

# The Y Way to Play

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## The Y Way to Play

### A Guide for Players, Coaches and Parents

**The Y Way to Play is a commitment for all to learn, grow and have fun through sports. Our goal is to build a community in which everyone has opportunity for youth development, healthy living and social responsibility through Y Sports programs. Sports provide everything—whether it is enjoyment and values to coaching and learning to rise to another level. Sports teach life and the right way to play it. Play the Y Way.**

**The Y Way to Play Is: Fun. Sportsmanship. Opportunity. Progressive Competition. Community.**

Thank you for choosing to play Y Sports. We are looking forward to a fun and rewarding season for you, your family and our entire community! The purpose of this guide is to communicate the values, philosophies, policies and goals of Y Sports; as well as, provide resources for parents, players and coaches alike. The Y has been a driving force in sports for over 100 years, inventing basketball and volleyball; as well as providing quality skills instruction and character building for all sports participants throughout our history. We will continue to work to provide positive experiences for every participant, through partnerships like our Jr. Buffs Program with the University of Colorado.

Please take your time in reading through this guide to familiarize yourself with our philosophy and policies. We believe that by engaging the coaches and parents of Y Sports players, we will provide opportunities of learning, growth and fun for everyone involved. Everyone working together to develop our youth; promote healthy living, and supporting our community-that is the Y Way to Play.

Thank you and have fun!

YMCA of Boulder Valley Sports

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# The Y Way to Play

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## Table of Contents

Y Sports Mission/Values/Philosophy

What Is the Y Way to Play?

Y Sports Policies

What is Your Role in the Y Way to Play?

What Your Child Should Learn Through the Y Way to Play

General League Information/FAQ's

Practice/Games

Coaches and Volunteers

Officiating/Referees

Financial Assistance/Community Support Campaign

YMCA of Boulder Valley Sports Website

Resources

# The Y Way to Play

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## Mission/Values/Philosophy of Y Sports

### **YMCA of Boulder Valley Sports Mission:**

The Y Way to Play is a commitment for all to learn, grow and have fun through sports.

### **The Y Is For:**

Youth Development

Healthy Living

Social Responsibility

### **Values and Character Development:**

*Caring* – To love others and be sensitive to the well being of everyone involved.

*Honesty* – To have integrity, ensuring that one's actions match one's values through participation.

*Respect* – To value the worth of every person, including one's self, one's teammates, coaches, opponents and officials.

*Responsibility* – To be accountable for one's behavior and obligations.

### **Philosophy:**

Y Sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to win. This fundamental virtue is a special inherent attribute of sport.

Fair play implies respect for one's self, one's opponent and others involved. Everyone involved shares a responsibility for fair play. Fair play sets the game above the prize.

Y Sports are designed to provide age appropriate experiences and character development throughout life. Beginning with skill clinics and continuing with leagues, leadership training and adult sports, there is truly a Y Sports program for everyone.

Y Sports provide opportunities for kids of all ages to develop an appreciation of sports, learn physical and leadership skills and have fun! Kids are first in Y Sports and everyone plays. Our modified rules, focused on kids learning the game and growing in confidence, as well as our ongoing commitment to sportsmanship, round out our programs. Coaching is done by parents and other adult volunteers who are invested, with the Y, in youth development, healthy living and social responsibility.

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# The Y Way to Play

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## What Is the Y Way to Play?

### **FUN**

Providing a lifelong enjoyment of sports and the values they teach.

### **SPORTSMANSHIP**

Teaching the core values of the YMCA through the golden rule of sports.

### **OPPORTUNITY**

Programs for all to be involved in a healthy lifestyle through sports.

### **PROGRESSIVE COMPETITION**

Kids learn to develop skills and character in a positive sports environment.

### **COMMUNITY**

Connecting and building a team of families and kids.

## YMCA Jr. Buffs

Our partnership with the University of Colorado is a valuable partnership for both parties; and, our community. Youth sports participants are YMCA Jr. Buffs when they play the Y Way. Through this partnership, we are focused on providing the most positive experiences and opportunities for kids and families to be part of CU Athletics; in turn, strengthening CU Athletic support. GO BUFFS!

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# The Y Way to Play

---

## Y Sports Policies

### **Code of Conduct:**

I pledge, as a participant, parent, spectator, staff or volunteer involved in Y Sports programs, to display good sportsmanship, be encouraging and supportive and provide an environment where children can succeed and have fun.

### **Payment Policy:**

#### Team Sports:

- Unpaid registrations will automatically be waitlisted.
  - Any past due balance will move a future registration to the waitlist as well.
- No registration will be placed on a team UNTIL payment in full is received. This includes participants using FA, coupons, etc. It is the participant's responsibility to follow through if using FA or coupons.
- Priority on any team will be given to those participants who have paid in full, no spots will be held for those who have not paid.
- All registrations that are unpaid will be deleted 3 days before games begin.

#### Clinics/Non-team programs:

- Priority for spots in the program will be given to those participants who have paid in full, no spots will be held for those who have not paid. If the program fills, then any unpaid registrations will be moved to the waitlist or deleted – depending on the program.
- All registrations that are unpaid will be deleted 3 days before the program begins.

