FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVERYBODY WINS WHEN EVERYBODY PLAYS

PARENT HANDBOOK

YOUTH SPORTS

UNION COUNTY FAMILY YMCA

Union County Family YMCA, 1150 Charles Lane, Marysville, Ohio 43040
937-303-9285 www.unioncountyymca.org

Your Role as a Parent:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sporting events.
- Place the physical and emotional well-being of your child ahead of any desires to win.
- Support coaches and officials in order to encourage a positive and enjoyable experience for all.
- Remember the game is for the youth, not for adults.
- Help your child enjoy the youth sports experience by assisting with coaching and providing transportation. • Make sure you and your child treat other players, coaches, fans, and officials with respect.
- Insist on a safe and healthy environment- Free of drugs, tobacco, and alcohol- and refrain from using these items at all youth events.
- Manage the actions of siblings by making sure they do not hang from equipment or bleachers and remain off the fields during practice and games.
- Team pictures will take place the second or third week of practice. The photographer or YMCA sports staff will notify coaches of the times for this.

Severe Weather:

- Lightning: Lightning can strike 6 to 10 miles away from the base of a thunderstorm cl oud. Practices and games will be stopped and shelter taken if lightning is seen or thunder is heard by the staff. If you can see lightning or hear thunder you can be struck by lightning.
- Snow/Winter Weather: Snow Emergency Level 1 is at the coach's discretion f or holding practice. Snow Emergency Level 2 & 3 all programs are cancelled and games will be rescheduled by the YMCA.
- Heat: During our summer sports seasons, we will follow the Ohio State mandated weather policies set for licensed child care. A heat index (temperature + humidity) of 100 and higher will cancel practices/games. Games will be rescheduled by the YMCA.

Comfortable for out door play | Caution | Danger

Heat Index Chart (in Fahrenheit %)

Relative Humidity (Percent)

Air Temperature (F)	40	45	50	55	60	65	70	75	80	85	90	95	100
80	80	80	81	81	82	82	83	84	84	85	86	86	87
84	83	84	85	86	88	89	90	92	94	96	98	100	103
90	91	93	95	97	100	103	105	109	113	117	122	127	132
94	97	100	103	106	110	114	119	124	129	135			
100	109	114	118	124	129	130							
104	119	124	131	137									

There are times when parents get too involved and this can hinder a child's interest in playing sports. To avoid being over-involved, remember the following:

1.Try not to be overly concerned with the outcome of the game. As long as every child is learning and having fun, everyone wins.

2.Try not to spend a great deal of time talking with the coach about the game plan, player skill levels, and the way he or she conducts practices and coaches' games.

3.Encourage your child to do their best and always praise their efforts more than the final score.

Injuries:

1.There is always a YMCA staff member trained in first aid at practice sites/games. In the case of an injury please locate a staff person immediately for help. It is up to the discretion of that staff person or the parents on whether or not the participant needs additional medical attention.

Head Injuries:

1.A participant is suspected of a head injury if any of the following symptoms are observed arising from possible blunt trauma.

i. Confusion, disorientation, or impaired consciousness. **ii.** Dysfunction of memory. **iii.** Loss of consciousness.

iv. Other signs of dysfunction including seizures, irritability, lethargy, vomiting, headache, dizziness, and fatigue.

THE Y SPORTS PLEDGE

"Win or lose, I pledge before everyone to play the game as well as I know how, to obey all the rules, to be good sport at all times, and to improve myself in spirit, mind, and body."

JAMES KULKO
SPORTS DIRECTOR
jkulko@unioncountyymca.org

CHRIS MATTHEWS
SPORTS ASSISTANT
chrismatthews@unioncountyymca.org