



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS COACHES HANDBOOK



COACHING POLICIES AND PROCEDURES

SHIAWASSEE FAMILY YMCA
515 W. Main St.
Owosso, MI 48867
989.725.8136
www.shiawasseeymca.org

Dear Coaches,

Thank you for agreeing to be a coach in the YMCA Youth Sports program! We ask that you not only teach your players the basic skills and rules of the game, but also make this a joyful experience for the players and their parents. We want them to play sports for many years to come, and we want you to have fun coaching because we'd like you to continue helping us in the future.

In this guide you will find essential information including the philosophy of Y Youth Sports, a Y volunteer coach job description, and resources to help you with practices.

You are more than a volunteer coach; you are a volunteer mentor! Your players will look up to you as a role model. Your actions, language, attitude and energy will be watched by your players. Don't take this responsibility lightly. Work toward three goals for a successful season:

1. ACHIEVEMENT - everyone sets a goal and achieves it during the season
2. BELONGING - everyone feels like they play an important role on the team
3. RELATIONSHIP - everyone builds life-long relationships, teammates & coach

Please read the information carefully and consult it regularly during the season. If you need to reach me, you can email us or call us at (989)725-8136.

Thank you,
Jen Lintner
Senior Program Director
jlintner@shiawasseeymca.org

Kollin Lienau
Assistant Program Director
klienau@shiawasseeymca.org

Tara Hermes
Assistant Program Director/Camp Director
thermes@shiawasseeymca.org

"All kids need is a little help, a little hope, and somebody who believes in them."
-Magic Johnson

OUR PHILOSOPHY

Our philosophy for youth sports is simple: athletes first; winning second. Our goal is to develop kids' skills, fitness, and character - for today and for life. We ask that you make decisions based first on what is best for our young athletes. This does not mean that winning or striving to win is not important, but it should take a back seat to what is in the best interests of our participants, who are here to have fun and build self-confidence.

YMCA SPORTS: 7 PILLARS

- 1. Everyone plays.** Everyone plays at least half the game and everyone should have the opportunity to start one game.
- 2. Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We make sure the equipment and facilities are safe, and constantly supervise the players, stopping any unsafe activities.
- 3. Character development.** We play by the rules and model Honesty, Respect, Responsibility and Caring.
- 4. Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. This happens when adults make decisions that have the best interest of the players ahead of winning. Learning to compete is important for youngsters and learning to cooperate in a competitive world is an essential lesson of life. Through Y Youth Sports, we want to help kids learn these lessons.
- 5. Family involvement.** Y Youth Sports encourages parents/guardians to be involved appropriately in their child's participation in our sports programs. In addition to parents/guardians being helpful as volunteer coaches, officials and timekeepers, we encourage them to be a **positive** support at games and practices.
- 6. Sport for all.** Y Youth Sports is an inclusive sports program. We offer programs to all youngsters 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 kids and their parents to do the same.
- 7. Sport for fun.** Sports are naturally fun for most kids. 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 sporting activities they dominate the activities to the point that it destroys the children's enjoyment. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports, so let's keep it fun for the kids.

COACHING DUTIES

- **Constant communication with parents starting with introductory phone calls or email prior to the first practice.**
- Arrive early for practices and games.
- **Plan your practices!** No one keeps players moving like a coach who has a plan. This allows you to move smoothly from one activity to another without stop time in between. Kids love games so include them in your practices!
- Always conduct yourself in a manner which is in accordance with the principles of caring, honesty, respect, and responsibility. Your actions will set the culture for your players and parents to emulate and follow.
- Recognize players displaying good sportsmanship and behavior in front of the entire team. Make sure to look for and find examples of good sportsmanship.
- Recognize that each child is unique in terms of personal development goals and do your best to help them be successful in their own way.
- Address bad sportsmanship and unacceptable behavior whether from child or parent, reminding them that they are expected to follow YMCA standards and policies.
- Teach your team members to win and lose graciously and that the scoreboard is not as important as the way they carry themselves.
- Encourage players to put in some practice outside of the team practice. This can be with a parent, a teammate, a sibling, or just on their own.

