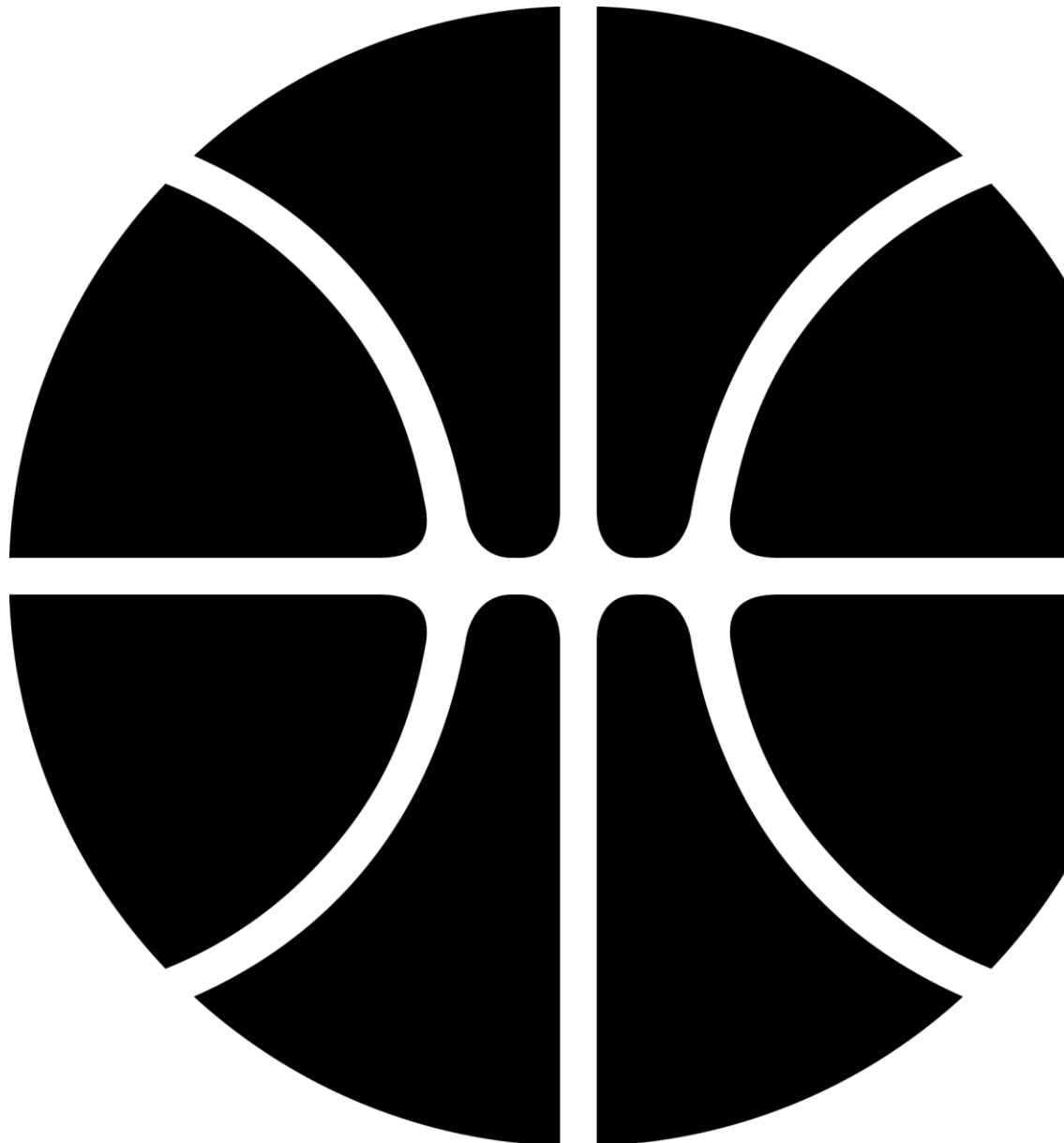




**Parent
Handbook
Laguna Niguel
Preschool Basketball**





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

Dear Parents,

Welcome to Preschool sports at the YMCA! It is our goal that each participant has a fun and memorable experience.

The Y expects all adults and children to help maintain a positive atmosphere, free from insults, judgment and bias. Let's create an environment that children love being a part of as they learn the sport.

Please feel free to ask any questions or to make any helpful comments about YMCA Youth Sports. We encourage your feedback and welcome your assistance in the program.

Sincerely,

Kassidy Morse
Sports Director
kmorse@ymcaoc.org

Laguna Niguel YMCA - (949)-495-9622 - www.ymcaoc.org

YMCA YOUTH SPORTS PROGRAM POLICIES AND PROCEDURES

1. PLAYERS

- a. Each player must participate in at least half of every game.
- b. Every player should have an opportunity to experience each position by the end of the season.