### **Refund/Credit Policy:**

All fees paid will be refunded when the YMCA cancels a program. When a participant cancels before a program starts, a \$25 fee for hockey and a \$10 fee for all other programs will be charged. No refunds will be authorized after the first game or class.

The processing fee will not be charged if a credit voucher is requested instead of a refund.

No refunds will be issued once a program begins (credit vouchers may still be granted).

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# The Y Way to Play

---

## Weather/Cancellation Policy:

### Practices

- Coaches will determine if practice needs to be canceled.
- If a coach cancels practice, it will be the responsibility of the coach to notify the team and the Y.
- If the Y, a city or school district closes fields or gyms, the Y will contact the coaches and notify teams via email.

### Games

- The Y Sports Director will make the decision whether or not to cancel games at least *1 hour before the first scheduled game of the day*.
- The Y will notify all coaches and parents via email, and post to the Y Sports website.
- Possible Reasons Games May be Cancelled or Postponed:
  - Temperature is less than 40 degrees (F) and not forecasted to rise.
  - 1 inch of snow on the field(s) and accumulating.
  - Roads and highways are on accident alert.
  - Closed city/school fields or gyms.
  - Standing water on the field(s).
  - 30 minute postponement following the sight of lightning.
  - Postponement during a severe t-storm/tornado warning; until the warning expires.

### Make-Ups

- Practices may be made up, only if space allows.
- If **two or more** weeks of games are cancelled, the Y will extend the season one week.
  - ***NO games will be played more than 1 week past the original scheduled season end date.***

Up to date game information available at [www.ymcabv.org/sportsreg](http://www.ymcabv.org/sportsreg)

## Procedure for Head Injuries during YMCA Sports Programs:

1. Remove the athlete from play
2. Accident report filled out by either staff or volunteer (given to Sports Director same day)
3. Ensure that the athlete is evaluated right away by an appropriate health care professional
4. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion
5. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion

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# The Y Way to Play

---

All parents and coaches will be sent the CDC website with further information about concussions:

<http://www.cdc.gov/concussion/sports/resources.html>

## Player Age/Division Policy:

- The Y Sports Policy on players playing outside of their division is as follows:
  - Players may play in the division consistent with their age, OR-
  - Players may play in the division one step ahead of their age group, **if that is what will provide the best experience for the player** (i.e. a 1<sup>st</sup> grade player may play in the 2<sup>nd</sup> grade division).
  - Players may NOT play in a lower division than their age group (i.e. a 2<sup>nd</sup> grade player may not participate in the 1<sup>st</sup> grade division).
  - Players may NOT play in a division that is more than one step ahead of their age group (i.e. a Kindergarten player may not participate in the 2<sup>nd</sup> grade division).

## Facility Use Policy:

- The Y facilities and the BVSD/city fields that we use must be treated with the utmost respect and care. By acting as good stewards of the facilities we are using, we are ensuring strong community support and the longevity of our programs.
  - If there are other children/siblings present at a practice or game that are not participating, they must sit with an adult. These children are NOT the responsibility of the coach.
  - Children are NOT allowed on tracks at the Y facilities.
  - Children are NOT allowed in the halls or classrooms of schools or the Y.
  - Damage to site property will not be tolerated.
  - Failure to adhere to this policy may result in the team losing their practice location. The Y will not schedule another practice time for any teams that lose their practice time as a result of violation of this policy.
- Please try to leave the field/gym better than the way you found it.
- **Only water is allowed in gyms. No food, beverages (including coffee) or snacks are allowed in gyms.**

## 24 Hour Policy:

- The Y Sports department does NOT permit any individual to confront a referee or Y Sports official at any time. If a situation arises in which a referees actions create a problem, give the situation 24 hours to cool down.
  - After the 24 hours have passed, if you still feel strongly that something should be done, please contact the Sports Director.

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# The Y Way to Play

---

## What is Your Role in the Y Way to Play?

### **Player:**

- Be respectful to all involved in Y Sports.
- Always demonstrate good sportsmanship.
- Be a good listener and attend practices and games, on time.
- Learn, grow and have fun through sports.

### **Coach:**

#### FOR YOUTH DEVELOPMENT:

- Always conduct yourself in a manner which is in accordance with the principles of caring, honesty, respect, 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 on an individual basis with the child and his/her parent. Never criticize the child in front of others and when you do, do so in a positive, reinforcing manner.
- Work towards a positive, fun experience for every child and parent on your team.
- Facilitate a season focused on sportsmanship and building self confidence in every child.
- Teach your team members to win and lose graciously and that the score board is not as important as the way they carry themselves.
- Work to create familiarity and trust among all of the players and parents.
- Encourage first, then critique.
- Set an example of good sportsmanship, motivation, and positive energy.
- Expect your players to want to learn new skills and improve on what they already know.
- 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 his/her own.
- **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. You can also use your assistant coach to help set up a new activity while you are finishing one.

#### FOR HEALTHY LIVING:

- **Commend healthy habits!** If you notice that a child has been bringing apples to practice each week, praise him/her in front of the team, just as you would if s/he had displayed an act of good sportsmanship.
- **Remember water breaks!** Hydration is a key piece of accessing the nutritional value of certain foods and without it children lose out on a lot of the potential energy that they consumed with their last meal. Water also helps blood flow and sweat flow so that the body can regulate itself during activity.

