

# WELCOME

## TRAIN to GAIN

### *For Parents*

*Laying A Strong Foundation for tomorrow's leaders by providing opportunities for learning and growth through sports and fitness.*

# Youth Sports & Fitness

## ■ Staff Introductions

### ■ Chain of Command

- Youth Sports Director – Kerry Oberg
- Youth Programs Director - Anthony Coward
- Family Member Program Flight Chief – Chris Kitt

# Mission Statement

*We develop, facilitate and oversee programs that foster children's social, physical, character and leadership development. In nurturing children's capacity to learn life skills while enjoying team sports, we also strive to deepen children's commitment to pro-social values such as kindness, helpfulness, personal responsibility, and respect for others – qualities we believe are essential to leading humane and productive lives in society.*

# PHILOSOPHY

- Focus on Participation
- Help Youth Develop Physical, Emotional and Social Skills
- Placing Winning and Losing In a Healthy Perspective
- Defining success as striving for the best that they can do

# GOALS

- Familiarize youth with the fundamentals
- Provide opportunity for participation
- Emphasis on good sportsmanship, fair play, and discipline
- Instill in youth the values associated with team sports, make new friends and have FUN

# YOUTH DEVELOPMENT STRATEGY

- **Building A Team**
  - Allow everyone to play every position
  - Give them a chance to lead warm-ups or run a special play
- **Build Character**
  - Set Goals
  - Learn From Mistakes
  - Teach players how to handle pressure



# RULES OF ENGAGEMENT

- FUN FIRST!!!
- FUNDAMENTALS
- WHATEVER ELSE HAPPENS – HAPPENS!

# SPORTSMANSHIP

- **Respect your opponent**
- **Role model**
  - Shake hands with opposing coach
  - Compliment opposing team
  - Show respect toward officials
- **Continuously discuss importance of good sportsmanship**
- **Ignore conduct from opposing team – don't become part of the problem**



# The Value of Sports

- Lessons learned
- Fundamentals
  - Ethics
  - Abiding by the rules
  - Winning and losing with grace
  - Coping with success and failure
  - Respecting authority figures
  - Always striving to do your best

# The Value of Sports

## Research - \* At-Risk Behaviors \*

- Those who participate in sports perform better in school
  - 2:1 for boys and 3:1 for girls
- 80%: Less likely to get Pregnant
- 92%: Less likely to do Drugs
- 40%: Less likely to be a Regular Smoker (one sport)
- 50%: Less likely to be a Heavy Smoker
  - Regular and heavy smoking decreases as number of sports increases

# The Value of Sports According To Youth

Research - \* Sports Participation \*

## ● Boys

- \* Have fun
- \* Something they're good at
- \* Improve skills
- \* Excitement of competition
- \* Stay in shape
- \* Challenge of competition
- \* Get exercise
- \* Learn new skills
- \* Play as part of a team
- \* Higher level of competition

## ● Girls

- \* Have fun
- \* Stay in shape
- \* Get exercise
- \* Improve skills
- \* Something they're good at
- \* Learn new skills
- \* Excitement of competition
- \* Play as part of a team
- \* Make new friends
- \* Challenge of competition

# The Value of Sports Research - Girls

- Higher levels of self-esteem
- Lower levels of depression
- More positive body image
- Higher states of psychological well being
- Learn about teamwork, goal-setting, experience of success, pursuit of excellence, how to deal with failures



# Problems and Issues in Youth Sports

“Youth sports have become a hotbed of chaos, violence and mean-spiritedness.”

“Physical and emotional abuse of children, rampant cheating, and total disrespect for opponents are but a few of the unacceptable behaviors being tolerated.”