THE YMCA DIFFERENCE

- You will always have access to a member of our program staff. If a staff member is not at practices, the front desk staff will assist you or you can reach us via the numbers below.
 - Please respect our time away and only call us in an emergency. You may also text us, but we appreciate you emailing us or calling our work number to leave a message if it is something that can wait. If you call us at the Y, please ask for our extension and leave a voicemail if we do not pick up.
 - Kollin Lienau: 989-445-0435 (cell), 989-725-8136 (YMCA)
 - Jen Lintner: 989-666-1778 (cell), 989-725-8136 (YMCA)
- You will always have a minimum of half of a field or court with one goal for each practice.
- We will provide you with balls, cones, pinnies and net for practice.
- We offer coaching resources including drills, practice plans and rules.
- It is our intent to get every practice and game in as scheduled, however, the safety and well-being of our participants, volunteers, staff and officials is our top priority. Practices that are canceled due to inclement weather will not be made up.

THE PARENT MEETING

Hold a brief parent meeting at the beginning of your first practice. Topics should include:

- Introduce yourself and share why you are coaching
- Let parents know exactly how you will be communicating with them during the season. If you are using an app, let parents know that they must join that app to get messages. Notifications should be enabled so they don't miss anything.
- Player information: medical information, previous experience on other teams, any special situations the coach should know. This does not need to be shared with the whole group, just let parents know what you need to hear from them.
- Parent information: emergency contact info (please make sure you double check the numbers you were given by the Y)
- Remind parents that their players should dress for the sport and the weather and that they should make sure to have any required equipment. See specific sport pages for more information.
- Players should always bring water with them and, depending on the sport, a ball if they have it.
- Parent involvement. Asking a parent to help with information sharing, coordinating snacks, and supervising during practices and games will relieve some of the stress on the coach.

VOLUNTEERING AT THE Y

All coaches at the YMCA participate on a volunteer basis. They are required to complete volunteer training, attend a coach's meeting and are subject to a criminal background check. We take the safety of all children very seriously and take steps to ensure that our youth sports programs provide a safe environment.

We are in the process of updating our guidelines for volunteer coaches. At this time, we ask that all volunteers read through this handbook and return a form to us saying that you have read it (last page). Volunteer coaches must also fill out a background check form once each calendar year and will need to read and sign a concussion information sheet. We expect that videos and/or training will be required soon. Until these changes have been finalized, we will post resources on the Coaches Corner page of our website. This page should be available beginning January 8, 2024, and can be found under the Youth Programs Heading.

We are always looking for additional coaches. If you are interested in learning more about becoming a coach for the YMCA, please contact one of the following:

Tara Hermes, thermes@shiawasseeymca.org

Kollin Lienau, klienau@shiawasseeymca.org

CANCELLATIONS

Sometimes it is necessary for practices/games to be canceled due to weather. Coaches can make the decision to cancel practices due to inclement weather but only the Program Staff can make the decision to cancel games and will make every attempt to do so in a timely fashion. Program Staff may also decide to cancel practices due to extreme weather if safety is a concern.

If a coach cancels practice, they should notify their team immediately and notify the YMCA. They should call the front desk (989-725-8136) and let them know the name of the coach, the day/time of the practice, and that it will be canceled. We need this information in case someone shows up or calls us.

If the Program Staff cancels games, they will post something on Facebook, let the YMCA front desk staff know, and notify coaches who should then let their teams know.

We cannot guarantee that games will be made up if they get canceled. While we make every effort to do so, occasionally the weather, holidays, or other events outside of our control prevent this from happening.

CODES OF CONDUCT

We expect every coach, player and parent to follow certain guidelines during. Coach expectations are listed below. Parent and player expectations are listed in our Youth Sports Handbook. Please take a minute to look over them.

COACH EXPECTATIONS

- Remember that children participate to have fun and that the game is for them, not the adults.
- Learn the rules of the game and the policies of the league.
- Be a positive role model and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- Do not engage in any unsportsmanlike conduct with any official, coach, player or parent. Examples include booing, taunting, refusing to shake hands, using foul language or gestures.
- Do not encourage behavior or practices that would endanger the health and well-being of the athletes.
- Teach players to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Demand that players treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.

