



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Summerville Family YMCA- Flag Football at Oakbrook

Dear Parents,

Thank you for choosing the YMCA as the organization for your child's sports experience. We hope that you and your child enjoy this season and the experience of YMCA sports. The YMCA is dedicated to providing a quality sports experience in a Christian atmosphere while focusing on the development of character in our youth. Our goal is not only to develop the player, but to also develop the person. We communicate and teach the values of caring, honesty, respect, and responsibility. We regard each player and team as winners despite skill level or winning percentage. We work to instill the values of sportsmanship and fair play. Our hope is that you and your team enjoy the fellowship of the game and take with you great memories from your experience with us.

The information contained in this packet is for your review. Please take the time to read through it carefully. If you have any questions, please call us or e-mail us at the contact information listed below.

Again, thank you for your participation in YMCA sports. We look forward to a great season!

Be sure to visit our website for youth sports at:

<https://summervilleyymca.org/programs/sports-rec/>

Thank you,

Stephanie Adams  
Oakbrook Youth Sports  
Director 843-821-1028  
[StephanieA@summervilleyymca.org](mailto:StephanieA@summervilleyymca.org)



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## **Teams should use the following guidelines for this Flag Football season due to COVID restriction.**

- Spectators and Participants will be required to sign a sports waiver prior to the season.
- No one should attend practice or a game if not feeling well, has a fever, currently under a quarantine, or has been in contact with someone with COVID-19 in the last 14 days.
- Personal health and safety are the responsibility of all players, volunteers and spectators.
- If a positive COVID-19 test is reported to the YMCA, teams impacted will be notified, while keeping the individual's identity confidential.
- Players will be required to provide their own hand sanitizer.
- Participants and guests should wear facial coverings.
- Players are required to provide their own equipment (gloves).
- All equipment, whether YMCA or player provided, should be cleaned after each individual use during the game.
- Players should not share water bottles and drink containers. Please label all sports bottles.
- No sunflower seeds or gum will be allowed.
- During the games, players should warm up along the field and not in a close circle.
- We ask players to bring a chair to sit while resting on the side of the fields. No benches or bleachers provided for players or parents.
- When off the field players should maintain social distancing and wear facial coverings.
- Parents will bring their own chairs/blankets and practice social distancing.
- After the games, there will not be any handshakes, congratulation lines, or parent tunnels. We encourage teams to be creative with fun ways to say "good game".
- Avoid having large group team meetings before or after the game. When meeting, practice social distancing and wear facial covering.
- Facility restrooms will follow YMCA disinfection protocol during clinics.
- To ensure participant health and safety, as well as enjoyment of our facilities and programs, we will continue to review and update these guidelines regularly to remain in line with federal, state and local guidelines. Please visit our website for up to date information.



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## **YMCA Youth Co Ed Flag Football**

### **General Information for Parents/Coaches**

#### **What do my players need to be ready for the season?**

We will provide your child with a jersey and a flag belt that your child keeps. **Any additional jersey ordered will be associated with a \$10 fee.**

#### **When do practices start?**

Practices will begin the *week of* **November 30<sup>th</sup>**. You will have one or two practices before your first game, depending on age. Practices are Monday through Thursday, 4:30pm, 5:30pm, 6:30pm or 7:30pm and will be held at the Oakbrook YMCA Facility.

#### **When does the season start and end?**

Games begin on **December 12th** and end on **February 13th**. There will be no games December 26 and January 2.

#### **League Structure**

- The league is structured according to the following age divisions:
  - U7: 5-6 years old
  - U9: 7-8 years old
  - U11: 9-10 years old
  - U13: 11-12 years old
  - U15: 13-14 years old
- **Age Restrictions** - Please be advised that age divisions are set up to accommodate players of that particular age. If you wish to move your child up to an older division, we will allow it. However, keeping an older child back in a younger age division is not permitted unless mental or physical limitations preclude a child from participating at their age level. **The age cut off is December 1<sup>st</sup>.**

#### **Prayer and Character Development**

- We strive to develop players' character and implement Christian principles through YMCA practices.
  - Prayer - Before the start of each game and after the final whistle blows, both teams gather around the center circle for a prayer. The prayer can be led by a coach, a player, a parent, or the referee. We encourage you to take part in the prayer by volunteering to lead it, having your child volunteer to lead it, or by taking part in it from the sideline.



