



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARENT/GUARDIAN HANDBOOK

YOUTH SPORTS

YMCA of Greater Indianapolis

www.indymca.org

317-266-9622



Contact Information

Program Information:

YMCA of Greater Indianapolis

317-266-9622

<https://indymca.org/contact/>

Your Child's Participation:

SPORTS DIRECTOR

[Baxter](#), [Ransburg](#), [Benjamin Harrison](#), [Fishers](#), [Witham](#), [Ortho Indy](#), [HRH](#), [Avondale Meadows](#), [Jordan](#), [Irsay](#)

Things to Remember

To find information on your Child's participation?

Visit [Y Game Time](#) for copies of packets, schedules, forms, or cancellations related to your current sport.

Coaches' Credentials

Your child's coach is a YMCA Volunteer. YMCA volunteer coaches bring a variety of backgrounds and experiences for your child to learn from. All YMCA volunteer coaches have completed YMCA training, background checks, and provide coaching according to our YMCA values of Caring, Honesty, Respect, and Responsibility.

Food and Drinks

Thank you for helping keep our facilities clean. Please do not bring food or drink (besides water) in the gymnasiums during practices or games.

Safety

All sporting activities will be monitored by YMCA staff who are trained in CPR and First Aid. First Aid kits are available at all sites.

Weather Information/Cancellations

For severe weather conditions, an email and text message from the league administrator will go out through regarding any cancellations of practice and games. Cancelled practices will not be made up. Cancelled games will only be made up *if* the schedule allows. Coaches and parents/guardians will be notified within one-week of a cancellation on the make-up status.

Feedback

Your opinion matters to us! A survey will be sent to you via email before the end of the season. If your email is not on file with us, visit our Member Services Desk to have it added.

Thank you for participation in our YMCA Sports Program!

Letter to Parents/Guardians

Dear Parents, Guardians, and Participants,

The YMCA of Greater Indianapolis welcomes you to our Youth Sports Program! We are excited to have your child participating with us. Our mission is to provide a quality, fun-filled learning environment designed to help teach young kids the basics of a variety of different sports while teaching the athletes life skills to have a successful and happy life. While cultivating a learning and introductory-competitive environment, YMCA sports staff and coaches will promote *sportsmanship, mental toughness, work ethic, humbleness, a team player, respect, and encouragement*. These skills translate to everyday life even when the games are over. The YMCA believes sports are a teaching vehicle to promote great athletes and great human beings.

This is the Youth Sports Parent Handbook. It describes the YMCA of Greater Indianapolis Youth Sports Program. Please take a few minutes and read the information inside this handbook. This material may answer some of your questions, as well as give you the Youth Sports Philosophy and YMCA mission statement.

A goal of the YMCA sports programming is for all youth sports participants, parents/guardians and children, to have an enjoyable sporting experience. Skill development is the main component of all YMCA Youth Sports. Competitive games are a part of every season, and all teams formed will give each player the chance to develop at their pace while also competing. Each child will play an equal amount of time in every game (as close as possible based on roster of team).

Youth Sports programs are possible by the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please contact us.

Families are very important to the YMCA youth sports programming! Please take an interest in your child by participating with them during the practices and games. Also, time spent with your child at home in sports skills development builds confidence and parent/guardian-child relationships. If you are interested in becoming more involved, we have multiple volunteer opportunities available. If you are interested in volunteering for and our sports director will reach out with more information.

Thanks for your participation. We look forward to serving you and your child in our Youth Sports Program. If you have any comments or questions, please call your local YMCA.

Sincerely,
Anne Graves
Vice President of Programs
YMCA of Greater Indianapolis

PARENT/GUARDIAN YOUTH SPORTS HANDBOOK

YMCA of Greater Indianapolis Mission Statement:

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

4 Core Values of Character Development:

- Caring
- Honesty
- Respect
- Responsibility

OUR VISION

Be, and be recognized as, the best at engaging and developing young athletes in our community.