- Teach players that doing one's best is more important than winning. Players should never feel defeated by the outcome of the game or their performance.
- Praise players for competing fairly and trying hard.
- Never ridicule or yell at players for making a mistake.
- Emphasize skill development. Coaches will de-emphasize games and competition in lower age groups.
- Respect the officials and their authority during games. If there is a question, coaches will not confront officials during game play, rather they will wait until a timeout.
- Give all players a fair amount of playing time.
- Work hard at every practice to improve each player's skill.
- Contact Shiawassee Family YMCA as early as possible if they are unable to attend a practice or game.

CHILD ABUSE PREVENTION POLICY AND SAFE SPORT ACT

Every staff member has an absolute duty to report and document any suspicion of child abuse, molestation or sexual misconduct to the proper authorities. Volunteers should notify a staff member immediately should they have any suspicion.

Protect yourself against possible accusations. Never allow yourself to be alone with a youth; always have another adult with you. Do not show any special treatment for one particular youth. Never transport children. Never take pictures of children. Continue reading for Child Abuse Reporting Procedures and Policies. For more information, please refer to our Child Abuse Prevention Policy, located on the Coaches Corner website page.

The Safe Sport Act expands the list of individuals required to report child sexual abuse. Now, it is likely any adult who is authorized to interact with youth athletes will be required to report suspicions of abuse to the appropriate law enforcement agencies. Therefore, all staff and volunteers working with youth could be considered mandatory reporters.

Please read our Policies and Procedures and the additional info below. If you would like additional training, visit the U.S. Center for SafeSport.

CHILD ABUSE REPORTING PROCEDURES and POLICIES

A foundational commitment of the Y is to provide a healthy atmosphere for the growth and development of children. Thus, child abuse in any form is a primary concern to the Y. Child abuse is the mistreatment or neglect of a child resulting in injury or harm.

- Any staff or volunteer who has reasonable cause to suspect that a child participating in one of our programs has been abused or neglected, or having reason to suspect that a child has been threatened with injury and that abuse will occur, must report to the proper authorities.
- Volunteers are trained to recognize, prevent, and report child abuse.
- Under no circumstances should a staff/volunteer interrogate the child or cause them to feel responsible for the abuse/neglect. The staff/volunteer person's responsibility is to report and cooperate with the agency's investigation.
- Confidentiality is of utmost importance.
- Parents/guardians or children involved in the case should not be contacted by a YMCA staff/volunteer person.

In order to avoid allegations regarding child abuse, the following policies must be adhered to:

- Staff/Volunteers will not use verbal or emotional abuse when disciplining.
- Staff/Volunteers will not use discipline by use of physical punishment or by failing to provide the necessities of care such as food or shelter.
- Staff/Volunteers should at no time be alone with a single child unobserved by other staff/volunteers.
- Staff/Volunteer to child contact should be on the hand, shoulder, or upper back. Staff and volunteers will respect children's rights not to be touched in ways that make them feel uncomfortable and will understand that touch should be done only in view of others.
- Staff/Volunteers shall be alert to the physical and emotional state of children each time they report for a program.
- Staff/Volunteers will refrain from intimate displays of affection toward others in the presence of children, parents and staff.
- Profanity, inappropriate jokes, sharing intimate details of one's personal life in the presence of children and/or parents is prohibited.
- Contact should never be against a child's will (unless in the case of clear and present danger of the child).
- Contact should never go against a child's discomfort, whether expressed verbally or non-verbally.
- Contact should never be used when it would have the effect of over-stimulating a child.
- Contact should never take place in a place on a child's body that is normally covered by a bathing suit, unless for a clear medical necessity, and then only with supervision from another adult.

