

2012/13 Child and Youth Fitness Programs



Youth Sports Handbook



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MISSION STATEMENT

Our mission is to enhance skill development, promote positive peer interactions, develop lifetime recreational skills and increase physical fitness levels through a safe, fun and efficiently managed sports program. Our program is designed to serve the entire youth community. We want to give our youths the chance to improve their sports skills and have fun!

PHILOSOPHY

The Naples Youth Sports program is designed to help boys and girls ages 5 to 17 to develop into better people through participation in organized and supervised recreation. We believe that through sports our youths can learn good sportsmanship, teamwork, self-reliance and self-discipline. This is why our primary emphasis is on participation rather than winning or losing.

PARENTAL INFORMATION MEETINGS

Prior to each season, Youth Sports holds a **mandatory** Parental Information Meeting. This event has been established to inform parents of their child's practice days, introduce coaches, explain policy and procedures, and provide a "Question and Answer" opportunity for everyone. Coaches are kindly requested to attend this important meeting.

SCHEDULED

PARENTAL INFORMATION MEETINGS

Spring Season: March 1, 2012 at 4 p.m. at Support Site Fitness Forum Gym

Fall Season: September 6, 2012 at 5 p.m. at Support Site Fitness Forum Gym

Winter: January 7, 2013 at 5 p.m. at Support Site Fitness Forum Gym

Concepts and Goals of the CYP Youth Sports and Fitness Program

Fun and enjoyment: Provide youth awareness and opportunities to compete on an equal basis and a non-competitive atmosphere which brings fun and excitement back into the sport.

Leisure Skills Development: Provide opportunities for youth to develop lifetime leisure and physical fitness skills.

Physical Development:

1. Teach fundamental and safe sports
2. Provide opportunities to improve their physical conditioning
3. Teach sound health habits
4. Provide safe playing areas and proper supplies and equipment

Psychological Development:

1. Fostering the development of self-worth and personal identity
2. Providing opportunities to express and control emotions
3. Creating a learning environment for problem solving/conflict resolution and team work

Social Development:

1. To have fun with others
2. To learn independence and the importance of teamwork
3. To learn cooperation and sportsmanship
4. To develop leadership skills and initiative
5. To learn how to compete—how to put winning or losing in perspective

Concept of Winning:

Participants can learn from both winning and losing if winning is placed in a healthy perspective. Staff and volunteers should teach players' winning is not the primary goal. Teach players that losing a game or event is not a reflection on their own self-worth. Staff and volunteers should inform participants that success is related to effort and is found in striving for the best they can do.

Players and Parents

The game is to be played, first and foremost, for fun and learning! This policy was created to ensure a positive sports program experience for everyone. The following is a list containing some, but not all of the actions that will not be tolerated at practice or games. Please review with your child so everyone understands what is expected.

1. **Drugs or alcohol:** removal from leagues
2. **Intent to injure:** automatic ejection & 2 game suspension
3. **Fighting:** automatic ejection and one game suspension
4. **Profanity:** automatic ejection
5. **Throwing equipment:** automatic ejection
6. **Leaving the playing area without permission:** coaches' discretion
7. **Talking back or arguing with an official:** official's discretion

Listed below are the minimum actions that will be taken in the event the rules are not followed:

- 1st Incident:** conference with player and parent
- 2nd Incident:** one game suspension
- 3rd Incident:** dismissal from league

If a player is ejected from a game by an official or staff and a suspension is issued, it will be served at the next scheduled game. The suspended player may not attend practices or the game he or she is suspended from until the suspension is complete.

Registration

The cost for each child to participate into the sports leagues is \$30. This fee covers uniforms, transportation to Carney Park and games officiated by NOA. Registration will be taken daily, prior to the start of each season at the Support Site Youth Center. Validation of each child's birth date is required, along with the Child and Youth Program registration form at registration.

Practices and Games

Practice Days:

All of our practices are held either Tuesdays and Thursdays or Wednesdays and Fridays, unless otherwise noted on the registration form. Practices are not held when the children are out of school; this includes all federal holidays, as well as Spring Break, 1/2 days of school and teacher in-service days.

Games:

For fall and spring leagues, games are held on Saturdays at Carney Park. Winter league games are held at the Support Site MWR gyms. A schedule will be distributed to you via your child's coach. No transportation will be provided to Carney Park on game days (only practice days). Please remember to bring water for your child, as it is not provided on game day.