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# The Y Way to Play

---

- **Talk about the psychology of conditioning.** Being mentally strong is a very important aspect of sports to understand. Discuss with them the concept of pushing themselves beyond what they think they can achieve (i.e. running as fast as they can run and then running a little faster). This will translate into a strong mentality on the field or court, which in turn will cause them to be fit over time.
- **Get moving!** Move with the players. Not only will this elevate your heart rate, but it will provide an example of a healthy adult who has fun being active. As with most of your habits, the players will follow in your footsteps and be more active themselves.
- **Set expectations!** Give them goals or benchmarks to reach for (i.e. everyone on the team eats at least one fruit each day during the season). Enroll the parents in these expectations to make sure they are supporting the development of good habits at home. Also, talk to parents about bringing snacks that are healthy and nutritious, as well as delicious, so that the players can enjoy healthy food as a group.
- Be sure to mention it when you see improvement in your players' habits or fitness.
- By the end of the season, players should have discovered that a healthy lifestyle is FUN and EASY!
- The players should have an understanding of what it takes to stay in good health as well as some methods to do so.
- Parents should have picked up a few tips about what they can do with their children to keep them active and eating well. Teach them as the season progresses so that they can maintain the progress through the off-season.

## FOR SOCIAL RESPONSIBILITY:

- **Bring consistency in coaching style and attitude-** as role models, coaches are expected to bring the same coaching style to each practice and every game. Children, as inconsistent as they may be in their behaviors and attitude, look up to and absorb the attitudes and behaviors a coach delivers to the team. Roller coasters will breed roller coasters. Bring a powerful and steady train to every engagement to assist in bringing a positive sense of community. Be infectious.
- **Universal acceptance and inclusion-** Every child wants to be included, recognized and given individual attention. Work overtime at this, it will spread to the parents. The parents will feel part of something when their kid feels part of something. Put this into practice regardless of ability, coordination, attitude, disposition or other personality characteristic.
- **Engage and accept parents as part of the team-** Start at the first team meeting. Challenge parents to be a part of the experience alongside their child(ren), regardless of talent. Assure them they are needed to fill gaps for you with practice drills, support their child in getting to games & practices on time, re-enforcing team tenants and that in every way, they should feel a part of the team. Open communication is a critical component, let there be no barriers to this.
- **Emotional Intelligence-** Kids need to express themselves by nature. Provide a platform by setting aside time every week for active communication amongst the team and parents. Talk about highlights of a game, school, and family. This builds their confidence and positive sense of community.
- **Carry yourself in positive manner-** Be prepared for a high 5 in the grocery store at 7am on a Saturday morning, a 'hey coach' while at your kid's school, at church, at dinner-- you'll be recognized by everyone on your team. Engage them, bring the same positive attitude off the field that you have on the field. This defines a community.

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# The Y Way to Play

---

- As a coach in the community, a good goal to accomplish is for a team to feel close. This will be manifested in camaraderie, loose chatter, having fun, and smiles on the faces of both parent and players.
- Encourage each player's desire to want to do more with sports or activities. Do they want to play the sport again? Are they happy playing and engaging with the team?
- Shoot for a relatively high level of personal attendance (90-100%) for games and practices. Parents make a commitment to have their child be part of the team for a given period of time. If your attendance is low, then something is amiss.
- A fantastic accomplishment is to have players from the team coming up to you to say thank you. Make that a goal. Give them something for which they are thankful enough that they feel the need to express it to you.

## Parent:

### FOR YOUTH DEVELOPMENT:

- Talk to your child regularly about the importance of sportsmanship, integrity and fairness in sports. Remind them that winning is not the ultimate measure of success in sports.
- Always conduct yourself in a manner which is in accordance with the principles of caring, honesty, respect and responsibility. Your actions will set the example for your child to emulate and follow. You are a key role model!
- Talk to your coach before and during the season about the personal development goals you have for your child. This will allow him/her to monitor and aid your child's growth on an individual level.
- Address any behavioral or sportsmanship issues with your child immediately. Do so in a discreet manner that doesn't berate or embarrass them in front of their teammates.
- Recognize and reward your child for good sportsmanship.
- As a parent, the best way to have an impact on your child and yourself is to be involved and focus on fun!
- Introduce yourself to the coach and the other parents, and whenever possible make yourself available to help the coach/team. Not much help may be needed, but when everyone takes the initiative to be supportive, it creates a universal sense of ownership over the program and helps create a sense of community. Also, all coaches will need an assistant coach and someone to coordinate other team activities (snacks, post-season parties, etc.).
- Respect what the coach and the YMCA are trying to accomplish, and to this end, if you ever have questions, please ask the coach or the Y Sports Director.
- Keep in mind that the coaches are also often parents and are volunteering their time in order to help provide a fun and healthy sporting experience for your children. If their experience seems to be lacking, please be patient as this is a program designed to develop coaches as well as players.
- Play sports with your child(ren), and duplicate some of the games from practice. If your child is more advanced or a little behind, you can check in with the coach as to what games/drills would be best with your child.
- If you believe your child is being led astray on skills and techniques, please discuss this with the coach, as you may be correct, or you may learn something new. It is important to speak directly

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# The Y Way to Play

---

to the coach so that the team's trust in the coach is not undermined by having a player saying, "My mom/dad said that this isn't the right way to do that" etc...