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## **Pictures**

**Date for pictures will be on December 19th.** You will need to have your child at the photographers' location or the location designated by your child's coach one hour before game time on that particular weekend. Your coach will provide you with order forms. Pictures will be available for pick up on the second to last Saturday of the season. If your team cannot make pictures on the designated dates, the coach is responsible for contacting the photographers to set up a makeup picture day.

## **Character Development**

### **The YMCA Challenge**

At the YMCA, we are committed to quality programs that enhance the spirit, mind and body of all. Through the delivery of these programs we strive to incorporate and enhance the character values of caring, honesty, responsibility and respect. YMCA coaches must be willing to take the YMCA challenge to accept and demonstrate these character values.

This can be partially accomplished by providing an environment in which the four character values are fostered. Coaches, parents and officials are all role models and their behavior should be conducive to character development. The four values should be demonstrated by all at each game and practice.

**CARING** is demonstrated throughout the youth sports program. A coach's attitude and the way he/she communicates with his/her players helps demonstrate this value. Remember to treat the players the way you would like to be treated if you were learning a new skill or task. Players can exemplify caring by applauding for players injured during a game or by being supportive of teammates during games and practices.

**HONESTY** is an important component of our programs. For the youth sports coach and his/her players, honesty and integrity should be put before winning and performance. Once again, this concept is best demonstrated by your example to your team. It should be maintained in all interaction with parents, players, and officials. The same should be true for your players in their interaction with teammates, opponents, coaches, and officials. An example of this would be admitting to a foul or penalty rather than attempting to "get away with one".

**RESPECT** is shown by both players and coaches during a season. First and foremost is to show respect for the officials and for the calls he/she makes. To dispute, mock or second guess calls does not show respect for their position of controlling the game. Respect can also be shown during interaction between players and coaches. An example of this is the ability of both players and coaches to listen to one another.

**RESPONSIBILITY** as a YMCA youth sports coach includes areas such as being on time, personal appearance, teaching basic skills, and overall leadership in the program. The participants should also be aware of the responsibilities of being on a team. These include paying attention at practice, working with others as a team, and most of all, treating others the way they would like to be treated.



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## **Code of Conduct**

### **Parent/Coach Behavior**

It is important for us, as adults, to conduct ourselves in a positive manner in order to create an atmosphere for our children that is conducive to learning, sportsmanship, and development. The YMCA has a **Zero Tolerance Policy** for parents throughout the season. If any of these rules are broken, you will be asked to leave the property immediately. Please follow these rules throughout the season in order to provide the best experience possible for you and your child.

**Facility Supervisors and officials have the authority to ask any spectator or coach, who does not display conduct consistent with the YMCA philosophy, to leave the game area. This includes inappropriate comments to the officials, staff, or other participants.**

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- Spectators/Parents are not permitted to *talk* to or yell at referees.
- Spectators/Parents are not permitted to stand or congregate behind goal lines or goals or by the team's benches.
- Spectators/Parents are not permitted on the field of play at any time, unless instructed to by the referee or coach in the case of an injured player.
- Spectators/Parents should stay a minimum of 3 feet from the sideline at all times.
- Spectators/Parents are not permitted to use foul language, taunt, or make inappropriate comments about, or gestures toward, other parents, spectators, players, coaches, or referees.
- Spectators/Parents should only use language that is supportive of the children on the field of play.
- Spectators/Parents should be supportive of both teams and lend encouragement at all times.
- Spectators/Parents are not permitted to engage in any form of physical or verbal confrontation on YMCA property.
- Spectators/Parents should approach the coach in a professional and respectful manner with questions or concerns regarding their child or the team.

As with any rule, there are of course consequences for actions that are deemed infractions of the rules. Any spectator/parent infringing upon the above stated rules will be subject to the following consequences:

- First Offense – Warning by the referee, coach, or Director. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Second Offense – Spectator/Parent will be required to leave the YMCA property. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Third Offense – Spectator/Parent will be banned from YMCA property.

If you have any concerns, please report them to a YMCA staff member in the Snack Shack or call the Sports Director at 843-821-1028 or by e-mail at [StephanieA@SummervilleYMCA.org](mailto:StephanieA@SummervilleYMCA.org). Your concerns will be addressed in a timely manner.



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### **Property Rules**

Property rules are put in place in order to ensure a safe, clean, and enjoyable atmosphere for all spectators and players. Please follow these rules and be considerate of the YMCA property and the people around you.