OUR PHILOSOPHY

To provide a quality, fun-filled learning environment designed to help teach young kids the basics of a variety of different sports while teaching the athletes life skills to have a successful and happy life. While cultivating a learning and entry level-competitive environment to help create great athletes and great human beings.

YMCA Sports: 7 Pillars

1. Everyone plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season, everyone receives equal practice time and plays at least half of every game.

2. Safety first. Although injuries are a part of sports, At the Y we do all we can to take care of your athlete. All of our sports staff are trained in First Aid and CPR to ensure your child is in good hands. Although the sports staff do pregame facility checks, we ask that you take the time to check that the equipment and facilities are safe. We also ask you to constantly supervise your young players so that you can stop any unsafe activities.

3. Fair play. Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same.

4. Positive competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. Family involvement. YMCA Youth Sports encourages parents/guardians to be involved appropriately along with their child participating in our sport programs. In addition to parents/guardians being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. Sport for all. YMCA Youth Sports is an inclusive sport program. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race/ethnicity, gender identity, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our community and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. 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. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

YMCA Commitment to Diversity and Inclusion in Youth Sports

The YMCA of Greater Indianapolis, beginning with our CEO and Board of Directors, is committed to fostering an equitable and inclusive environment for our staff, members, and community. We recognize the shifting demographics and needs of the communities we serve across our region that require us to become more culturally competent and responsive to our Greater Indianapolis YMCA service areas and communities.

Our objective is to ensure that all of our key constituents, staff, volunteers, members, donors, vendors, community leaders, feel valued and welcomed and that they contribute to our institutional commitment to strengthening communities by supporting healthy lifestyles, youth development, and social responsibility.

The staff and volunteers of the Youth Sports Programs of the YMCA of Greater Indianapolis will be committed to creating a welcoming and inclusive environment for all of our members and program participants by abiding by the Principles of a Welcoming Community as adopted by the YMCA of Greater Indianapolis Board of Directors in October 2018.

We will value the diversity of all people within our association and the communities we serve by supporting the cultural competence of staff, members and volunteers. We will commit to developing our own competency to stay relevant to the changing needs and interests of our diverse communities.

As coaches and leaders within the association, we will work to ensure that every individual has an equitable opportunity to participate in youth sports programs and we will be committed to identifying and removing barriers to the full inclusion of every member, mindful of - race, ethnicity, gender identity, sexual orientation, age, national origin, religion, disability, socioeconomic status, education, marital status, language, physical appearance or other dimensions of diversity.

Equity is defined by Y-USA as: A continual process of ensuring that every individual has the access and opportunity they need to thrive, and are not at a disadvantage from achieving their potential because of their background, identity, or social position.

Learning to Compete

Learning to compete is an important component of developing an athlete. At the YMCA of Greater Indianapolis competition is:

Entry level and age-appropriate events that are aligned with sanctioning guidelines and designed to improve an athlete's confidence.

Our focus is on setting the foundation for great athletes and developing great teammates by:

- Developing a young athletes social, emotional, and physical skills prioritized alongside the outcome of the event.
- Promoting rules that are age appropriate, but build toward sanctioning guidelines.
- Supporting all athletes with the opportunity to play during competition.
- Ensuring all athletes will retain opportunity to play during competition, regardless of ability, as long as effort and attitude are sustained.

Volunteer Opportunities:

Volunteers are the KEY to YMCA Youth Sports! Without the help of volunteers, youth sports programs would not exist! You don't have to be a coach to volunteer in YMCA Youth Sports. Some of the things parents/guardians can do include:

- Coaching
- Officiating
- Act as "Team Parent/Guardian" to assist with team activities (i.e., coordinate snacks, make call, etc.)
- Help maintain game and practice facilities
- Help distribute information to teams
- Help in the pee-wee clinics

Fill out the volunteer interest form on our website or contact your sports director to determine to how to become involved as a volunteer in youth sports this season!