Appropriate Physical Interactions

- ★ Side hugs
- ★ Shoulder-to-shoulder or “temple” hugs
- ★ Pats on the shoulder or back
- ★ Handshakes
- ★ High-fives and hand slapping
- ★ Verbal praise
- ★ Pats on the head when culturally appropriate
- ★ Touching hands, shoulders and arms
- ★ Arms around shoulders
- ★ Holding hands (with young children in escorting situations)

Inappropriate Physical Interactions

- Full-frontal hugs
- Kisses
- Showing affection in isolated area
- Lap sitting
- Wrestling
- Piggyback rides
- Tickling
- Allowing a youth to cling to an employee’s or volunteer’s leg
- Any type of massage given by or to a youth
- Any form of affection that is unwanted
- Compliments relating to physique or body development
- Touching bottom, chest or genital areas

Appropriate Verbal Interactions

- ★ Positive reinforcement
- ★ Appropriate jokes
- ★ Encouragement
- ★ Praise

Inappropriate Verbal Interactions

- Name-calling
- Discussing sexual encounters or in any way involving youth in the personal problems or issues of staff and volunteers
- Secrets
- Cursing
- Off-color or sexual jokes
- Shaming or belittling
- Derogatory remarks
- Harsh language that may frighten, threaten or humiliate youth
- Derogatory remarks about the youth or their family

FAQs

- ★ Who decides about canceling practice?
 - If the weather is such that schools are closing or evening activities are affected, the YMCA will make that decision and communicate it with the coaches. Otherwise, decisions about practice are up to the coach.
- ★ How do I communicate with my team?
 - We recommend setting up a free Heja account or Remind account and using that to communicate with parents. For the most part, we suggest that you do NOT use group text because the replies can be frustrating for everyone involved. You can even set your practice/game schedule on Heja and ask parents to respond if they will be there or not.
- ★ What happens if I need to miss a game or practice?
 - If you know ahead of time that you are unable to attend a practice or game, please reach out to parents on your team and ask someone to fill in for you. We have so many resources available that it should be relatively easy for someone to fill in. If you are unable to find a sub, please contact one of the program staff and we will see if we are able to help in some way.
- ★ When will I get the game schedule?
 - The game schedule will be shared with coaches as soon as it is ready. We will send it via email. It will also be posted in the gym (basketball and volleyball) and at the concession stand (soccer). Our front desk staff will also receive a copy and it will be posted on our website.
- ★ Where do I find equipment?
 - Equipment for basketball and volleyball will be stored in the gym closet. The closet is unlocked during practices and games so that coaches can access pinnies, cones, balls, and other equipment.
 - Soccer equipment is stored in the cage inside the building that houses the restrooms at the soccer field.
 - Equipment for flag football will be brought to practices by program staff unless the season is held at the soccer field. In that instance, equipment will be stored inside the cage.

ITEMS YOU CAN FIND ON COACHES CORNER WEBSITE PAGE

1. Coaching Policies and Procedures (Coaches Handbook)
2. Child Abuse Prevention Policy
3. CDC HEADS UP to Youth Sports: Online Concussion Training for Coaches
4. Link to U.S. Center for SafeSport
5. Snack Sign-up Sheet w/Snack Suggestions
6. Coaching in Blowout Games article
7. YMCA Youth Sports eLearning
8. Practice Plans for your sport
9. Links to other important resources
10. Rules of the game for each age group
11. Jr. NBA Code of Conduct and other information

Acknowledgement of Review of Coaching Policies and Procedures

I, _____, acknowledge that the Shiawassee Family YMCA has provided me with a copy of their Volunteer Coaching Policies and Procedures (Coaches Handbook), the Child Abuse Reporting Procedures and Policies and Concussion Information sheet. I further acknowledge that I have read and fully understand these policies and procedures, and have been offered an opportunity to ask any necessary questions to fully understand my role as a Volunteer Coach with the Shiawassee Family YMCA. I understand that I can reach out to the Program Staff with questions or for clarification at any time. I hereby agree to be bound by and follow these policies and procedures.

Signature: _____ Date: _____

CHECKLIST OF ITEMS TO RETURN BEFORE FIRST PRACTICE:

- Signed Acknowledgement of Review of Coaching Policies and Procedures
- Signed Concussion Form
- Completed Background Check (if you think you have given us one in the last year, please check with Kollin)
- Shirt size (if you do not have a coaching shirt from last season)

PROGRAM INFORMATION

BASKETBALL

Winter: Practices begin the week the kids go back to school following the winter break. Games will either begin the first weekend after practices start or the second weekend.