Volunteers

The MWR Youth Sports Program is facilitated and coordinated by paid employees. However, they are a small part of what it takes to provide a quality Youth Sports Program. Coaches, assistant coaches, bus monitors and team parents are all key roles in making this program a real success. These jobs are taken on by kind and giving volunteers. Without these outgoing people willing to give time and energy to become certified and trained by MWR, we would not be able to offer these programs. So, please consider sharing some of your time with our community's youth and volunteer to be part of our youth sports season.

Coaches

All of our Youth Sports coaches are volunteers. They have passed an extensive background check and have participated in a comprehensive training program largely designed by the National Youth Sports Coaches Association (NYSCA).

Anyone who wishes to donate their time to coach a Youth Sports team does not have to be proficient at the sport, but have the enthusiasm, patience and warm heart to devote their time twice a week for 1.5 hours and one hour on Saturdays, our game days. To show appreciation for your time as a volunteer coach, your child's registration fee will be refunded.



The training that our coaches must complete can be accomplished online at the cost of \$25 refundable if you provide copy of the certification (with the exception of CPR and First Aid) or for free during one of our class offerings. All of our volunteer requirements are mandated by Commander Navy Installations Command and is designed to better prepare our coaches to provide a quality experience for our youth. The topics include First Aid and CPR, working with kids with special challenges, injury prevention and training and communication to name a few. Additionally, the NYSCA training provides each coach with \$10,000 liability insurance.

Youth Sports Tips & Info

Transportation

Buses are provided by MWR from the school to Carney Park, and return for weekday practices.

Oversight: buses are managed by the Youth Sports Office and any questions or concerns about those buses should be directed to the Youth Sports Director. The School Transportation Office (DoDDS) is not responsible for the Youth Sports buses and our buses are NOT the same as the School's activity buses.

Ridership approval: if you desire to have your child ride the MWR Youth Sports buses, please notify your child's teacher in writing about the days you would like him/her to ride.

NOTE: *Transportation is not provided when there is no school, 1/2 days from school, when practices are cancelled due to inclement weather, and on Saturdays.*

Location of buses: the MWR Youth Sports buses will be the last buses in line at the school.

Non authorized riders: children who are not enrolled in the Youth Sports Program, regardless if sibling, may only ride the Youth Sports buses on a space available basis.

Rules for Riders: Use of the Youth Sports buses is a privilege and any youth found to be disruptive, abusive or destructive may lose the privilege. While on our buses everyone must remain seated at all times, refrain from yelling, foul language or gestures, may not possess weapons (real or fake), nor alcohol or tobacco products.

Bus riders must be courteous to our driver and bus monitors and obey their requests regarding safety and orderly conduct. Disciplinary actions will be based on the severity of the incident and are at the sole discretion of the Youth Sports Director.

Picking up your child

If a child will be picked up by someone other than his/her parents or legal guardian from practices or games, notify the Youth Sports Office in writing a day prior to pick up date, by fax at DSN 629-4022. Remember that our coaches are volunteers; we ask you to be prompt in picking up your child. Repeated tardiness may result in expulsion from the program.

Photos

Photos are to be purchased during the sports season. A photo form **MUST** be filled out by a parent and fees are to be paid prior to the photos being taken. Photos will be distributed via your child's coach. Any unclaimed photos will be available at the Youth Sports office until the **end of the current sports season**. At that point, Youth Sports will not be responsible for photos.

Water

Water is not provided during both practices and games, make sure your child takes a bottle of water on the field.



End of Season Awards BBQ

At the end each of sports season, CYP Youth Sports will hold an end of season BBQ for all youth enrolled and their coaches. Spring and Fall Leagues BBQ are held at Carney Park, while the Winter Leagues is held at the Support Site Bowling Alley.

During the BBQ participation medals will be distributed to all participants along with hot dogs, chips and drinks being provided to all Youth Sports participants and coaches.

Uniforms

All uniforms are provided by MWR, unless otherwise noted.

Soccer Start Smart: Children will receive a team shirt and shorts. Shin guards, socks and shoes are not provided.

Flag Football: Children will receive a team shirt. Mouth guards are not provided.

Parents and Coaches: should your child's uniform not fit properly or your team requires new/different equipment, notify Youth Sports immediately and they will replace, exchange or purchase what you need.