How to Succeed YMCA Youth Sports Families Responsibilities and Expectations:

While we will make every effort to keep young participants engaged in order to provide a supportive safe sports environment. Parents/guardians or players who are unable to follow the YMCA youth sports code of conduct, as outlined in our [behavior management guidelines](#), may be removed from play and/or YMCA activity.

As a PARENT and/or Guardian, please...

- Support and do not criticize staff, coaches, volunteers, and officials.
- Communicate issues directly to the sports director and/or staff at an appropriate time.

- Do not enter the field of play, during practice and/or games, unless invited by a coach.
- Follow and model YMCA policies at all onsite and off sight YMCA events.
- Use appropriate language. The use of derogatory remarks or racial epithets is not allowed at the YMCA or at YMCA events.
- Encourage your child and team; but not insult or discourage the other team. Encourage good sportsmanship.
- Treat others with respect regardless of race/ethnicity, sex, gender identity, creed or ability, and encourage your child to do the same.
- Acknowledge the other team's accomplishments.
- Be drug, tobacco, e-cigarette, and alcohol free during all YMCA activities.
- Be aware of the Youth Sports Philosophy and support it.
- Become familiar with Y Game Time and use YMCA Game Time for information on your child's games and practice times. Contact your coach if you have additional questions.
- Read and use all printed material provided by the YMCA.
- Make sure your player arrives on time to all practices and games.
- Ensure the player is properly equipped with shoes, shorts/sweats and team t-shirts.
- Stay at practices and games and support your player and team.
- Volunteer to help the coach whenever possible, perhaps assisting in practice.
- Inform the coach if the player is unable to attend practice or game.
- Spend time at home practicing with your child on their skill development.
- Be aware of the Youth Sports Philosophy and support it.

As a PLAYER, please...

- Support and do not criticize staff, coaches, volunteers, and officials.
- Communicate issues directly to the sports director and/or staff at an appropriate time.
- Do not enter the field of play, during practice and/or games, unless invited by a coach.
- Follow and model YMCA policies at all onsite and off sight YMCA events.
- Use appropriate language. The use of derogatory remarks or racial epithets is not allowed at the YMCA or at YMCA events.
- Encourage your child and team; but not insult or discourage the other team. Encourage good sportsmanship.
- Treat others with respect regardless of race/ethnicity, sex, gender identity, creed or ability, and encourage your child to do the same.
- Acknowledge the other team's accomplishments.
- Be drug, tobacco, e-cigarette, and alcohol free during all YMCA activities.
- Be aware of the Youth Sports Philosophy and support it.

Your Child's COACH, will...

- Communicate and keep Y Game Time updated throughout the season.
- Contact players prior to your first practice to welcome you and confirm practice times/dates/location.
- Be accessible and approachable to players and parents/guardians before and after practices and games.
- Be informative and distribute all printed materials and communicate any changes in the schedule or special announcements, such as Picture Day and Trophy Day information.

- Help make sure your child gets the most they can out of participation by taking attendance and checking in on athletes that miss multiple practices or games in a row.
- Promote good sportsmanship and respect for others regardless of race/ethnicity, sex, gender identity, creed or ability.
- Assure safe and fair play at all times.
- Plan practice sessions and game plans.
- Encourage and be positive in correcting and instructing.
- When necessary follow the YMCA's youth development [behavior management philosophy and guidelines](#).
- Know emergency procedures.
- Be drug, tobacco and alcohol free during all team events.
- Understand that you are a representative of the YMCA during all YMCA activities.
- Lead by example among program parents/guardians to support the duties and responsibilities of the referees and league leadership.
- Be aware of the Youth Sports Philosophy and support it!
- Have fun!!!

Your Child's YMCA DIRECTOR, will...

