

Joe and Mary Mottino Family YMCA

Summer 2016



YOUTH SPORTS PARENT MANUAL



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The Y:
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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MISSION STATEMENT

The Mottino Family YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind, and body.

LETTER FROM THE SPORTS LEADERSHIP TEAM

First, let me take this opportunity to thank you for choosing the Mottino Family YMCA Youth and Pee Wee Sports Program.

We are committed to providing an organized, fun, sports experience for you and your child. We also invite you to show your support and become more involved as a team volunteer or coach to help continue the positive growth and enjoyment that we are currently experiencing in our program.

As we continue to build our programs, we are determined to create a safe and fun environment for your children to thrive in. Our goal as a sports program is to provide recreational sports for all youth no matter their background or skill level. Our job is to allow and guide the development of fundamental skills that will stay with them for a lifetime. We fully believe that playing recreational sports to be an essential aspect in the growth and development of your child. Sports teach important social and behavioral skills such as sportsmanship, leadership and teamwork. Along with that, sports create a healthy and active lifestyle, and are a great place to make life-long friends. This is coming from years of experience playing, coaching and coordinating sports at all levels.

Here at the Y, we believe sports should be used as a tool to learn the value of hard work, hustle and a positive attitude. Through these competencies, the child will develop their skills not only as a player but as a person. We encourage this development through positive reinforcement and thoughtful guidance. At the end of the season, we don't measure your child's success by wins and losses. Instead, your child will gain a sense of belonging, achievement and emotional and social intelligence that only sports can teach.

We thank you once again and, as always, encourage your feedback and suggestions as we look forward to all the great seasons we have ahead of us.

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RECREATIONAL SPORTS PHILOSOPHY

The Mottino Family YMCA Youth Sports Program is dedicated to serving youth and their families by providing affordable sports programs in a safe environment, improving children's athletic skills while emphasizing sportsmanship, teamwork, and the development of positive self-esteem. It is our duty to provide all of our youth with the opportunity to become physically active through the medium of sport in order to adopt a healthy lifestyle while also building life-long skills.

MOTTINO FAMILY YMCA PHILOSOPHY

EVERYONE PLAYS

Everyone who registers is assigned to a team. During the season, everyone receives equal practice time and plays at least half of every game. This gives everyone equal opportunity to, not only contribute, but improve their skills. We do not use tryouts to select the most skilled players, nor do we make cuts.

SAFETY FIRST

Our number one goal is to create a safe environment for your children. All of our staff is trained and certified in First Aid and CPR, as injuries are bound to occur. All of our equipment and field locations are maintained and observed to ensure that we meet all safety standards.

FAMILY INVOLVEMENT

YMCA Youth Sports is an inclusive sports program. That means that children who differ in various characteristics are included in rather than excluded from participation. We offer sports programs for children who differ in physical abilities by matching them with children of similar abilities and modifying the sport only slightly to better serve the participants. We offer programs to all children regardless of their race, gender, religious creed or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society, and to encourage the children and their parents to do the same.

SPORT FOR FUN

Sports are naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends and competing with their peers. We ask that parents be involved while still showing coaches and staff respect, in order to allow each child the opportunity to enjoy the sport.

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CHARACTER DEVELOPMENT

What is Character Development?

Character development at the Y means challenging people to accept and demonstrate positive values that can be shared within communities. Whatever the current condition of one's character, there is always the potential to improve in both attitude and action.

What are the benefits of YMCA Character Development?

The YMCA is committed to a positive approach to improving our community. Challenging people to accept and demonstrate positive values is as effective as treating problems. YMCA Character Development can also help differentiate us from organizations that exist only to provide recreation, sports, etc. The YMCA of San Diego County has adopted the following character development values:

Caring demonstrates compassion, forgiveness, generosity, and kindness.

Honesty demonstrates integrity, trustworthiness, and fairness.

Respect demonstrates acceptance, empathy, self-respect, and tolerance.

Responsibility demonstrates commitment, courage, health, and service.

It is our responsibility to incorporate these values in everything we do from the way we behave and conduct ourselves to the quality we provide in our programs.

YOUTH DEVELOPMENT

What is youth development?

Youth Development is the social-emotional, cognitive, and physical process that all youth uniquely experience from birth to career. A successful development process fulfills children and teens' innate need to be loved, spiritually grounded, educated, competent, and healthy.

Here at the Y, we are very focused on guiding our young ones to grow and develop through sports. It is our belief that every single person should have the opportunity to become physically active through sports. Studies have shown that children who are introduced to sports at an early age are more likely to stay active later in life. This leads to people living longer and healthier lives, which is the goal.

