule dates.
- Be positive about your players to their parents. Parents love hearing how their children are progressing and learning.
- Ask questions. If you need help with the learning style or behavioral style of a youth, ask their parents on how to best help their child.

Relationship to Officials

- Always be kind and courteous. Refrain from shouting, berating, or any negative criticism of any official at any time.
- Voice any questions or concerns to the Y staff after the game.
- If you feel that a game is getting out of hand and is not safe for your players, please alert a Y staff member immediately.
- Be willing to model respect for your players and all who are in attendance.

Relationship to Program

- Please check to confirm all roster and schedule information matches that of the program director.
- Communicate all cancellations and changes to the program director as soon as possible.
- Make sure all communication from the Y is promptly read and understood.
- Make sure you have correctly filled out all paperwork enabling you to volunteer at the Y.

YOUR ROLE AS A PARENT

- Be on time to practices and games.
- Demonstrate positive support for all players, coaches, and officials.
- Support the coaches and officials in order to make it an enjoyable experience for all.
- Be available in case of an emergency to help with practices/games.
- Help keep the playing environment free of any hazards or harmful products (tobacco, alcohol, drugs, weapons).
- Keep watch on siblings or other family members that are in attendance.

Try Your Best To Not Be Over-Involved

- Refrain from spending too much time speaking with the coach about game plans, the way they coach, or how they run practice.
- If you have an issue with the coach please bring it to the Y staff immediately.
- Try to not be overly concerned with the outcome of the game. As long as every child is learning and growing, that is a 'win' in our book.
- Always encourage your child to do their best, and praise efforts rather than outcomes.

Sign Up For Text Alerts!

- Adult Basketball - [YHCADULTBBALL](#)
- Adult Soccer/Futsal - [YHCADULTSOCCER](#)
- Aquatics / Swim Lessons / Pool Closures - [YHCAQUATICS](#)
- Child Care / After School Care / Day Camp - [YHCCHILDCARE](#)
- Facilities / General Membership - [YHCFACILITIES](#)
- Land Based Group Exercise Classes - [YHCGROUPEX](#)
- Marlins Swim Team - [YHCMARLINS](#)
- Rookie Basketball - [YHCROOKIEBB](#)
- Youth Basketball - [YHCYOUTHBB](#)
- Youth Soccer - [YHCYOUTHSOCCER](#)



POLICIES AND PROTOCOLS

Practice and game schedules will be distributed before the season begins. If you ever have questions about a game or practice time, please contact the service desk at 812-734-0770.

Inclement Weather

The program director is in charge of cancelling practices/games. If the director feels that the weather conditions may be unsafe, then the director will cancel the game/practice. The director will send out emails and make phone calls to all coaches so they can contact his/her team when this happens.

- Game/practice cancellations will be determined no later than 2 hours before start time.
- If a parent deems conditions to be unsafe, it is always their decision to have their child not attend. The child that misses will not be penalized by a lack of playing time.
- For outdoor only, If lightning is visible (regardless of how far away) play will be stopped for 30 minutes after the LAST occurrence of the lightning. Take shelter in the pavilion or in parked cars.
- If a tornado warning is issued, if time allows, take immediate shelter inside the Y with direction from Y staff. If situation is urgent, take shelter in pavilion restrooms.
- The YMCA will do its best to make up cancelled games. Practices will not be made up unless the coach can arrange it with his/her team and there is available practice space and time.
- On days that South Harrison Schools have been cancelled due to weather or road conditions, ALL YMCA youth activities will be cancelled, regardless of how the roads or how weather appears at the time of the event.
- Check our Facebook page for cancellation info!

POLICIES AND PROTOCOLS

Injuries

There will always be a Y staff member on site during practices and games. Each Y staff is trained in first aid and CPR. If necessary, locate the closest Y staff to aid in an emergency. It will be up to the discretion of the staff person and the participants legal guardians to determine whether or not the participant needs additional medical attention. If any injury takes place, the volunteer/staff must fill out an incident report and return it to the program director.

Concussion Protocol

A participant shall be suspected of suffering a concussion or head injury and should seek immediate medical attention if any of the following symptoms are observed arising from possible blunt trauma, acceleration of force, or deceleration of force:

- Confusion, disorientation or impaired consciousness
- Dysfunction of memory
- Loss of consciousness
- Other signs of dysfunction including seizures, irritability, lethargy, vomiting, headaches, dizziness, and fatigue



Child Abuse Awareness

The YMCA of Harrison County takes the safety of all children in our care very seriously. Therefore, we will take every precaution necessary to keep our children safe. The Y also takes every allegation of abuse seriously and will take action against all where it is deemed appropriate.



Here are some steps that we take as a Y to keep everyone safe:

- We thoroughly screen members, volunteers, and staff including criminal background checks.
- We train staff and volunteers on child abuse prevention.
- We closely monitor all programs and scheduled activities.
- We make sure that staff understand their responsibility to report any abuse or suspected abuse.
- We have policies that limit the circumstances in which youth may be one-on-one with an adult both for the protection of the child and adult.
- We have policies that limit staff interaction with youth outside of regularly scheduled programming.

If you suspect any form of abuse (adult to child, or child to child) please report it directly to the program director.

CONTACT US

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