**Dates are subject to change due to holidays/weather conditions/staffing/etc.*

Practices are one hour each week. Practice day/time is decided on by the coach. Games are typically on Saturdays although depending on the number of teams we may experiment with using other days for some games.

Team jerseys will be handed to the coach on the morning of the first game. We order jerseys based on what is available so no requests.

Practice and game location: Shiawassee Family YMCA

Pictures will be taken if we have a photographer available. If we are able to schedule pictures, coaches will be given a day/time and will share that information with the team. Everything will be handled by the photographer so all questions should be directed to them. Please do not call the YMCA with picture questions.

In a typical season, we will hand out medals (or another award) to the team that won the most games in the divisions made up of grade 4 and older. We do not typically hand out participation awards.

Requirements

- Tennis shoes are required
- Comfortable pants or shorts, a ball in the appropriate size (see below), and water bottle are all recommended.
- Children should NOT wear jewelry to practice or games. That includes earrings and bracelets. If your child has recently had their ears pierced and cannot remove the earrings yet, they need to have them covered by band-aids, tape or a headband wide enough to cover the entire lobe.
- Basketball shoes should be carried into the building and put on when you arrive. Wearing the shoes outside brings in water, mud, salt and other things that make for hazardous conditions for the players.

Equipment

- The Y provides balls, cones and pinnies.
- Equipment is stored in the gym closet. All items used for practice should be put back neatly when done.
- All small basketballs should be stored in the closet not left out in the gym for

everyday use.

- Game balls are only brought out on game days. They are not to be left in the gym or closet. Game balls will be stored in the program director's office.
- If you notice that basketballs are low on air, please take them to the front desk or borrow a ball pump from the desk.
- Sports equipment is very expensive and we require a lot of it. Please make sure that your team is taking care of the equipment they use and that everything gets put back properly.

Team Formation

At the YMCA, we believe that every child deserves to play in a fair and balanced environment. To provide such an environment, we try to make our teams as balanced as possible in terms of age and physical ability. We do not take requests to be placed with a specific coach or teammate. This is to ensure that the playing field remains as balanced as possible and that teams can be formed in a timely manner. The only exception to this is that coaches will always have their own child on their team.

Requests for accommodations due to schedule conflicts with practice day/times will be considered, but are not guaranteed.

FLAG FOOTBALL

Season varies. We plan to attempt a summer league in 2024.

Practices and games are typically combined for Flag Football. Because of this, plan on weekly meetings going a little longer than the typical one hour for other programs. If the program grows, we can take another look at how we set this up and change if necessary.

Practice/game location: First Church of Christ, 585 E. North St, Owosso.
Participants will be notified of any changes before the program begins. There may not be access to bathrooms so participants should plan accordingly.

We participate in the NFL Flag program and order jerseys through them. We select teams based on jersey availability so please do not request a certain team. Jerseys are handed out at the first meeting of the season. Each player is also given a belt. This belt should be worn to each practice/game so please do not forget it at home. Belts are very large and can be cut to better fit each child.

Pictures will be taken if we have a photographer available. If we are able to schedule pictures, coaches will be given a day/time and will share that information with the team. Everything will be handled by the photographer so all questions should be directed to them. Please do not call the YMCA with picture questions.

The program staff will make a decision each season on if there will be awards or not. As the program grows, this decision may change.

Requirements

- Mouth guard (children will not be allowed to participate without one)
- Tennis shoes
- Comfortable clothing and water are recommended
- Belt and jersey
- Children should NOT wear jewelry of any kind during practices or games.

Equipment

- We have a limited number of footballs but the coaches will bring everything to practices.
- If your child brings a football to practice, they should make sure it has their name on it and that they are okay with other children possibly using it. If it will be an issue, please leave it at home.
- Because we are using another facility for this program, we ask for help from parents and players to make sure that everything (including trash) gets

picked up at the end of each day. We want to leave the area better than we found it so we can continue to be allowed use by this fantastic community partner. We appreciate your help picking up equipment at the end of practice and helping the coaches make sure things are taken care of.