- **NO SMOKING** anywhere on YMCA property- nowhere, PLEASE.
- **NO PETS** are permitted on YMCA property
- **NO ALCOHOL** is permitted on YMCA property
- **NO WEAPONS** are permitted on YMCA property
- **NO SOLICITING** is permitted on YMCA property unless given permission by the Ponds Branch Director.
- **NO SPEEDING** is permitted on YMCA property. The speed limit on YMCA property is 10mph.
  - Adhere to all STOP signs located on the property.
  - Adhere to all NO PARKING signs on the property.
  - Adhere to all CAUTION areas located on the property – do not park in or enter these areas.
- Please dispose of all TRASH in the cans provided throughout the property.
- Please park in designated parking areas and park in such a manner as to be considerate of others' need to enter and leave parking areas without being encumbered.
- Please report any restroom problems to the staff at The Front Desk.

### **Rules of Play**

At the Y, our goal is to teach Flag Football but also to focus on mentoring children. The goal of the referees is to maintain the flow of the game while teaching when needed. There will be times the referees may stop the game to explain a call or instruct a player on proper play. However, their main objective is to keep the ball rolling and make the appropriate calls.

***We appreciate your SUPPORT of our referees on and off the field.***



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**\*\*\*Rules for Parents to Follow at Games and Practices\*\*\***

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### **Risk Issues**

**Bad Weather:** In the case of bad weather on a practice night, the YMCA will cancel practice via email and our Facebook Page. In case of a late storm or pop up storm, it is up to the coach to determine if practice should take place or not and to contact their team in the event of a cancellation. The YMCA will not reschedule missed practices.

Unless extreme conditions exist, games may not be called until the game time. Minor weather conditions may result in games being postponed. As soon as cancellations are made coaches will be contacted and asked to contact their team. Information will also be posted on the YMCA Facebook Page and via email. Every effort will be made by the YMCA to make-up cancelled games.

**Lightning:** Activities will be stopped and all people asked to move inside to a safe location when either of the following occurs:

1. Cloud to ground lightning is observed and less than 30 seconds pass from seeing the lightning and hearing the thunder from the flash
2. In cloud lightning is occurring directly overhead. The outdoor activities can be considered safe to continue 30 minutes after the last lightning is seen.
3. Coaches can make calls on site when Director is not present.

### **Injury Prevention**

Know the risk factors of the sport specific physical activity that your child is participating in. Make sure that the athlete has the appropriate protective equipment to prevent injury. Help your athlete develop strength, flexibility, and endurance. *Encourage your child to report pain and injury.*

**Warm Up:** Warm up activities are slow sustained stretching exercises, calisthenics and slowly increasing the intensity of motion. A good warm up should increase your body temperature, respiration, and heart rate, followed by stretching muscles with a slow static stretching.

**Cool Down:** Gradually reduces workout intensity. Have athletes walk at a slow rate until their heart rates get near normal. Follow up with light stretching.

**Over Use Injuries:** It is very important that coaches and parents are proactive and ask pointed questions if they suspect an athlete is injured or overly fatigued. Athletes commonly continue to play when fatigued or injured and may not report an injury to their coach.

**Dehydration Prevention:** Make sure your athlete has the proper amount of liquids and is staying properly hydrated. Fluid should be caffeine free. Athletes should have water breaks every 10-20 minutes and more often when exercising in extreme heat.

**Heat Related Injuries:** Know the signs and symptoms of heat exhaustion and heat stroke. Make sure athletes are in appropriate clothing and receiving fluids & rest periods during high heat conditions

**Concussions:** Athletes need to be in proper protective gear for their sport. In the event of a head injury athletes need to be cleared by a medical professional before returning to play.





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## THE YMCA PHILOSOPHY OF YOUTH SPORTS

### **Seven Pillars of YMCA Youth Sports**

What we want youth sports to be in the YMCA is stated in our Seven Pillars of YMCA Youth Sports.

**Pillar One** - Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

**Pillar Two** - Safety First. Although some children may get hurt playing sports, we do all we can to prevent injuries. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

**Pillar Three** - Fair Play. Fair play is about playing by the rules - and more. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

**Pillar Four** - Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports, we want to help children learn these lessons.

**Pillar Five** - Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

**Pillar Six** - Sport for All, YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical ability, financial circumstances, and years of experience. We offer programs to all children 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 children and their parents to do the same.

**Pillar Seven** - Sport for Fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over organize and dominate the activity to the point of destroying children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; let them have fun.