Practice Attire

At all practices, children are encouraged to wear sweatpants and a sweatshirt or a t-shirt and shorts, and sneakers or cleats (cannot be metal) as the sport and weather warrants. Children are responsible for all of their personal items. All lost and found items will be brought to the Youth Sports Office and disposed of at the end of the sports season.

Equipment

All safety equipment will be provided by MWR for each sport *except* for mouth guards, shin guards, and athletic supporters, which should be provided by parent or guardian. The coaches will have this equipment ready at each practice.

Equipment can be purchased at the Carney Park NOR Center, the NEX or local vendors (or more info, google: Decathlon, Elefantino Sports or Mida Sports). Also, metal cleats are prohibited for all recreational games and practices.



Cancellation for Games and Practices

Bad weather and military commitment will be the only grounds for cancellations.

Practice cancellations: 1 p.m. will be the cut-off time for canceling practices due to inclement weather. If it rains after 1 p.m., the buses will be running as scheduled, and parents will need to contact the schools if they do not want their children to catch our Youth Sports buses.

The decision to cancel practices will be determined ONLY by the Youth Sports Office. In the event of a practice cancellation due to military commitment or a personal emergency on behalf of the coach, the coach must inform the team parents or guardians and Youth Sports office as soon as possible.

Game cancellations: Game officials and/or the Youth Sports staff will make the determination at the site for weekend games. All games and practices will be called off if lightening is within 5 miles of the area.

Finding out about cancellations:

Due to the number of participants we have in our leagues, please contact your child's coach.

FAQ's

Why does Youth Sports not have enough coaches at the start of each season?

We solicit for coaches two months prior to each season, but each season we do not receive enough volunteers to support our teams. Youth Sports, like in the States, relies totally on Volunteer Coaches to implement each sports season and therefore needs parents and dedicated individuals who want to be involved to volunteer prior to each season.

Why are schedules not distributed promptly?

Delays in schedule distribution are only a result of two things:

- #1 Too few individuals stepping forward to be a coach in advance causing insufficient number of coaches which results in a reduction of teams if enough volunteers are not found which then requires for children to be re-distributed.
- #2 Children not attending the mandatory Team Assessment Day on August 28 which delays the formation of teams.

How do we get our practice and game schedules?

Practice schedules are distributed at the mandatory Parent Information Meeting scheduled prior to each sports season. Game schedules are distributed via coaches once all teams have coaches. All schedules will be posted on the Youth Sports website located at <https://www.cnrc.navy.mil/Naples/FleetAndFamilyReadiness/FitnessandSports/YouthSports/index.htm> or can be picked up at the Youth Center located at the Support Site.



Why would other teams be practicing and I have never been notified about my child's practices?

The Parent Information Meeting is the best way to get the critical information that you need about your child's team. If your child does not have a coach at the time of this meeting, practices for their team are delayed until one can be recruited.

Why is the Parent Information Meeting so chaotic?

This meeting is for Parents Only and bringing children along leads to the chaotic atmosphere. In an effort to reduce the congestion in these important meetings, we kindly ask that only parents come to the meeting and attend during the designated meeting time publicized for their child. Additionally, any problems or concerns should be addressed to our Youth Sports staff allowing our Sports Director to conduct the meeting as scheduled.

Why was my child placed on a Carney Park/Support Site team when I requested Support Site/Carney Park?

The goal of the Youth Sports program in formulating teams is to first and foremost make the teams equitable in player ability and small enough so that every participant gets play time. With these factors in mind, Youth Sports makes every effort to place children at the location requested, however if your child is placed at a different location than requested: no space was available on a Support Site or Carney Park team.

Your child being placed on a team at the location requested would have given a team an unfair advantage or disadvantage.

Who do I contact with questions?

Youth Sports at 338-736-3720

Youth Activities at 081-811-4729

Sports Season Calendar - 2012 SPRING SEASON

(March - June)

Start Smart Baseball (ages 3 and 4)

This program is an introduction to team sports which gives each child an opportunity to interact with others and learn basic baseball skills. This activity will be offered at both Support Site and Carney Park. Teams are coached by volunteer parents. For safety reasons, it is required that all Little Sluggers' parents be present at the practices in their entirety.

Baseball/Softball League (ages 5-17)

This league is broken down by age divisions with all league practices offered at both Support Site and Carney Park.

The following divisions are based on the child's age at the time of registration and are subject to team and coach availability as well as player's ability:

T-Ball (ages 5 and 6): practices offered at both Support Site and Carney Park.