- Communicate and keep Y Game Time updated throughout the season.
- Build your teams in a fair and equitable manner and work hard to ensure all teammate requests are honored.
- Identify and train great volunteer coaches.
- Work with the YMCA to provide great facilities and equipment for your child to learn and grow.
- Be available throughout the season to answer questions and help ensure a great experience for all athletes, parents/guardians, and coaches.
- Be informative and distribute all printed materials and communicate any changes in the schedule or special announcements, such as Picture Day and Trophy Day information.
- Promote good sportsmanship and respect for others regardless of race/ethnicity, sex, gender identity, creed or ability.
- Assure safe and fair play at all times.
- When necessary follow the YMCA's youth development [behavior management philosophy and guidelines](#).

Young Athlete's Bill of Rights

1. The right to determine when to participate and in what sports and to what degree of intensity and involvement.
2. The right to play in every game no matter what their degree of physical ability or the relative importance of the game in terms of league competition.
3. The right to be taught the fundamentals of the sport by a coach, and play with rules that have been adjusted for children.
4. The right to be coached by those who have been trained in or who have been made aware of the various stages of emotional and psychological development in children, and to be treated on a level equivalent to their emotional and physical maturity – not by standards of collegiate or professional sports.
5. The right to have a coach who places the child first, the team second, themselves third, and winning fourth.

6. The right to have a coach who is patient and supportive, as opposed to one who believes in a harsh, negative, “professional” approach; a coach who takes time to work with each athlete, regardless of ability or potential.
7. The right to report to a coach or parent/guardian any physical pain or emotional concerns such as fear or rejection without fear of ridicule or loss of esteem.
8. The right to freedom from physical and emotional punishment by their parents/guardians or the coach. Punishment leads only to fear and inhibition. The purpose of sports should be to help a child grow, feel expansive, and realize his or her potential.

General Youth Sports Information:

1. All siblings can be placed on the same team, provided they are in the same age grouping. Please indicate this request on the youth sports registration form.
2. Player and coach requests are accepted; however, no guarantees are made. Please indicate this request on the youth sports registration form.
3. Practice 1–2 hours per week.
4. Practice days and times may vary and can be found in Y Game Time for your child’s team.
5. All outdoor games are played in the rain. Cancellations can occur due to severe weather, heat/cold, or field condition. Cancellation status is made one hour prior to the first scheduled game time. If a cancellation occurs, make-ups will be scheduled at the end of the season, if possible.
6. Schedules will be available via Y Game Time prior to the start of the league.
7. Shirts or purchased uniforms will be handed out before the first game.
8. End of season awards will be given to coaches to present during the last game.
9. Pictures are taken for most youth sports programs. Order forms will be available for the coach to pass out to the players. Purchasing your pictures is an option, not an obligation. However, please have your child present for the team photo. All picture concerns are handled by the photographer.
10. All children in youth sports should wear comfortable athletic clothing.
11. Team jerseys/t-shirts should be worn on picture days and at all games. Please have your child dress appropriately for the sport and the weather.
12. For many of our youth sport programs, we rent/use off-site facilities. We ask that you would be respectful of the property. Please do not smoke on the premises. If a mess of any kind is made, please clean it up prior to leaving.
13. All parents/guardians have the opportunity to evaluate programs. An end of season survey will be emailed to you. Please take the time to do this. THANKS!
14. A Program Membership allows a participant to take a class for a fee for a specific length of time. It does not allow the use of the facilities other than for the class. *The difference between a Program Member’s fee and a member’s fee may be applied to a YMCA membership any time before the last class of the session or game of the league in which you are enrolled. If the member service desk is closed a Program Member may need to present their receipt to gain access to the facility for classes.
15. Following [membership and program policies](#), all programs need to be paid in full and uniforms ordered prior to the start of the season. Refunds can be requested prior to the 2nd class.

