

# Elmhurst YMCA Sports Department



Dear Parent/Coach/Volunteer:

As participating parents in this YMCA Youth Sports Program, your assistance is requested in helping the YMCA, our coaches and officials in supporting a philosophy that attempts to put learning and having fun as the main objectives, **NOT ONLY WINNING**.

Although winning is fun and exciting, it is only so if it is kept in perspective. Sometimes we tend to put too high of expectations on a player's performance. We need to remember that children participate in sports to HAVE FUN, learn new skills, and participate in a program that will enrich their lives. Always look for opportunities to praise your child for showing positive social and emotional skills. **Good sportsmanship and teamwork, deserve to be noticed. The goal of the Elmhurst YMCA is to promote and develop positive character traits such as Caring, Honesty, Respect, and Responsibility in all its participants.**

1. **Caring** – It is important to take care of the equipment and the facility in order to ensure a fun and safe season. It is important to care for our bodies, exercise, and maintain a good diet to help the team to perform at their best.
2. **Honesty** – Play fair, be a good sport win or lose.
3. **Respect** – It is important to stress and model the importance of respect for coaches, officials, teammates, and one's self.
4. **Responsibility** – We are responsible for our actions; all participants should keep a good attitude toward the game. After all, we are playing to have fun. It is important to be on time for games and practices. The team is counting on everyone to contribute during the season. Be ready to play: wear your uniform, shoes, and have any equipment you are responsible for brought with you.

YMCA youth programs are a great way for you and your child to be involved in sports together. With your support and encouragement this program will continue to grow and accomplish the purpose and goals of this organization. Thank you for your help.

If there are any questions or concerns please feel free to contact me  
[sweyer@ymcachicago.org](mailto:sweyer@ymcachicago.org) or 630.929.2465

Thanks,  
Sarah Weyer  
Sports Director

### **Program Philosophy**

The goals and objectives of the YMCA Youth Sports Programs are based upon a philosophy of nine concepts:

1. **Participation** – Everyone plays!
2. **Fun** – We play to have fun!
3. **Fitness** – Regular exercise is important for a lifetime!
4. **Skills** – We learn the basic fundamentals that help us play the game.
5. **Teamwork** – We focus on cooperation, not competition!
6. **Fair Play** – We respect all other players, coaches, parents, and officials.
7. **Family Involvement** – Youth Sports is a family program. Parents and youth learn and practice together.
8. **Volunteers** – They are the key to a successful program.
9. **Character Development** – Emphasis on Caring, Honesty, Respect, and Responsibility.

It is the goal of the YMCA to aid in the development of the total person; mind, body, and spirit. Toward that end it is our desire to develop young athletes to their fullest potential by creating a non-threatening support environment in which they have the freedom to fail and the desire to succeed.

It is our belief that a child's self-worth is of paramount importance and that the positive development of self-worth is greatly enhanced by EMPHASIZING fun, skill development, and the attainment of personal goals which D-EMPHASIZE winning at all costs.

### **Introduction**

The progression of skills throughout each age group demonstrates the commitment of the YMCA to provide programs for young people that stimulate physical, mental, and spiritual growth in an enjoyable environment. Because this YMCA program may be the first time your children are exposed to organized sports, it is important that you understand the following goals of the program:

- To teach young athletes the skills of the sport. Each athlete learns and matures at a different rate. With that being said, everyone gets to play in every game and has the chance to do something special within the game.
- To help young athletes enjoy learning new skills and playing with teammates. Enjoyment is an important part of learning.
- To keep fun, development, and winning in proper order. Winning is a part of successful learning skills and having fun playing games. Winning at all costs is not much fun and may develop poor attitudes.
- To teach teamwork and cooperation among teammates. The better the players can work with each other, the better they will play as a team.
- To develop positive attitudes about fair play. Players should learn to respect their teammates, coaches, opponents, officials, the game, and themselves.

### **Schedules**

Practice and game schedules will be published online at [www.teamsideline.com/elmhurstymca](http://www.teamsideline.com/elmhurstymca)

### **Cancellations**

If there are any cancellations, Sarah Weyer, Sports Director will contact the coach. The coach will be in charge of communicating all changes/cancellations to parents via phone and email. Cancellations will also be posted on [www.teamsideline.com/elmhurstymca](http://www.teamsideline.com/elmhurstymca). If a coach chooses to cancel practice they are required to update Sports Department by noon the day of the scheduled practice.

### **Practices**

You will have weekly practices at a local school, or YMCA. Practice days/times will be announced prior to the season starting. Locations: Elmhurst YMCA, or Elementary or Middle Schools in School District 205 or 045.

### **Uniform**

All players will be issued a uniform t-shirt/jersey prior to the first game. Players are required to wear this uniform for all games.

### **Player/Parent/Coach/Spectator Behavior**

Good Sportsmanship is expected of every player, parent, coach, and spectator at every game and practice. If a player or coach receives a Technical Foul, that person will be ejected from the game and need to setup a meeting with the Sports Director before being able to continue within the league. If a COACH receives TWO TECHNICAL FOULS in one season, that coach will be removed of his/her coaching responsibilities. If a PLAYER receives TWO TECHNICAL FOULS, a meeting/discussion will be held between the player, the players' parents and the Sports Director to decide if that player will remain on the team or in the league. If a FAN/Spectator receives a TECHNICAL, that person will need to have a meeting with the Sports Director before attending the next game or practice. A player that receives THREE TECHNICAL FOULS will be removed from the league immediately.

The YMCA will NOT TOLERATE (Result in a technical) the following from a coach or player:

1. Foul language (Cursing) in general or towards a player/coach/referee. NO Heckling/trash talking to players/coaches/referees.
2. No violent behavior from a coach or player: Yelling, bullying, threats, violent movements towards another player/coach/fan, balling fist or anything of that nature. If any fighting or physical contact occurs, that player or coach will need to have a meeting with the Sports Director to make a decision if that player/coach will be able to continue to participate in the league.
3. The Sports Department needs to know immediately if any of the above behavior is happens to or by a player, coach and/or parent.

### **Code of Conduct:**

As a Coach and a YMCA volunteer, your behavior/conduct must always remain positive and professional at all times. If a Coach/Volunteer displays any misconduct that does not follow the mission and goal of YMCA Sports, that Coach or Player (with Parents) will have a meeting with the Sports Staff to determine if that Coach or Player will remain on the team and in the league. Always REMEMBER that you are Coaching and Volunteering to help teach and develop the children that are on your team and a participant in the YMCA.

My signature on page 4, confirms that I have read and understand the above philosophy and code of conduct of the YMCA and that I UNDERSTAND that I will be relieved of my duties if I breach the Code of Conduct, set by the Elmhurst YMCA Sports Department.

Updated: 08/03/2017

# ELMHURST YMCA SPORTS



## CODE OF CONDUCT 2017-2018

Coach/Volunteer Name: \_\_\_\_\_

League: \_\_\_\_\_ Division: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This signature above acknowledges that I have read and understand the below YMCA Philosophy, Mission, and Behavior/Conduct expected of a YMCA Coach and Volunteer (Pages 2-4). This form must be handed to the Sports Director before the first practice/game.