



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS COACH & PARENT HANDBOOK

Daviess County Family YMCA
405 NE 3rd St
Washington, IN 47501
812-254-4481
www.dccymca.org

OUR MISSION

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

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 Daviess County Family YMCA 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 Program

- Communicate all cancellations and changes to the program director as soon as possible.
- Make sure you have correctly filled out all paperwork enabling you to volunteer at the Y.

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 if an emergency arises.
- 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 player, 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.



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/vapes, alcohol, drugs, weapons).
- Keep watch on siblings or other family members that are in attendance.

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 membership desk or your child's coach or the director/coordinator

Communication is done through the HEJA app

Download the app to receive announcements and alerts as well as find game schedules, practice schedules, coach information, and weather alerts.

Inclement Weather: Snow, Tornado, Flooding, etc

The program director/coordinator are in charge of canceling practices/games. If the director/coordinator feels that the weather conditions may be unsafe and/or there is a hazardous travel advisory issued, then the director has the authority to cancel the game/practice. The director/coordinator will send out emails and inform all coaches so they can contact his/her team. The director/coordinator and coaches will work together for make-up dates, however if rescheduling/make-up dates are not possible; no refunds will be issued. Policy is subject to change. *

- Game/practice cancellations will be determined by the director/ coordinator.
- 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 Daviess County Family 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.
- Check out our social media pages for cancellations.

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 impairment include seizures, irritability, lethargy, vomiting, headaches, dizziness, and fatigue

Child Abuse Awareness

The Daviess County Family YMCA 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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