- Encourage your child first and foremost. Never begin discussing a game with critical analysis or suggestions. That is the coach's job, and what each child needs more from their parent is support; someone to be proud.
- If you feel that there are things you can add, or that need to be addressed, ask them to let you know when they are ready to hear some of your thoughts on the game or their performance.
- Never hesitate to give your child positive feedback based on what you saw, especially if it is regarding something that you know they have been working on.
- Find out what your coach's expectations for your child are and then support them. Do this the same way you support your child's teachers when s/he is assigned homework.

## FOR HEALTHY LIVING:

- Spend some time each day with your child being active. This will help improve your child's fitness, coordination, skills and interest in staying healthy. It will also help you get active each day!
- Always have healthy eating in mind when planning your child's meals. It is especially important to encourage healthy eating during a sports season because their energy and attention levels will be directly impacted by how well their bodies have been nourished.
- Ask your child to help you with the menu for the week. Work with him/her to work with you to plan healthy, delicious meals.
- Be sure to mention it when you see your child improve in terms of habits or fitness.
- Keep an open dialogue about what your child has been eating at school so that you can influence his/her habits while s/he is away from you.

## FOR SOCIAL RESPONSIBILITY:

- Consider and understand what you're committing to before making a decision to join. Look at the schedule, understand basic rules, and engage with all of your team's players.
- Engage with your child about activities and sports. Ask questions about how they feel about the sport, the team, and the other players.
- Communicate with the coach, volunteer, help out, and be visible, rather than dropping your child at the field and returning when the game or practice is over. See how you can get involved in practices. This will also help you to learn the names of the other parents and players on the team.
- Talk to the other parents! This program is designed to give you an opportunity to expand your community as well! If you are enjoying yourself at games and practices, then so will your children.
- Ask your child about how s/he is feeling about his/her team. This way you are in tune with who s/he is enjoying spending time around so that you can cultivate those relationships. You will also be giving your child an outlet in which s/he can tell you about relationships that aren't going well so that you can discuss it with the coach.
  - Commend your child for being a good teammate or friend. Encourage a positive attitude towards hard work and play as well as an emphasis on treating teammates and opponents with respect.

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# The Y Way to Play

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## What Your Child Should Learn Through the Y Way to Play

### **Soccer:**

#### **3 Years Old - Mini Kickers**

- Understanding how your feet direct the ball.
- Being able to learn to listen to and learn from a coach.
- Understanding the objective of scoring a goal.
- The concept of sportsmanship.

#### **4-5 Years Old - Little Kickers**

- Be introduced to the concept of a team.
- Have fun playing (smiling a lot and wanting to play) and be involved in at least half of the games.
- Chase the ball and kick it (any direction).
- Engage in the games without the parents being on the field (PARENTS ARE NEVER ALLOWED ONTO THE FIELD TO GUIDE OR LEAD THEIR CHILD AROUND...THIS NEEDS TO BE MADE CLEAR AT THE FIRST PRATICE).
- Play the game without getting upset when someone else (opponent or team mate) kicks "their" ball.
- Playing and being involved in at least 75% of the games.
- More consistently chasing the ball and going the correct direction
- Most can run slowly backwards and sideways with a heel click sideways run
- Can use the bottom of the foot to stop the ball

#### **Kindergarten**

- Should share the ball and start to make passes in the general direction of a teammate.
- Pass (or gentle kick) with the inside of the foot.
- Beginning to manipulate the ball from side to side and change directions while dribbling.
- No hands being used on the field except for self protection or in goal (some players will use their hands in goal, but most just try and get in the shooter's way).
- Run backwards and sideways faster and some will start to turn from a frontward run to backward or sideways run.
- Going the right direction almost all of the time.
- Begin to run back and play defense.

#### **1<sup>st</sup> Grade**

- Should begin to strike the ball only with inside of foot and instep
- Should play to the whistle (stop when and only when they hear the ref's whistle)
- Beginning to play an area position on the field (in a general sense...defenders are not up in the opposing box, forwards are not the deepest back on defense, and left side is not

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# The Y Way to Play

---

always on the right). There will be a lot of reminding them of where to be and it is just beginning to be a concept that they as a team can grasp.

- With this more area-specific play, more passing should begin. Long passes up the field and to the sides will come first.
- Should begin to tackle the ball and win it from an opposing player.
- Beginnings of on-field communication between players.