# Problems and Issues in Youth Sports

**“These disgraceful behaviors have polluted the youth sports landscape, poisoned the fun, distorted child development and left behind countless children with broken hearts, crushed dream and shattered psyches.”**

# Violence in Youth Sports: Kids Speak Out

- Sports Illustrated for Kids, Aug 08  
Bad adult behavior children witness:
  - 57% - Too much violence
  - 74% - Out-of-control adults at games
  - 37% - Parents yelling at kids
  - 27% - Parents yelling at coaches/officials
  - 25% - Coaches yelling at officials/kids
  - 4% - Violence by adults



# Violence in Youth Sports: Kids Speak Out

Witnessing bad adult behavior, children feel

- 36% - Embarrassment
- 25% - Disappointment
- 23% - Anger
- 16% - Fear

Best way to get parents to behave

- 48% - Kids should tell their parents to relax
- 36% - Ban parents if they can't control themselves
- 15% - Parents should sign a code of conduct



# Kids Speak Out: What they want from sports

- Interest
  - Teach them to fall in love with the sport
- Industriousness
  - Develop Skills through playing experiences
- Identification
  - Youth Development Strategy
- Independence
  - Need Authority

## Why they quit?

- 70 % drop by age 13
  - Not fun anymore
  - Needs Not Met

# Parents Rules for Kids Sports

- Make it FUN!
- Set a good example!
- Cheer for EVERYONE!

# CHILD ABUSE IN YOUTH SPORTS

- Benching Less Skilled Athletes
- Grabbing Players by their facemasks or equipment
- Cursing, yelling, or using “put-downs” that demean a child
- Using excessive physical training techniques to punish/discipline young athletes
- Name calling
- Not allowing water or bathroom breaks
- Throwing Equipment
- Paying attention to the best players only

# AIR FORCE CHILD AND YOUTH PROGRAMS POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL GUIDE

- **OVERVIEW:**
- Children/youth need guidance from adults to keep them safe, encourage development of self-control, self-reliance and respect for the rights of others. These skills are crucial to their future success as adults. Guidance of child/youth behavior is ongoing and requires skill and patience.

**AIR FORCE CHILD AND YOUTH PROGRAMS  
POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL  
GUIDE  
(Continued)**

- Touch is as necessary as food or water for children/youth to thrive and grow physically, cognitively, socially, and emotionally. Appropriate touch respects the personal privacy and space of children/youth; is nurturing (hugs, giving high-fives, etc.); keeps children/youth safe (separating physically conflicting children/youth, examining cuts/bruises/unusual marks, administering first aid to injuries); and assists with hygiene (face and hand washing, diaper changing, etc.). Remember, the age and individual needs and preferences of the child/youth should always be considered when determining if a touch is appropriate.

**AIR FORCE CHILD AND YOUTH PROGRAMS  
POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL  
GUIDE  
(Continued)**

- Incidents of inappropriate guidance/touch are reported, using the *AF CYP Reportable Incidents Report Form*, to the Flight Chief, Family Advocacy, Squadron Commander/Director, Major Command Specialist/Installation Support Division, Air Force Personnel Center Directorate of Services Child and Youth Programs, and Headquarters United States Air Force Child and Youth Programs within 24 hours of occurrence.

**AIR FORCE CHILD AND YOUTH PROGRAMS  
POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL  
GUIDE  
(Continued)**

**• APPROPRIATE GUIDANCE TECHNIQUES:**

- 
- 
- - Consider Possible Reasons for Behaviors
- - Listening
- - Understanding Development
- - Providing Opportunities for Choices
- - Establishing Limits and Rules
- - Anticipating and Preventing Challenging Behaviors
- - Indirect Guidance
- - Reinforcement
- - Redirection

**AIR FORCE CHILD AND YOUTH PROGRAMS  
POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL  
GUIDE  
(Continued)**

**• APPROPRIATE GUIDANCE TECHNIQUES:**

- 
- 
- - **Intentional Environments**
- - **Logical and Natural Consequences**
- - **Conflict Resolution**
- - **Providing Language to Identify Expressions of Emotions**
- - **Modeling Prosocial Behaviors**
- - **Be in Control without Being Overly Controlling**
- - **Restraint:** As a last resort, restraint is used **ONLY** when children/  
youth are endangering themselves and/or others.



