

YOUTH SPORTS PHILOSOPHY STATEMENT

YMCA youth sports are played to help young people grow in spirit, mind and body. The learning of skills, the reinforcement of positive values, and having fun while playing are essential elements of the program and shall be considered more important than winning and losing. We strive to always put the growth and benefit of youth first, to maintain a balanced level of league play, and to create and preserve a Christian environment in which to compete.

Goals of YMCA Youth Sports

1. **SKILLS** - we teach young people the basic skills of chosen sports.
2. **ENJOYMENT** - we encourage young people to compete for the fun and enjoyment of playing sports.
3. **WINNING** - we encourage everyone to do their best, while keeping winning and losing in perspective.
4. **FAIR PLAY** - we strive to develop good sportsmanship, positive attitudes, dedication and determination among our participants.
5. **TEAMWORK** - we believe that individual accomplishment is secondary to teaching the value of good teamwork.

YMCA PROGRAM GOALS FOR YOUTH SPORTS

YMCA philosophy puts the sport, the game, the activity, winning or losing, and personal success into proper perspective. The emphasis is upon being "a winner for life."

The goals of the program are to:

- Build self-esteem
- Teach social skills - values, communication, human relations
- Teach physical skills - fitness and health
- Build relationships among peers, between parent and child
- Develop responsibility, decision making and leadership skills
- Create a fun experience for youth and parents

The YMCA believes that:

- Everyone participates (no tryouts)
- Everybody plays at least half the game (no first string)
- Major focus is on YMCA goals (learning and growing is more important than finishing first)
- Parents and children should have opportunities to learn and grow together (builds family strength)
- Personal goal setting and accomplishment should be emphasized (self-competition builds personal strength)

THE COACH AND TEAM

Suggestions for YMCA Coaches

Relationship to Players:

1. Strive to make games and practices fun.
2. Praise your team as a group and each team member individually.
3. Refrain from shouting at any player. Never embarrass a player. Constructive criticism is okay, but should be low-keyed, positive and on a one-to-one basis.
4. Be enthusiastic.
5. Develop the idea that each youngster is important to the team.
6. Practices are important. Hold them regularly.
7. Be at games and practices ahead of time. Try to be there when the team arrives, this means a lot to a child.

Relationship to the Officials:

1. Teach respect by being respectful.
2. Avoid and discourage negative criticism, especially during a game.
3. Voice your problems through the "Y" staff. Don't ask an official to explain a call during play. Wait until half time or the end of the game.
4. Be ready to forgive and forget, time and time again. Adults as well as youngsters will be growing in this program.

Relationship to Parents:

1. Schedule parents' meeting before the first practice.
2. Get to know your parents as well as possible. They can be a great help to you. Invite their participation and involvement.
3. Be positive about your players, the officials and your opponent. Encourage your parents to do the same.
4. Be prompt beginning and ending practices.

Relationship to Program:

KEEP IN CONTACT WITH THE YMCA CONCERNING THE FOLLOWING:

1. Make sure your roster coincides with the office copy.
2. Make sure you let the YMCA know of any dropouts or injuries on your team.
3. Make sure all e-mails are read and handouts given out to each player.