Machine Pitch (ages 7 and 8): practices offered at both Support Site and Carney Park.

Kids Pitch Baseball (ages 9 to 11): practices offered at both Support Site and Carney Park.

Junior Softball (ages 9 to 12): practices offered at both Support Site and Carney Park.

Junior Baseball (ages 12 and 14): practices offered only at Carney Park.

Senior Baseball (ages 15-17): practices offered only at Carney Park.

Senior Softball (ages 13-17): practices offered only at Carney Park.

MANDATORY Team Placements

Team placements are set up to ensure that each team is equal in skill and capabilities. Team placements will be held for ages 9-17. A CYP registration form must be completed before team placement day. There will be no team placements for the following sports: Start Smart, T-Ball, and Coach Pitch.

Sat, Feb 18: BASEBALL (ages 9-17) at Support Site South Fields, 1 p.m.

Sat, Feb 18: SOFTBALL (ages 9-17) at Support Site North Fields, 1 p.m.

Sat, Feb 25: BASEBALL (ages 9-17) at Support Site South Fields, 4 p.m.

Sat, Feb 25: SOFTBALL (ages 9-17) at Support Site North Fields, 4 p.m.

Spring Season Opening Day Ceremony:

March 24, 2012 at Carney Park
Field # 4, 10 a.m.



Sports Season Calendar
2012 FALL SEASON
(September-Mid December)

Start Smart Soccer Under 5 (ages 3 to 4)

This program is an introduction to team sports which gives each child an opportunity to interact with others, have fun and learn some easy soccer concepts. This activity will be offered at both Support Site and Carney Park. Teams are coached by volunteer parents. It is a requirement, for safety reasons, that all Little Rascals' parents be present at the practices and games in their entirety.

Soccer League (ages 5 to 17)

This league is broken down by age divisions with all league practices offered at both Support Site and Carney Park. The following divisions are based on the child's age at the time of registration and are subject to team and coach availability as well as player's ability:

Under 7 (ages 5 and 6)

Under 9 (ages 7 and 8)

Under 11 (ages 9 and 10)

Under 13 (ages 11 and 12)

Under 15 (ages 13 and 14)

Under 18 (ages 15 to 17)



Flag Football Leagues (ages 9 to 14)

This league teaches youth basic offensive and defensive techniques as well as the rules

of the game. Practices will be offered at both Support Site and Carney Park.

The following divisions are based on the child's age at the time of registration and are subject to team and coach availability as well as player's ability:

Under 12 (ages 9 and 11): practices offered at both Support Site and Carney Park.

Under 15 (ages 13 and 14): practices offered at both Support Site and Carney Park.

Team Placements

August 25, 2012 Carney Park, 10:30 a.m. MANDATORY

Team placements are set up to ensure that each team is equal in skill and capabilities. Team placements will be held for ages 9-17. A CYP registration form must be completed before team placement day. There will be no team placements for Soccer Little Rascals Under 5, Soccer Under 7, Soccer Under 9 groups.

Fall Season Opening Day Ceremony:

September 22, 2012 at Carney Park, Field #4, 10 a.m.



Sports Season Calendar 2013 WINTER SEASON (December—March)

Basketball League (ages 9-14)

This league is broken down into two divisions, Junior and Senior divisions. All league practices and games are offered only at Support Site.

The following divisions are based on the child's age at the time of registration and are subject to team and coach availability as well as player's ability.

Juniors (ages 9-11)

Seniors (ages 12-14)

A CYP registration form must be completed before team placement day.

MANDATORY Team Placements

Support Site Fitness Forum Gymnasium, December 11-14, 2012 - 3:30-5:30 p.m. as follow:

Under 12 - Tue, December 11 or Wed, December 12

Under 15 - Thu, December 13 or Fri, December 14



Parents Association For Youth Sports

Parents Promoting Positive Sports

Being the parent of a youngster involved in organized sports takes effort, commitment and a healthy dose of patience – that is, if you want to successfully meet your child's ever-changing needs during the course of the season. It also means shuttling your child back and forth to practices and sneaking out of work early to attend games – but that's just the beginning. There are many other responsibilities to meet and issues to address so that when your son or daughter puts on that colorful uniform and steps on the field, court or rink they will have a memorable season for all the right reasons.

Unfortunately, when there is conflict, miscommunication or disruptive behavior, parents can also have a negative effect on your programs.