Team Formation

At the YMCA, we believe that every child deserves to play in a fair and balanced environment. To provide such an environment, we try to make our teams as balanced as possible in terms of age and physical ability. We do not take requests to be placed with a specific coach or teammate. This is to ensure that the playing field remains as balanced as possible and that teams can be formed in a timely manner. The only exception to this is that coaches will always have their own child on their team.

Requests for accommodations due to schedule conflicts with practice day/times will be considered, but are not guaranteed.

GYMNASTICS

September-May

We offer three different gymnastics classes:

Bitty Bugs

Tumblebugs

Tumbleweeds

Our instructor is our only instructor. Occasionally things come up and class will be canceled. A makeup session is always offered when this happens. We will notify you of that day/time at the next class. Sometimes this requires us to reschedule the start date of our next session but we will always offer participants a full 6 classes.

Children should wear comfortable clothing and no jewelry.

Parents are expected to participate in Bitty Bugs. We ask that parents wait in the hall during the other classes. We have a Dutch door that is ideal for peeking in if you'd like but please understand that the instructor will have better luck with the entire group if parents are not in the room. Participants will show parents what they have learned periodically throughout the session.

ITTY BITTY SPORTS

This is an opportunity for ages 2-4 (depending on the program) to begin to experience following directions, making new friends, listening skills, playing with others, sharing, and more. We look forward to offering them a fun experience that may center around a certain sport. However, we do not expect them to be

basketball or soccer stars by the time they are done. While our intention may be to practice some fundamentals, we realize that things can change quickly with this age group. If they aren't feeling an activity that we are doing, we may change things up and do something else. These programs are designed to be more playtime than getting them ready for a game.

If your child has any fears or difficulties participating, please let us know. We are happy to work with you to provide the best experience possible.

Many, but not all, of our Itty Bitty programs require parent participation.

JUDO

Year-round. Judo is a unique program because the participants build on everything they have learned in previous sessions. They will test for different belts when the instructors feel they are ready and may even attend competitions as they grow in the sport.

We are very lucky to have skilled black belts as our instructors. They are passionate about the sport and about sharing it with others. This program is for children and adults. Although the starting age is set at 8, we may consider younger children if they are mature enough. Please talk with our program staff or instructors if you want them to consider your younger child for class.

Requirements

- All judo participants must wear a gi. These can be purchased through us or on your own. Gi sizing is a bit unusual so please see us if you have any questions.
 - Participants will not wear shoes in the dojo.
-

NERF WARS

Year-round. Nerf Wars is a fun activity that we started in 2023. It is not a regular program but an event that we offer on a regular basis.

The majority of these events will be for grades K-6.

Every person that participates must have a signed Nerf waiver on file. If you drop your child off without signing the waiver, your child will not be allowed to participate. If you have already signed it once, you do not need to sign again.

We do not provide eye protection, but encourage you to bring your own if you have concerns.

K-6 Nerf Wars will be held using only dart blaster guns. We ask that you do not bring any of your ammo. That will be provided by the YMCA. All participants will need to bring their own guns, however. We do not have any on hand.

Nerf events are limited in space and typically held in the basketball gym. It is very loosely organized and we let the kids determine how each event will go. We typically provide some structured games and some time for free-for-all. Supervision is provided by YMCA staff. Parents are welcome to stay and watch from the bleachers or drop their kids off then return at the end of the event.

SOCCER

Fall Dates: Practices begin the week after Labor Day. Games begin the 2nd or 3rd Saturday in September

Spring Dates: Practices begin the first or second week of April. Games begin the 2nd or 3rd Saturday in April.

**Dates are subject to change due to holidays/weather conditions/staffing/etc.*

Practices are one hour each week. Practice day/time is decided on by the coach. Games are Saturday mornings and will last approximately 45 minutes-1 hour.

Team shirts will be handed to the coach on the morning of the first game.

Practice and game location: Hugh Parker Soccer Complex
1177 Farr St., Owosso

Pictures will be taken if we have a photographer available. If we are able to schedule pictures, coaches will be given a day/time and will share that information with the team. Everything will be handled by the photographer so all questions should be directed to them. Please do not call the YMCA with picture questions.

In a typical season, we will hand out medals (or another award) to the team that won the most games in the U9/U10 and U11/U12 divisions. We do not typically hand out participation awards.