There is also the social and emotional aspect of youth development that children learn through sports. Competition can teach the values of hard work, teamwork and sportsmanship. Without emphasizing wins and losses, we can teach the importance of their role on the team. Sports teach punctuality, sharing, loyalty and diligence.

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VOLUNTEER COACHES

Our sports leagues are coached and led by volunteers. Whether it is a parent or guardian or a community volunteer, we completely vet all of our coaches through prescreening, background and reference checks, and an online training. We also have resources for our coaches to help with practice plans and leading groups of children. We want to ensure that your child is being put under the guidance of someone we can trust to positively influence youth development. A good coach can have a lasting impact on a child's life as a role model.

Our volunteers are always under the supervision of a YMCA sports staff.

YMCA SPORTS STAFF

Our YMCA Staff has decades of sports experience whether it is playing, coaching or refereeing. This includes basketball, soccer, baseball, football and more. On top of that our staff has plenty of experience working and leading groups of children and teens. Our staff is always there to teach the fundamentals of the sport, help coaches, and create a fun environment.

YOUTH SPORTS PROGRAMS

PEE WEE SPORTS LEAGUES

Our Pee Wee Sports Program is designed to introduce children ages 3 through 5 to the basic skills of a sport, while developing sportsmanship and self-esteem. Above all, we want the kids to enjoy sports and have fun! We currently offer T-Ball (Ages 3-5) and Soccer (Ages 3-4) for this age group.

It is important to remember that a lot of our Pee Wee Sports participants are trying organized sports for the first time. It is imperative that the child has a positive experience as it can either encourage or discourage them to continue participating in sports. Keep in mind that every child responds differently and develops at different rates will help when giving children the individual time and attention they need.

Pee Wee Sports leagues are offered year-round with eight-week sessions during the year. Parents are welcome to participate but are encouraged to allow their child to participate independently and begin to develop the social skills necessary to interact with other children and coaches. Parent participation is encouraged for all 3-year-olds in the program.

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LITTLE ALL-STARS INTRO TO SPORTS

Little All-Stars is a pee wee program to introduce our 2-5 year olds to the world of sports. We currently offer basketball and soccer classes in our Little Kickers and Little Dribblers classes during the week that serve as practices to help young ones gain confidence in a team setting. It is our belief that this age group is a very important one to introduce your child to sports. Starting at an early can lead to an active and healthy lifestyle. Studies have shown that children who are introduced to sports early on tend to stay in sports longer in life because they gain confidence in their physical abilities and a desire to be active. We are looking to introduce more sports as our programs grow.

YOUTH LEAGUES

Our youth leagues are a combination of skill development and physical maturity. The focus is not on winning or losing but on youth development through organized competition. Equal play-time and referees that interact with the players are essential to ensuring that environment. The referees in our youth sports program strive to not only blow a whistle during games, but to use game time as an opportunity to teach the players rules and fundamentals of the sport. The staff tries to make teams that reflect an even balance between age, height, gender, and skill level to ensure a league where children can walk into every game situation feeling that they have an equal chance on the field. Every participant is guaranteed equal play/ bench time, as well as the opportunity to try any position regardless of their skill ability or experience.

Skill assessments are a mandatory procedure where players go through various drills and scrimmages, while staff and volunteers rate the children on their skill level. Based on the children's skill level and other criteria mentioned above, players are assigned to teams in an attempt to keep teams balanced. Player, coach, and practice requests can be made at the time of your skill assessment or when you register for the program. However, we cannot guarantee requests, as the balance of the league is our priority. We will try our best to meet your requests.

INCLEMENT WEATHER

In the event of a rainy day, programs that take place in an outdoor setting will wait it out up to one half-hour before the scheduled game, class or clinic. If rainy conditions persist, the game, class, or clinic will be canceled and rescheduled before the end of the season/session. Canceled youth league practices will not be made up.

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Cancellations will be communicated through email at least one hour before the scheduled time and will also be updated on the YMCA sports weather line at **(760)842-5611**.

CAMPS AND CLINICS

Our goal is to provide quality camps and clinics that incorporate skill development as well as the core YMCA values of Caring, Honesty, Respect and Responsibility. It is our obligation to set standards and encourage positive self-esteem and attitude towards others. Sports camps and clinics are offered year-round during the summer and holiday vacations as well as in between the regular youth leagues.

In the event that registration numbers drop for a specific sport, we will run the league as an instructional clinic. Our clinics are focused on learning the fundamentals of the game while also incorporating speed, agility, and skill exercises. We will teach the rules of the game through instructional scrimmages at the end of each session.