## **2<sup>nd</sup> Grade**

- You should see continued improvement in all of the above mentioned areas.
- Players should be playing with respect to out-of-bounds (out-of-bounds is based on the ball being 100% across the line, player can be out of bounds and still play the ball in if the ball is even touching the line) and with this, stopping at the whistles and learning proper throw-in technique.
- More defined area play continues to evolve and as does passing to teammates and open space.
- Players should use proper kicking techniques and should no longer toe punch the ball.
- Goalies should be making active saves with hands and feet and should be able to successfully punt the ball up the field
- Players should start to kick the ball with both feet actively

## **3<sup>rd</sup>/4<sup>th</sup> Grade**

- Again, you should see continued improvement in all of the above mentioned areas.
- Dribbling skills: Players should begin to master several moves with the ball on their feet
- Players should be aware of off sides and play accordingly on offense (trying to move up on defense to draw the off-sides is a concept to work on later on, 12 years old more or less)
- Players will start to show an aptitude or preference for positions in general (defense, offense, mid field, goalie)
- Players should also start to work on fitness at practice and show a better ability to pace themselves in order to work for longer periods of time.
- All players should be able to run backwards, and sideways (heel click and karaoke style) and should be able to make a smooth transition from frontward to backward and visa-versa.

## **5<sup>th</sup>/6<sup>th</sup> Grade**

- Players should be able to juggle the ball 6 to 10 times
- With their positions no longer a point of confusion, players should start to understand “playing a shape” as a team.
- Players should be throwing the ball in correctly
- All players should be striking the ball properly
- Players should be able to kick the ball with either foot (not equally, but at least making decent contact)

# The Y Way to Play

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## **Basketball:**

### **3 Years Old – Mini Hoopers**

- Use two hands to catch the ball
- Bounce pass, chest pass w/two hands
- Learn boundaries of court
- Jump stop
- The concept of Sportsmanship

### **4 Years Old – Little Dribblers**

- Learn to dribble, progress into dominant hand
- Offense/Defense
- How to run backwards
- Identify your “person” on defense
- The concept of a team

### **Kindergarten**

- Basic fundamentals of shooting
- Sharing the ball ( teamwork)
- What is a foul
- Play until whistle blows

### **1<sup>st</sup> Grade**

- Double dribble/traveling
- Introduce pivot foot
- Defensive stance
- Offensive Spacing
- Triple Threat

### **2<sup>nd</sup> Grade**

- Stay with player (no double team)
- Forward and reverse pivot
- Proper shooting form

### **3<sup>rd</sup> Grade**

- Crossover step/Drive

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# The Y Way to Play

---

- Introduction to rebounding skills
- How to set a screen

## **4<sup>th</sup> Grade**

- Introduction to free throw
- Introduction to cuts – V-cut
- Dribble with either hand
- Lay-up
- Defensive slides: shuffle/drop step

## **5<sup>th</sup>/6<sup>th</sup> Grade**

- Box out
- Rules of game
- Screen/roll
- Passes to get around defense/Post Entry
- Deny/help
- Full Court Press
- Identify Zone Defense

## **7<sup>th</sup>/8<sup>th</sup> Grade**

- Outlet Pass
- Reading Defense
- Making the correct cuts/using screen
- Advanced Zone and Defensive Techniques

## **Baseball:**

### **3 Years Old – Mini Sliders**

- How to throw a baseball with correct form
- How to tag for an out
- How to hit off a tee
- Where to run after hitting the ball
- The concept of sportsmanship

# The Y Way to Play

---

## **4-5 Years Old – Little Sluggers**

- The concept of a team
- The infield/outfield on defense
- What a base runner is/how to run the bases
- Rolling/catching grounders

## **Kindergarten/1<sup>st</sup> Grade**

- The 6 defensive positions
- What an inning is/how many innings in a game
- Foul/fair balls
- How to hit off the pitch
- Home run

## **2<sup>nd</sup>/3<sup>rd</sup> Grade**

- How many outs to change sides
- How to slide
- Where the on-deck circle is and how to warm up
- How to catch

## **Football:**

### **3 Years Old – Mini Rushers**

- How to pull a flag
- How to carry the ball
- The concept of sportsmanship

### **4-5 Years Old – Little Rushers**

- The concept of a team
- Offense/Defense
- What is a touchdown/where it is
- The concept of 4 downs on offense

## **Kindergarten/1<sup>st</sup> Grade**

- Offensive positions
- How to correctly hand off and accept a handoff

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# The Y Way to Play

---

- What is rushing the quarterback

## **2<sup>nd</sup>/3<sup>rd</sup> Grade**

- The no-run zone
- How to correctly throw the ball
- How to correctly catch the ball

## **4<sup>th</sup>-6<sup>th</sup> Grade**

- How to cut and avoid defense
- Defensive techniques and formations
- Running pass routes

## **Volleyball:**

### **3<sup>rd</sup>/4<sup>th</sup> Grade**

- Contact the ball
- Introduce passing
- The concept of sportsmanship

### **5<sup>th</sup> Grade**

- Move to the ball
- Push the ball over the net
- Know three warm-ups
- Know the basics of passing

### **6<sup>th</sup> Grade**

- Able to pass
- Know the basics of setting
- Know six warm-ups

### **7<sup>th</sup> Grade**

- Can pass, set/spike
- No double contacts
- Can play with a team of six/know the positions

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# The Y Way to Play

---

## General League Info/FAQ's

### **Coach/Team/Player/Practice Requests**

- We believe that children have the best experience when they are allowed to participate with their friends and are able to practice/play close to home. Therefore, we try our best to honor each request.