Because parents play such a crucial role in helping their children get the most fun out of their participation as possible, NAYS created the Parents Association for Youth Sports (PAYS). The PAYS program enables parents to help their children have truly rewarding experiences.

This educational program offers a simple, effective way to make parents aware of their roles and responsibilities and ways they can make the youth sports experience more enjoyable and positive.

CYP Naples Youth Sports will implement the PAYS program throughout the Naples Youth Sports parents holding a LIVE PAYS MEETINGS, in which the PAYS video is viewed and the Parents' Code of Ethics is distributed and signed.



This is an easy, fun and rewarding Navy Youth Fitness open to all youth, ages six to eighteen years, who are eligible to use Navy Morale, Welfare and Recreation (MWR) facilities. FitFactor challenges participants to be active each day, eat right, and make healthy choices. Participants earn points for eating healthy and being active. As they earn points, they advance through six FitFactor levels. Small incentives are awarded at each level to help youth stay on the fitness track.

It is a computer based system to log the points for eating healthy and being active in a variety of ways—from team sports to household chores you can start earning points and achieve the six FitFactor levels:

Level 1	Energy	1,000 points
Level 2	Strength	3,000 points
Level 3	Agility	8,000 points
Level 4	Adventure	15,000 points
Level 5	Endurance	25,000 points
Level 6	Power	35,000 points

Small Incentives will be awarded for each level you reach. Some of the incentives include silicone bracelets, FitFactor dog tags, pedometers, nylon fliers and other items that will help you stay in track to *Get up, Get Out and Get Fit!*

Contact Youth Sports at DSN 629-4729 for more details.

CODE OF ETHICS

COACHES:

- I hereby pledge to live up to my certification as a NYSCA coach by following the NYSCA Coaches' Code of Ethics.
- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice the basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

CODE OF ETHICS

PARENTS:

- I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth, not for adults. I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect, regardless of race, sex, creed or ability.
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

Information

~All Child and Youth Programs at NSA Naples~

Child Development Centers:

There are two Centers (one located at Capodichino and one at Support Site) who care for children age 6 weeks to 5 years. Both of our Centers are NAEYC accredited programs. Please see our Resource and Referral Office located within the CDC Support Site to register for either Center or call COMM. 081-811-4989.

Child Development Homes:

CYP also manages a CDH program that provides home-based child care services for eligible patrons by Navy certified independent private contractors in their government leased residence. Care for infants to children up to 12 years can be acquired. Please see our Resource and Referral Office located within the CDC Support Site to seek availability of care for your child or call COMM. 081-811-4989.

Teen Center:

The Teen Center is open Monday-Thursday, Noon-8 p.m., and every Friday and Saturday (during the summer months) Noon-10 p.m. This program is for teens entering 7th grade through 12th grade.



Child and Youth Programs

Information

~All Child and Youth Programs at NSA Naples~

Youth Sports Program:

During the summer months, Youth Sports offers clinics and events. Please check out our summer programs' pamphlet to see what exciting sports and fitness programs we have scheduled for summer 2012.

School Age Care:

During the school year, Youth Programs manages a School Age Care program that cares for children in 1st grade through 6th grade. Before and After School care as well as on full days off from school. Please see our Resource and Referral Office located within the CDC Support Site to seek availability of care for your child or call COMM. 081-811-4989.



Summer Day Camp:

This program is offered every summer beginning the Monday after school ends until the Friday before school begins. It is a comprehensive recreational experience for children in 1st through 6th grade. Stop by the Youth Center to learn more about our summer camp opportunities.

INFORMATION

Additional information, including the 2012/13 Naples Youth Sports Handbook, are available on the Commander Navy Installation Command web page at <https://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness/FitnessandSports/YouthSports/index.htm>

The Youth Sports program is a division of the Youth Activities branch of the Morale, Welfare and Recreation department. Youth Sports practices and games are supervised by Youth Sports staff.

ADMINISTRATIVE OFFICE

Support Site Youth Center
Monday-Friday, 6 a.m.-6 p.m.
Cash register closes at 5:30 p.m.
COMM. 081-811-4722

QUESTIONS OR CONCERNS

Contact the Youth Center at Support Site for any questions or concerns

Gerardo Troiano
Youth Sports Director
COMM. 081-811-4729 or DSN 629-4729
CELL. 331-197-4131

Cathy Knapp
Youth Activities Director
COMM. 081-811-7456 or DSN 629-7456



Child and Youth Programs

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