**AIR FORCE CHILD AND YOUTH PROGRAMS  
POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL  
GUIDE  
(Continued)**

- **INAPPROPRIATE GUIDANCE TECHNIQUES:**
- CYP personnel never use threats or derogatory remarks about children/youth or their families.
- At all times, children/youth should be free from criticism, repression and punishment. Therefore, the following techniques are unacceptable for use by any adult (including parents) in CYP. NOTE: This list is not all-inclusive. Remember, any act that risks harming a child/youth physically or psychologically is not permitted in CYP.

**AIR FORCE CHILD AND YOUTH PROGRAMS  
POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL  
GUIDE  
(Continued)**

**• INAPPROPRIATE GUIDANCE TECHNIQUES:**

- Spanking, slapping, biting, hitting, pinching, yanking, shoving, shaking, pulling hair or any other form of physical abuse
- Threats, name-calling, sarcasm, belittling, teasing or any other form of verbal abuse
- Isolation away from adult contact/sight
- Confinement in closets, boxes or similar places
- Binding to restrain movement of mouth or limbs
- Withholding or forcing meals, snacks, toileting, outdoor play experiences or rest time
- Allowing children/youth to remain in soiled or wet clothing
- Intimidating a child with facial expression, tone of voice or a physical presence (ex. standing over them, finger pointing)
- Touching children/youth in uncomfortable or inappropriate ways, such as: tickling, kissing, forced goodbye hugs/kisses, fondling or touching genitals (except when necessary to clean a child who has soiled himself/herself)
- Coercion or other forms of exploitation of a child's lack of knowledge

**AIR FORCE CHILD AND YOUTH PROGRAMS  
POSITIVE GUIDANCE AND APPROPRIATE TOUCH INSTRUCTIONAL  
GUIDE  
(Continued)**

- **BEHAVIOR SUPPORT PLANS:**

It might be time to consider a behavior support plan when children/youth display behaviors that are consistent, intense and/or put themselves or others at risk. The plan should include a mix of strategies which build relationships between the child/youth, staff and family, reduces the need for conflict, and teaches them to be successful in their relationships with others.

A behavior support plan should be developed with the understanding that adults (including parents/guardians) in the life of the child/youth recognize the individual needs and challenges of the child/youth and are going to provide support and understanding to assist in their development of social and emotional skills. There will need to be changes and compromises in order for a plan to be effective. In addition, everyone will have to be accountable for trying new things. A good plan outlines everyone's responsibilities and provides the time for change to occur.

# School versus

- Is the need to excel emphasized more in one area than another?
- Do we respond with positive reinforcement that is similar in both areas?



**ATTITUDE IS**

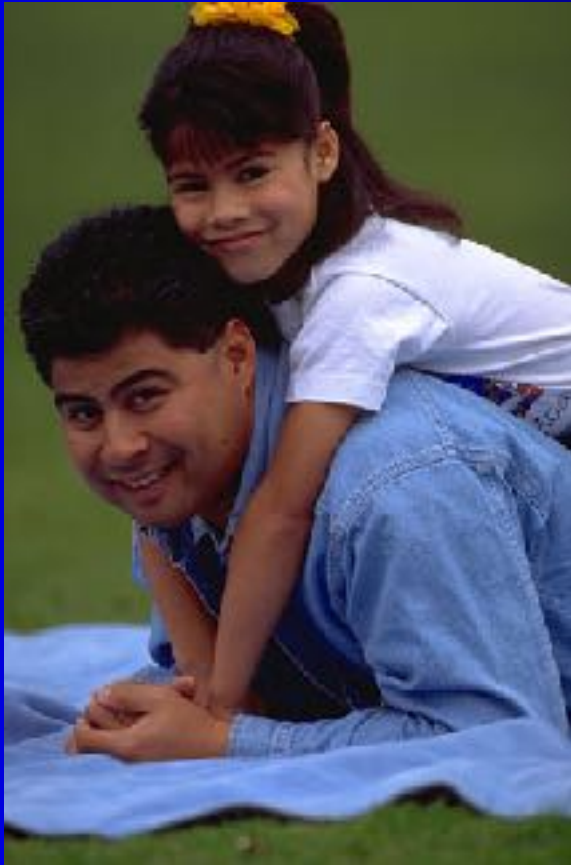
# PARENT RESPONSIBILITIES AND EXPECTATIONS