Requirements

- Tennis shoes or cleats are required
- Shin guards are required - your child will not play without them
- Soccer socks, comfortable pants or shorts, a ball in the appropriate size (see below), and water bottle are all recommended.
- Shin guards should be worn under the soccer socks.

Equipment

- The Y provides balls, cones, pinnies and pug goals for teams to use during practices and games.
- Equipment is stored in the cage inside the building at the soccer field.
- Keys are handed out sparingly. We ask that coaches work together to keep the building open during practice/game times and closed/locked when not in use. You will either be given a key or told who will open the building each day.
- Sports equipment is very expensive and we require a lot of it. Please make sure that your team is taking care of the equipment they use and that everything gets put back properly.
- Ball Sizes - the size ball used in soccer depends on the size field that is used and the age of the child. If your team is playing on one of the smaller fields (#4, 5, 6, 7) they will use a size 3 ball. If your team plays on Field 2 or 3, they will use a size 4 ball.

Team Formation

At the YMCA, we believe that every child deserves to play in a fair and balanced environment. To provide such an environment, we try to make our teams as balanced as possible in terms of age and physical ability. Whenever possible, we try to form teams using the birth year chart put out by the MSYSA because that is how other soccer programs form teams. Because of this and time limitations, we do not take requests to be placed with a specific coach or teammate. This is to ensure that the playing field remains as balanced as possible and that teams can be formed in a timely manner. The only exception to this is that coaches will always have their own child on their team.

Requests for accommodations due to schedule conflicts with practice day/times will be considered, but are not guaranteed.

VOLLEYBALL

Fall: Practices begin the week after fall soccer ends. Games will begin after the first or second practice. Our goal is to have 6 games during the season. **Dates are subject to change due to holidays/weather conditions/staffing/etc.*

Practices are one hour each week. Practice day/time is decided on by the coach. Games in the past have been on Saturday mornings. The game schedule will be determined by the holidays, number of teams and other programming.

Team jerseys will be handed to the coach on the morning of the first game. We order jerseys based on what is available so no requests.

Practice and game location: Shiawassee Family YMCA

Pictures will be taken if we have a photographer available. If we are able to schedule pictures, coaches will be given a day/time and will share that information with the team. Everything will be handled by the photographer so all questions should be directed to them. Please do not call the YMCA with picture questions.

The program staff will make a decision each season on if there will be awards or not. As the program grows, this decision may change.

Requirements

- Tennis shoes are required.
- Knee pads are required.
- Comfortable pants or shorts and a water bottle are recommended.
- While a child does not need their own volleyball, it is nice at home for them to have something to practice with. Our participants (through grade 6) use a Volleyball Lite.
- Some players may want to try wide arm bands or wear long sleeves as they often experience some discomfort when getting used to hitting the ball repeatedly.
- Children should NOT wear jewelry to practice or games. That includes earrings and bracelets. If your child has recently had their ears pierced and cannot remove the earrings yet, they need to have them covered by band-aids, tape or a headband wide enough to cover the entire lobe.
- In the case of inclement weather, tennis shoes should be carried into the building and put on when you arrive. Wearing the shoes outside brings in water, mud, salt and other things that make for hazardous conditions for the players.

Equipment

- The Y provides balls, cones and net.
- Equipment is stored in the gym closet. All items used for practice should be put back neatly when done.
- The YMCA staff always appreciates help setting up the net or taking it down.
- If you notice that basketballs are low on air, please take them to the front desk or borrow a ball pump from the desk.
- Sports equipment is very expensive and we require a lot of it. Please make sure that your team is taking care of the equipment they use and that everything gets put back properly.

Team Formation

At the YMCA, we believe that every child deserves to play in a fair and balanced environment. To provide such an environment, we try to make our teams as balanced as possible in terms of age and physical ability. We do not take requests to

be placed with a specific coach or teammate. This is to ensure that the playing field remains as balanced as possible and that teams can be formed in a timely manner. The only exception to this is that coaches will always have their own child on their team.

Requests for accommodations due to schedule conflicts with practice day/times will be considered, but are not guaranteed.