#### **Requests are NOT guaranteed.**

- If you forgot to designate a specific coach, player or practice time/location, please contact the Sports Department and we will add the request to your registration. **Please remember, requests are NOT guaranteed.**
- Additionally, the Y offers sports leagues in Boulder, East County and Superior. If you accidentally register for the wrong location, please contact the Sports Department and we will be glad to get you in the right place.
- IF your request is not met, here are some possible reasons:
  - The date you registered
  - The amount of space available on a team
  - The availability of practice times/locations
  - The number of teams to place your child on
  - If you feel that your request has been disregarded, please contact the Sports Department for an explanation.

### **When Will I Know Which Team My Child Is On?**

- Leading up to the season, we will be recruiting volunteer coaches and setting up teams, to build rosters. During this time, only players with *specific team requests for teams already set up* will be placed on a team.
- **2 weeks prior to the start of practice**, all rosters are made public and all roster spots are opened up, assuming there is space on the team/in the division.
  - *At this time, all registered and paid players will be placed on a team.*
  - *You will receive notification of your team placement via email.*
- After a player is registered, it may take 2-3 days to place him/her on a roster.
- **Players are only placed on a roster once they have paid.**
  - *Any unpaid players will be automatically moved to the waitlist upon registration.*
    - *If your account has a past balance, you will remain waitlisted for any future programs registered for, until the balance is paid in full.*

### **Team Formation**

- The Y forms teams manually, based on the following information, typically in this order. Players may be placed on teams for any of the following reasons. Please remember that requests are NOT guaranteed and we try our best to honor each request in some manner.

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- Roster from the previous season
  - Requests
  - School/area
  - Date of registration
  - Which teams need players
- *Full Teams:* Occasionally, we receive more requests for a specific coach/team than there are slots on the team. In this case, priority will be given to those children that played with the coach in previous seasons; and, then we will form the roster based on registration date.
  - *Rosters:* ALL coaches/teams MUST abide by the aforementioned roster deadline of 2 weeks prior to the start of practice.
    - **Roster spots will NOT be held following the roster deadline, even for full teams mentioned above.**
  - *Switching Teams:* If a situation arises where a team does not work out for you, we will try to find a team that does, based on availability.

## How Many Players Are On Each Team?

- The number of players on each team is ideally proportional to the number of players on the field for any given division. This number can ONLY be modified (+/- 2) by the coach, as we will cap rosters at the number of players below for each division. Examples:
  - Soccer
    - Little Kickers: 4 on the field / 8 on the team
    - Kindergarten: 4 + Goalie on the field / 10 on the team
    - 1<sup>st</sup> Grade: 5 + Goalie on the field / 12 on the team
    - 2<sup>nd</sup> Grade: 6 + Goalie on the field / 14 on the team
    - Spirit Soccer: 7 + Goalie on the field / 14 on the team
  - Football
    - K/1<sup>st</sup> Grade: 5 on the field / 10 on the team
    - 2<sup>nd</sup>-6<sup>th</sup> Grade: 7 on the field / 14 on the team
  - Basketball
    - Little Dribblers: 4 on the court / 8 on the team
    - All Other Leagues: 5 on the court / 10 on the team
  - Baseball
    - Little Sluggers-3<sup>rd</sup> Grade: Up to 6 players on defense / 10 on the team.
  - Volleyball
    - 3-4 on the court / 6-8 on the team
  - Hockey
    - 1<sup>st</sup>/2<sup>nd</sup>: 4 + Goalie on the ice
    - All other divisions: 5 + Goalie on the ice

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# The Y Way to Play

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- Lacrosse
  - 1<sup>st</sup>-4<sup>th</sup>: 4-6 + Goalie on the field, depending on participation numbers
  - 5<sup>th</sup>-8<sup>th</sup>: 9 + Goalie on the field

## What Is the “U” System for Soccer Soccer?

- The “U” system divides the soccer divisions by age, as opposed to grade. U stands for UNDER. However, the divisions are designed to encompass all of our previous grade levels, with some opportunity for new players and continuing players. This also brings our Spirit Soccer league in line with other programs offered for this sport.
  - **Please Note:** While there may be opportunity for early 5<sup>th</sup> graders and early 7<sup>th</sup> graders to play in the lower league, we do NOT recommend this. We will NOT allow entire teams of 5<sup>th</sup> or 7<sup>th</sup> graders to play down. We want to keep the level of competition strong and healthy for each league.
    - **Players should play in the same league for the entire school year.**
  - U11=Under 11 years old, as of the first day of games.
    - Comprised primarily of 3<sup>rd</sup>/4<sup>th</sup> graders. Late 8 year olds, and 9 and 10 year olds.
  - U13=Under 13 years old, as of the first day of games.
    - Comprised primarily of 5<sup>th</sup>/6<sup>th</sup> graders. Late 10 year olds, and 11 and 12 year olds.

## Combining Leagues

- If participation is low in any league, we will combine the league in any of the following ways:
  - Combine East County, Superior or Boulder leagues.
  - Combine grade levels (one grade higher or lower).