- **To the children**
  - Unwavering support, including positive reinforcement
- **To the coaches**
  - Keep coaches informed about absences (i.e., illness, school, church, or family functions)
  - Be supportive of decisions and understanding
- **To the league**
  - Report situations that arise, evaluate coaches
- **To other parents**
  - Competition and taunting between parents not acceptable
- **To themselves**
  - Enjoy watching your child participate and learn

# Guidelines for a Coach – Parent Partnership

1. Don't put the player in the middle.
2. Give feedback.
3. Don't give instructions during a game.
4. Provide positive support for their player.
5. Be part of the “home court advantage” for the team.
6. Don't disparage the other team.

# How Parents Can Help



- Provide Transportation (carpooling).
- Assist with fund-raising efforts.
- Provide treats for practices/games.
- Help prepare/inspect facilities before/after use.
- Make phone calls.



# Communication

On everyone's part is the key to success.

- If your going to be late to practice.
- If your going to be missing practice.
- If you have prior commitments.
- If you have an issue with behavior.



# Volunteers & Coaches



## Volunteers are:

- Certified through the National Youth Sports Coaches Association
- Screened to create an emotionally, physically and sexually safe environment
- Trained to motivate with praise and specific instruction and to keep games free from put downs, trash talk and profanity
- Instructed in how to minimize the consequences of injuries until medical help is provided

"Volunteers don't get paid...not because they are worthless, but because they are 'priceless'."

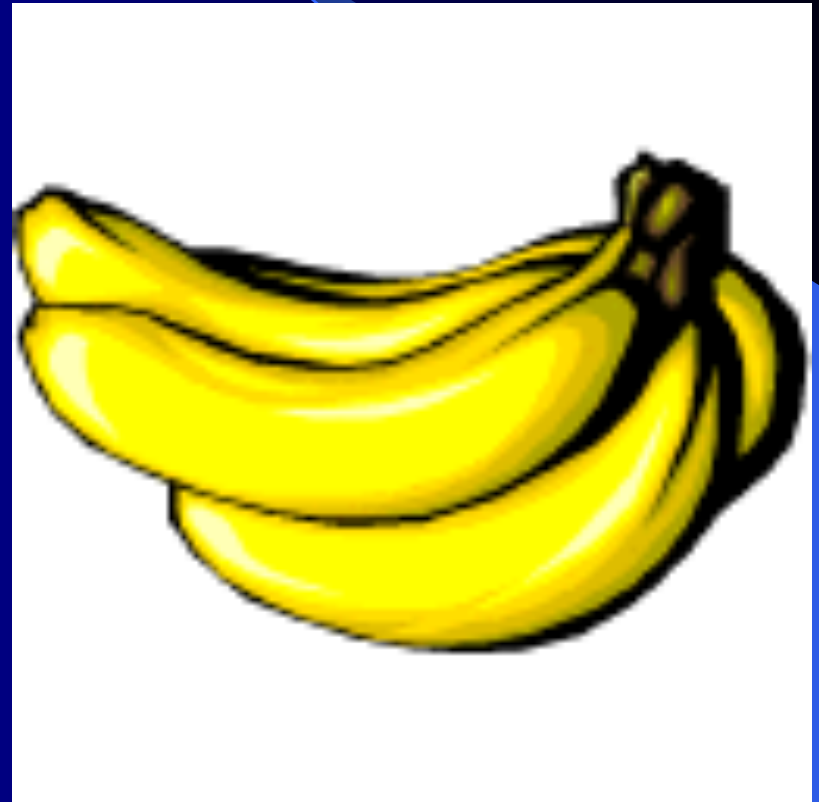
# HEALTH AND SAFETY

- Everyone must share responsibility
  - Alcohol, smoking, dipping, chewing tobacco, or such will not be allowed during any Youth sports & Fitness event or activities.
  - Profane or derogatory language will not be tolerated.
  - All players should wear appropriate clothing
    - No shorts or jeans with pockets or belt loops
    - Hand carry sport specific shoes

# HEALTH AND SAFETY

What should your child eat before practices or games

- Small amounts and light foods 1 ½ hours prior to practice/game (fruit, pasta)
- Avoid soft drinks, candy and heavy foods which can make a child feel sluggish
- Consume a balanced diet of protein, carbohydrates and fats.