2. PLAYER UNIFORM & EQUIPMENT

- a. All equipment must be used properly and safety is of the utmost importance.
- b. Players should wear their team shirt to every session.
- c. Players should bring water to all practices and games.

3. PRACTICE

- a. Players and parents should arrive on time with the proper equipment.
 - ***EARLY IS ON TIME, AND ON TIME IS LATE!!!***
- b. Parents should be present at all practices and activities.

4. GAMES

- a. **Scores will not be kept.**
- b. Games will be played on a court that is scaled down for the younger age group.

5. THE COURT

- a. Teams will be assigned a practice/playing area at the beginning of the practice.
- b. Playing areas are to be inspected before play to prevent hazardous conditions.

6. EMERGENCY PROCEDURES & FIRST AID

- a. All attempts will be made to prevent incidents before they occur by exercising caution when dealing with equipment and following safety procedures.
- b. A first aid kit will be available at every field for practices and games.
- c. Contact the YMCA staff member as soon as an incident occurs.
- d. Coaches should only perform basic first aid to the extent of their qualifications.
- e. A YMCA incident/accident report should be completed immediately following the emergency.
- f. Any player who is bleeding must leave the field immediately to receive medical treatment. The child may not return to play until the bleeding is stopped, the wound is covered, and there is no visible blood on the player.

7. CHILD ABUSE PREVENTION PROCEDURES

- a. Parents are not allowed to drop children off at practice or game.
- b. An adult (other than the child's parent) should never be alone with a child.
- c. Transportation is the responsibility of the player's parents. The coach and/or team parent is not responsible for transporting players. YMCA insurance does not cover transportation by volunteers or parents.

8. SPORTSMANSHIP

- a. Good sportsmanship should be demonstrated at all times.
- b. Bad sportsmanship and negative behavior will not be tolerated.
- c. All games will conclude with a positive cheer and high fives for the opposing team.
- d. Players, coaches, and parents are encouraged to cheer positively for players on both teams.

9. HAVE FUN!

Word of the Day!

Program Goals: The YMCA Preschool Sports Program is designed to teach children the fundamentals of sports through drills, practice, and games. Not only do we emphasize skill development, character development, sportsmanship, and safety, we teach all of our players the YMCA's Four Core Values; Respect, Responsibility, Caring, and Honesty.

Your player's coach is expected to go over the "word of the day" with the team sometime during practice.

Week 1: Responsibility

Ex: Following direction, helping clean up after practice, showing up to practice on time, remembering to bring water

Week 2: Respect

Ex: Listening to your coach, saying "good job" to all players, not teasing other players, playing nice

Week 3: Honesty + Caring

Honesty:

Ex- play by the rules, telling the truth

Caring:

Ex- being a good sport, helping the coach or other players, sharing equipment

Week 4-6: Use these "buzz" words **during games** to help the players further understand their meanings! (:

Have Fun with this!

NOTE:

If you have any questions or concerns please contact

Sports Director: Cassidy Morse

kmorse@ymcaoc.org

LAGUNA NIGUEL YMCA FACILITY AND GYM RULES

1. Children under the age of 5 are only allowed in locker rooms with a parent or guardian.
2. Members under the age of 13 must be accompanied by a parent or guardian in the facility.
3. The YMCA is not responsible for lost or stolen items.
4. Do not leave personal belongings in lockers overnight.
5. No running in the facility hallways or in the parking lot.
6. Refund requests must be submitted in writing. If an event is cancelled due to weather, the YMCA will reschedule to the next available date. If rescheduling is not an option for the YMCA, a fixed rate refund will be given.
7. Only non-marking athletic shoes are allowed in the gym. Athletes cannot wear sandals, flats, uggs, boots, crocs, or any other open-toed shoe while playing.
8. No food, gum, or open beverages are allowed in the gym.
9. Please dress appropriately for basketball in athletic shoes, shorts/pants, and shirts which must be worn at all times.
10. Spitting and/or profanity are prohibited and could result in removal from the facility.
11. Members must respect all YMCA staff, athletes, coaches, and equipment.
12. All members must enter and exit through the front door of the YMCA unless otherwise instructed to do so by YMCA staff.
13. All YMCA members are expected to practice good sportsmanship while honoring the organizational values of Responsibility, Respect, Honesty, and Caring.
14. Siblings of athletes must stay/sit with parent or guardian.
15. If you would like to volunteer, you must complete a volunteer application. You can contact the instructor for this.

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

▶ **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.
- Athlete's Name Printed: _____ Date: _____
- Athlete's Signature: _____
- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.
- Parent or Legal Guardian's Name Printed: _____ Date: _____
- Parent or Legal Guardian's Signature: _____