Health and Safety

Safety Policies for the YMCA of Greater Indianapolis youth sports programs are determined by the YMCA Medical Advisory Committee. A committee of the Association Board of Directors consisting of board

members, public health, and medical professionals in our community. Health and Wellness Guidelines are reviewed annually by this committee and adopted by the Association Board. All policies are important, however due to their height end importance in youth sports there are two policies we would like to bring special attention to:

Hydration

Drink WATER! Water is a vital to keep your bodies temperature in check. Water lost as sweat needs to be replaced to avoid dehydration. Thirst doesn't kick in until approximately 2% of body weight is lost as sweat, so make sure that kids are drinking BEFORE they get thirsty! Dehydration, left untreated, can lead to heat cramps, heat exhaustion and very serious heat stroke. Closely watch kids for signs of dehydration - including fatigue; dry lips and tongue; low energy; grayish skin; and lack of tears. Since children's body temperature rises faster than adults, it is essential that kids get plenty of fluids to keep them cool—especially when it's hot and humid! Please have your child bring a water bottle to every practice and event.

Concussion

[REVIEW CDC HEADS UP PARENT MATERIALS](#)

[REVIEW CDC HEADS UP ATHLETE MATERIALS](#)

A concussion is a type of injury, to the brain, that changes the way the brain normally works. A concussion can be caused from a bump, blow, or jolt to the head. They can also be caused by a blow to the body that causes the head to rapidly move. Concussions, if not healed properly, can lead to long term damage especially if a subsequent concussion is sustained during the healing process. It is important for athletes, parents, and coaches to understand the importance of identifying, communicating, and following best practices in regards to concussions. If a concussion is suspected an athlete will not be allowed to participate in YMCA sports until clearance has been received by the child's physician. The safety of your child is our priority and yours. We appreciate your team work and understanding with these policies. You can learn more about the parents and athlete's role in concussion identification and management through the CDC Head Up Program.

COVID

We understand our community continues to manage through the COVID pandemic. The YMCA follows CDC guidance to determine the best way to provide programming with the health and wellbeing of participants as our first priority. The following precautions will be a part of our 2021-2022 fall and winter seasons. We will update guidelines as more information becomes available.

[2021-2022 Fall and Winter Youth Sports COVID Guidelines](#)

Season Rules

Rules in YMCA youth sports vary by the level of competition and age of the athletes. You can find the rules for your child's team at the following links on **[Y Game Time in the Coaches Corner](#)**

Uniforms

Uniforms are a part of participation in all Rec and Travel Leagues. Your child should arrive to the Y, in uniform, for each game.

Rec league uniforms are a T-Shirt that is included in the cost of registration. Rec + and Travel Leagues require the purchase of a uniform, if your child does not have one from a previous season. All Uniforms will be given to athletes prior to the first game. Uniforms are ordered base on season participation, once received please help your child keep track of it and keep it clean and ready to go, we will not have replacement uniforms during the season.



LEARN, GROW, THRIVE

YMCA Youth Sports Programs focus on the fundamentals. Youth not only learn the basics of their sport, but they also learn how to be a good teammate and how to demonstrate YMCA Values of Caring, Honesty, Respect, and Responsibility. Playing sports is about more than winning games. It is about developing strength of character and YMCA sports do this every day! By sponsoring one of these valuable programs, you are giving a lifelong gift and helping kids to grow both physically and spiritually.

Company/Individual Name: _____

Contact Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

- ☐ **Team Level** Sponsor (1 Team) - \$175
- ☐ **All Star Level** Sponsor (4 Teams) - \$500
- ☐ **Division Level** Sponsor (10 Teams) - \$1,000
- ☐ **League Level** Sponsor (30 Teams) - \$2,500
- ☐ **Premiere Level** Sponsor (60 Teams) - \$5,000

Benefits of Sponsorship Include (Team Level & above):

- Company Logo on Jerseys
- Company Name on Team Schedules/Rosters
- Ability to distribute promotional materials to team
- Team Picture
- Sponsor Jersey
- Gifts of \$1,000 + eligible for Banner Recognition
- Donation is Tax Deductible

Please submit digital logo in one of the following formats: MAC, Adobe Illustrator 9.0 or earlier, eps, jpg.
Email logo to brooke@mylogoshop.com