## What Equipment Does My Child Need?

- Below is a list of REQUIRED equipment and RECOMMENDED equipment for each sport. This list has been developed for both the safety of the child and to adequately prepare the child for a positive learning experience. The YMCA will provide jerseys for all leagues and an end of season award. **YMCA issued jerseys must be worn at each game for all sports.**
  - BASEBALL (Required)
    - Baseball Glove
  - BASEBALL (Recommended)
    - Cleats
    - Athletic Shorts/Sweats
  - BASKETBALL (Required)
    - Athletic Shoes – Practice and Games
  - BASKETBALL (Recommended)
    - Athletic Shorts/Sweats

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---

- FLAG FOOTBALL (Required)
  - Mouth Guard – Practice and Games
- FLAG FOOTBALL (Recommended)
  - Cleats
  - Athletic Shorts/Sweats
- HOCKEY (Required)
  - All Equipment (Skates, Pads, Helmet, Stick, etc.)
    - We offer a gear assistance program. Please contact the Ice Director.
- ICE SKATING (Required)
  - Skates (may be borrowed during programs)
  - Helmet
- ICE SKATING (Recommended)
  - Warm Clothing
- LACROSSE (Required)
  - All Equipment (Shoes, Pads, Helmet, Stick, etc.)
- SOCCER (Required)
  - Shin Guards – Practice and Games
- SOCCER (Recommended)
  - Cleats
  - Athletic Shorts/Sweats
  - Shin Guards inside of socks
  - Instep bands (to keep shoes from coming untied)
- TENNIS (Required)
  - Tennis Shoes
- TENNIS (Recommended)
  - Athletic Clothing
  - Racket
- VOLLEYBALL (Required)
  - Knee Pads
- VOLLEYBALL (Recommended)
  - Athletic Shorts/Sweats

## How Do I Get A Refund Or Credit Voucher?

- *Refunds are only accepted before the first game of the season* and are charged a \$10-\$25 processing fee.
- Credit Vouchers are not charged a processing fee.
- In order to request a refund, you must visit either Y branch and complete a “Program Refund/Voucher Request Form”. You will need to select whether you want a Refund or a Credit Voucher.
  - If you select to receive a refund, please include your credit card information.

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# The Y Way to Play

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- Otherwise, your Refund will be mailed to you in the form of a check.
  - **Refunds may take up to 4 weeks to be processed.**
  - *The Y does NOT offer prorated fees or prorated refunds for any program, unless the reason is medically related.*
- If you would like to use a credit voucher or coupon as your method of payment for a program, you must visit either Y branch to register and pay for the program.

## Coaches and Volunteers

- Y Sports teams are run entirely by volunteers. Without volunteer coaches, assistant coaches and team parents, our programs will not run. Volunteer coaches are parents, older siblings and community members who want to make a positive impact in the community. Please respect and appreciate their time and commitment to the kids-they are to be valued.
  - If there is ever a problem with a coach or volunteer, please contact the Sports Director.
- Background Checks
  - All volunteer coaches must complete background checks as part of their application process. Applications can be found online at the Y Sports Website, Coach & Parent Resources.
- What If Our Team Doesn't Have A Coach?
  - Your Y team will have a coach. We recruit coaches extensively leading into a season. There may be times, however, when there has not been a coach assigned to the team that your child has been placed on. In this case:
    - The Y staff will run practice until a volunteer coach is found.
    - Parents on the team may be asked to coach, if necessary.
- If you are interested in coaching Y Sports, please contact the Sports Director.

## Practice

- Teams will have at least one practice prior to their first game.
- Coaches will choose practice day, time and location, based on availability from the Y. Most teams practice at the Y or BVSD/city fields or gyms.
- We will post the practice time on your roster, as soon as it has been scheduled. If you do not see a practice time listed on the roster, it has not been scheduled with the coach yet.
  - Contact the Sports Director or your coach for more information.
- Parents need to check their child in with the coach at each practice. Please do not just drop your child off.
- **The Y does not cancel practices except for extreme circumstances.** Sometimes, events beyond our control prevent teams from practicing. Please be assured that the Y will do everything we can to schedule a make-up practice for the team.
  - Practices are ONLY cancelled if:

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# The Y Way to Play

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- The coach cancels practice (the coach will inform you of this decision).
- The Y, BVSD or a city closes a field/gym.

## Games

- Games will be held at the Y and BVSD/city fields and gyms. Please try to arrive to games 15 minutes early, so that we can keep our game schedule running on time. Parents must check their child in with the coach at each game. Please do not just drop your child off.
- The game schedule for each season will be released 10 days prior to the first game. We will email the schedule out to all participants, as well as post on the Y Sports website.
- For information on cancellation/postponement of games, please refer to the Weather/Cancellation Policy.
  - Spirit Soccer and Advanced Basketball will have end of season tournaments. You will receive more information about each tournament during the specific season; and, you will receive the tournament schedule via email at least 2 weeks prior to the first day of the tournament.