FINANCIAL ASSISTANCE

Financial assistance is available for all youth and pee wee sports programs. We are dedicated to fulfilling our promise of not turning a child away because of an inability to pay. If you are in need of financial assistance, please complete The Mottino Family YMCA's Financial Assistance application, which can be obtained at the Welcome Center or online. Please complete the application thoroughly and turn it in with proof of income (a copy of last year's tax returns or a copy of your most recent AFDC or disability statement) to the Welcome Center. Your financial assistance application must be received no later than two weeks prior to the start of the program in order to be considered for the current season or session.

CANCELLATION AND REFUND POLICIES

The purpose of these policies is to allow the YMCA to maintain quality programs and proper class ratios. At the same time, we want to give our members and participants flexibility. Transfer/Credit/Refund request forms can be obtained at the Welcome Center.

CANCELLATIONS

- If you request to cancel your enrollment in a program before the start date of the program, you will receive a 100-percent Y-Voucher or refund (minus any deposit or uniform fees, if applicable).

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- If you request to cancel your enrollment in a program after the first meeting of the program you will receive a 75-percent Y-Voucher or refund (minus any deposit or uniform fees, if applicable).
- A refund or Y-Voucher will NOT be given if you request to cancel your enrollment in a program on or after the second meeting of the program.

Y-Vouchers do not expire and may be transferred to another member of your family or donated to the Community Outreach Campaign.

TRANSFERS

A request to transfer between classes in the same program needs to be done before the start date of the program. All transfers are subject to availability and no transfers are guaranteed. For Pee Wee Sport classes, there will be no transfers after the second week of the session.

RESPONSIBILITIES AS A YMCA SPORTS PARENT

All parents want their kids to do well and have fun in the activities they pursue. We want you to be actively involved in a positive way with your child's sport experiences in the YMCA Youth Sports. To do that, you need to first understand your responsibilities as a parent of a child in YMCA Youth Sports:

1. Encourage your child to play sports, but don't pressure them.
2. Understand what your child wants from sports and provide a supportive atmosphere for achieving these goals.
3. Set guidelines on your child's participation. Don't make sports everything in your child's life; make it a part of life.
4. Keep winning in perspective, and help your child do the same.
5. Help your child set challenging but realistic performance goals. Winning is not everything.
6. Help your child understand the valuable lessons sports can teach.
7. Help your child meet responsibilities to the team and to the coach.
8. Turn your child over to the coach at practices and games.
9. Supply the coach with information on your child's allergies or special health conditions. Make sure your child brings any necessary medications to practices and games.
10. Make every effort to have your child at their practices and games, as it not only helps the team, but more importantly teaches them responsibility, good sportsmanship and teamwork.

How to Get Involved

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program; it's also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

- Be a coach or assistant coach.
- Be a soccer referee.
- Keep time or score (we welcome parents help with score keeping the games).
- Become a team parent and assist the coach with the team snack schedule.

If you would like to volunteer as a coach or referee please visit our website at <http://www.ymca.org/volunteer.html>

Please remember that this league experience is for the children and only positive comments will be allowed. Pressuring your child to win or perform does not motivate them. Our focus at the YMCA is to have fun, provide equal playtime and enhance skill development.

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be — or should be — second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include these:

- You are overly concerned with the outcome of the game.
- You spend a lot of time talking with the coach about the game plan, players' skill levels, and the way she or he conducts practices and coaches games.
- Your son or daughter has stopped enjoying the sport or has asked you to stop coming to games or practices.

Be involved, show interest, and help the coach where he or she needs help, encourage your child — and enjoy the sport yourself! If you have any concerns about your coach, feel free to contact one of the following staff:

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IMPORTANT REMINDERS FOR THE SEASON

In order to ensure safety, fairness, and fun for all, here are a few quick tips to keep in mind:

1. Equipment for Players: Please bring shin guards and proper footwear. No metal cleats are allowed due to field turf.
2. If player chooses to bring a ball please have player's name clearly marked on it.
3. Please keep in mind that this is not a drop off league. You must take your child to the restroom.
4. Please remember to bring your child a water bottle and to apply sunscreen before the game.
5. Limited seating is provided so it might be helpful to bring a chair or blanket to the field. An umbrella or tent is also recommended to keep the sun away. We will do our best to provide a comfortable area to view the game.

Once again, thank you for choosing The Mottino Family YMCA Youth Sports Program. We look forward to a fun-filled and exciting season!

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