# PROGRAM SPECIFICS

- **Age Divisions** – Required 2 Year Age Span
  - **5-6 Developmental** – No Scores or Standing Kept
  - **7-8 Instructional** – No Scores or Standings Kept
  - **9-10 Organization** – Team Building – No Scores or Standings Kept
  - **11-12 Skill Enhancement**
  - **13-15 Complex Skill Enhancement and Game Strategy**
- **Rules** – Should be Stepping Stones
- **Physicals Required** to register and for continued participation
- **Disciplinary Procedures**
  - in place for Coaches, Youth and Parents

# SEASON SPECIFICS

## GUESTS IN FACILITIES

- Ensure safekeeping of the facility
- Children supervised at all times – includes sibling(s) – not running around
- Theft or damage to property will not be tolerated
- Cleaned and left the way you found it – remove all trash, clothing and bags



# Why Don't We Have Playoffs or Championships in the Older Divisions?

## Unsportsmanlike conduct of the parents and coaches

- Coaches Not Playing Kids Fairly
- Unacceptable Yelling at the children
- Derogatory comments from parents in bleachers
- Overly competitive parents & coaches
- Yelling at referees/umpires
- “Win At ALL COST” Attitude

Offer more guaranteed games (10 – for ages 11 & up)



# Most Commonly Asked Questions



# What Equipment Do I Need?

- **Football, Baseball, or Soccer Cleats**
  - Reduce ankle, knee, leg and lower back injuries
- **Athletic Support/Cup** (if applicable – ages 9 & up)
- **Mouth guard**



# What Equipment Do I Need?

- **Tennis Shoes**

- Reduce ankle, knee, leg and lower back injuries



- **Appropriate pants /shorts**

- Non-slippery pants
- Boot-leg pants and overly baggy pants or those with belt loops and pockets will not be allowed.
- Reduce accidents (falls, trips, slips)

# WHAT DO MY REGISTRATION FEES COVER?

- Uniforms
- NYSCA Coaches Certification
- Safety Gear & Equipment
- Staff Payroll

*Program Primarily Supported By Parent Fees*



# WHAT DO MY REGISTRATION FEES COVER?

- The opportunity to have your child participate in a quality youth sports program
- The opportunity to see growth in your child and give them the opportunity to build the skills necessary in life so that later in life, they can be a successful competitive athlete if they desire

# CAN I GET A REFUND?

- Before teams are formed
- After teams are formed BUT before the season starts
- After games have started .... On a Case by Case basis.

# Evaluations

- Coaches
  - End of Season
    - Comprehension, Outlook, Affection, Character, Humor, Overall
- Program
  - Customer Survey

# CHALLENGE TO ALL

Remember, it's not about winning – it's about developing ALL children to their fullest potential. Gifted athletes are going to step up and perform at their highest level – what we want to see is that you are training all of your team to perform at their highest level. You should be challenging your “gifted” players to develop some of his/her weaknesses. Remember, when they reach the high school or college level, these children may not be playing in the position that you put them in now. Children should be well aware of what each position demands and acquainted with all aspects of the game. ALL players should have the opportunity to experience the “ENTIRE” game.



# INFORMATION LINE

The background is a dark blue gradient. A thin, light blue curved line starts from the top left and arcs across the top. On the right side, there is a blue shape that looks like a quarter of a circle or a similar curved form, extending from the top right towards the bottom right.

Let's have a great season!

**Thank You**