## Officiating/Referees

- Y Sports referees are trained extensively on the rules of the game, positioning and mechanics, controlling the game and the Y Way to Play. Referees understand that their job is to not only officiate the game, but to give the children a great experience.
- What sets our referees apart from other leagues is our ability to teach. Y Sports referees are trained to interact with the children, teach the game and reinforce what the children are learning, and to have fun with the kids!
- Please be respectful of the referees and their judgment. No referee is perfect; so, yelling at and berating the officials will NOT be tolerated. Please understand that Y Sports referees are here for the kids; and we all share a collective responsibility to provide an environment in which the children are able to learn, grow and have fun.
- Any problems with a referee should be addressed with the Sports Director. Please do not confront a referee (refer to the 24 Hour Policy).

## Financial Assistance

- The Y is proud to offer Financial Assistance to those who qualify; so, that all have the opportunity to play Y Sports. To apply for Financial Assistance, please visit either Y branch and a customer service representative will be glad to help you.
  - This process may take up to 2 weeks, so please plan accordingly.
  - We will not hold a child out of a program who is in the application process for Financial Assistance. However, upon receiving a Financial Assistance award, any balance remaining MUST be paid for the child to continue participating.

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# The Y Way to Play

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## Community Support Campaign

- The Y does not turn anyone away from a program due to inability to pay. We are only able to offer financial assistance to families in need through generous contributions to our Community Support Campaign. If you are interested in finding out more about the Y Community Support Campaign or would like to make a donation, please contact the Sports Director.

## YMCA of Boulder Valley Sports Website

- The YMCA of Boulder Valley Sports website is a valuable tool that allows us to have a central command center for each sport. We are able to communicate with all participants, schedule games and practices, build teams and connect coaches and managers with their teams. Additionally, you will have access to your child's team page and roster, as well as be able to contact your coach at the click of a button. While you do have to have a separate account for each sport, the communication ability and efficiency of this system allows us to serve you better. We will always work on your behalf, to provide excellent communication, service and quality programming.
- The Y Sports Website may be accessed two ways:
  - [www.ymcabv.org/sportsreg](http://www.ymcabv.org/sportsreg)
  - [www.ymcabv.org](http://www.ymcabv.org) and click on the red "Sports" button at the top of the page

## How Do I Register?

- For each sport, you must have a separate account. So, if you have played Y Sports since Spring 2009, you will have an account created for the sports you have played. If not, you will need to create an account for each sport you will be playing.
  - To login or create an account:
    - Go to [www.ymcabv.org/sportsreg](http://www.ymcabv.org/sportsreg) and select your Sport.
    - Click on the Register Now button.
    - Select your program from the list of open programs by clicking the Begin Registration button at the bottom of the program you are choosing.
    - If you have registered under this system for this sport:
      - Please enter your login information and continue with registration.
    - If you have NOT registered under this system for this sport:
      - Enter your email address only.

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- You will receive a temporary password to your email account from LeagueAthletics.com
  - Be sure to check your junk mail, in case the email is identified as SPAM.
- Once you receive your password, continue with your login and registration.

## Where Do I Find Prices for Each Program?

- The YMCA Member / Non-Member fees for each program will be displayed , once you select the Register Now button on the sport page you are registering for.

## How Do I Find Out Which Team My Child Is On?

- 2 weeks prior to the start of practice, we will release rosters; and, you will be notified via email.
  - Use the link on that email to go to your team page.

## I Need To Change My Account Information?

- In order to update your account information, login to your account:
  - Go to [www.ymcabv.org/sportsreg](http://www.ymcabv.org/sportsreg) and choose your Sport.
  - Click on the Edit My Account tab on the left side of the page.
  - Login using your email and registration password.
  - When your family is displayed, click on the family member that needs to be updated.
    - Please Note: You cannot change the birth date of any family member. Please contact the Sports Department if you need to make this change.

## Where Do I Find Game Schedules?

- Game schedules will be available on the Y Sports Website 10 days prior to the first game:
  - Under the **Master Schedule** tab on the left side of the page for each sport.
  - They will also be located on your team calendar.
  - ***Please make sure to sign up to receive email and text reminders of games and practices!***

## Where Do I Find the League Rules?

- The league rules will be located on the Y Sports Website under the **Parent & Coach Resources** tab on the left side of the page for each sport.

## Where Can I Find Financial Assistance Information/Application?

- Financial Assistance information and applications are located on the Y Sports Website under the **Financial Assistance** tab on the left side of the page for each sport.

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# The Y Way to Play

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## Resources

### **Parent & Coach Resources**

- Each sport page will have a **Parent & Coach Resources** section on the left side of the page, devoted to providing you with useful information and links regarding Y Sports.
  - Concussion Information/Training
  - Rules, Regulations, Standards, Policies
  - CU Athletics, Coaching Websites
  - Coaching Manuals/Training

### **YMCA Youth Sports E-Learning**

- <http://training.ymca.net/>
- Available Courses:
  - YMCA Youth Sports Programs
  - A Parent's Role in Youth Sports
  - Volunteers Make the Team
  - Safety and Emergency Action
  - Coaching YMCA Youth Sports
  - Officiating YMCA Youth Sports
  - Coaching YMCA Basketball
  - Coaching YMCA Soccer
  - Coaching YMCA Baseball/Softball
  - Coaching YMCA Volleyball
  - Coaching YMCA Flag Football

**The Y Way to Play is a commitment for all to learn, grow and have fun through sports.**

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