

**CITY OF DEBARY PARKS AND RECREATION
YOUTH SPORTS MANUAL**



SPORTSMANSHIP

TEAMWORK

SKILL DEVELOPMENT

LEADERSHIP

BUILD CHARACTER

FUN

It starts in parks.



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Mission Statement

Our mission is to provide an exemplary park environment and recreation experience in a diverse array of programs, sports, and events for the youth in our community. Through our programs we encourage children to participate in activities that promote teamwork, active play, health and wellness in a safe, inclusive environment.

Objectives

The City of DeBary Youth Sports programs have been designated a Better Sports for Kids Quality Youth Sports Provider through the National Alliance of Youth Sports. To achieve this designation our programs had to meet, or go beyond, industry standards in our written policies and procedures, volunteer screening, coaches training, parent education, and accountability. Our goal is to promote physical, mental, and social health for better quality of life. *We believe* our programs will improve relations and better serve the youth in our community.

We take great pride in coordinating, administrating, and implementing high quality, well organized leagues and programs that go above and beyond expectations for the youth in DeBary. This manual was developed to better serve you; our parents, athletes, coaches, officials, and volunteers.

Philosophy of Youth Sports

The City of DeBary passionately believes that participation in team sports builds self-esteem, shows the importance of respecting one another, teamwork, social and community bonds and teaches not only skills, but also player and character development.

Program Goals

Everyone Plays: We believe every child should have playing time opportunities. We will mandate that each player must play at least half of every game.

Safe and Fun Environment: We coordinate our Youth Sports programs in a safe environment to learn new skills while promoting participants to have a positive experience and fun above anything else.

Skill Development: The focus of our program is to give participants the opportunity to develop specific sports skills as well as life skills such as teamwork, sportsmanship, and leadership.

Balanced Teams: We believe no team should have an advantage. Therefore, we will host skills assessments and player drafts each season; there will be no player, coach, or practice requests.

Open Registration: Our youth sports programs range from 3-14 years of age. We register all youth who want to participate on a first come first serve basis and have no geographical limitations.

Positive Coaching: We believe our coaches should be a positive example for our young athletes. Coaches should focus on strengths and improve performance. Everything a coach does should be done with this in mind.

Good Sportsmanship: *The focus of a sport is not to win*, but rather to learn values in competition, such as teamwork, showing respect for teammates, coaches, opponents, and officials. These skills can be carried over, at home, in the classroom, and into adulthood.

Respecting Other Teams: Each team is important and without each team there would not be a league. Therefore, each team will be treated with respect and dignity.

Respecting Self: Respecting oneself is just as important as respecting others. Respecting ourselves and acknowledging the value each individual brings to a team and community is essential. Set personal goals and

hold yourself accountable. Demonstrate an understanding and patience for others, be open minded, and set personal goals.

Respecting Officials: Officials are there to facilitate each game and to ensure rules and regulations are being fulfilled. Officials are to be treated with respect and courtesy. Any negative comment towards an official is strictly prohibited and could result in suspension or ejection.

Building the Team: It is important to engage with everyone on the team and build healthy relationships with each other.

Integrity over Winning: Maintaining integrity throughout a season is much more valuable than having a winning season without virtue.

Participation

The City of Debarry Parks and Recreation program is a diverse and inclusive program. All are welcome. Each young athlete should receive playing time as described in each individual sports rulebook, which is typically equivalent to half of a game. Every child will participate for at least the minimum amount of time required per game unless injury or health reasons prohibit them from doing so.

Registration and Waivers

Registration for any programs offered by the City of Debarry Parks and Recreation is an agreement to abide by the program rules, policies, procedures, and code of conduct. Violation of these rules could result in suspension or expulsion from the program. The code of conduct applies to parents, players, coaches, staff, and officials. Our sportsmanship policy is zero tolerance for unsportsmanlike conduct, bullying, abuse, inappropriate behaviors and violence of participants, coaches, officials, volunteers, parents or other spectators.

Registration in the City of Debarry Parks also requires completion of a participant hold harmless and picture release waiver form in order to participate. Additionally, photos and videos may be taken of participants and may be used for league advertisement, slideshows, or put up on the City of Debarry social media pages.

Volunteer Requirements and Background Screening

Volunteer Qualifications: No experience is required to become a volunteer and we are always looking for great volunteers to participate in our programs. Most of the volunteer opportunities require little or no training. Volunteers are considered role models for young athletes assigned to their teams. As such, promoting sportsmanship, fair play, and full participation is mandatory.

Volunteers must:

- Attend any scheduled coaching meetings
- Be dependable
- Be enthusiastic
- Be organized
- Be patient
- Be Responsible

The Parks and Recreation department offers training, resources, and support to every volunteer. The City of Debarry volunteer policy encourages the recruitment and selection of qualified women and men, regardless of race, color, national or ethnic origin, age, religion, disability, sex, sexual orientation, gender, gender identity and expression, veteran status, and any other characteristic protected under applicable federal or state law.

Background Checks: All volunteer coaches must successfully complete the application procedure and pass a Level 1 background screening in accordance with the corresponding Florida State Statues. The Parks and Recreation Department shall have final decision on all matters pertaining to volunteer approval. Once approved, volunteer coaches are treated by local, state, and federal law as being an unpaid employee of the agency in which they are associated with; therefore, they must conduct themselves in the same manner as they would their own job.

Volunteer Responsibilities

- Learn and follow all league rules, policies, and procedures
- Supervise assistant coaches, managers, or team parents
- Schedule and conduct parent and other necessary meetings
- Encourage the involvement of the parents in the sport
- Provide a safe and fun environment for the children
- Teach the young athlete the fundamentals of the sport
- Plan and supervise games, practices, and events
- Give each player regular playing time and allow players to try different positions
- Attend all league functions and participate in league activities

Code of Conduct

The City of DeBary has a **ZERO TOLERANCE** policy on unsportsmanlike conduct before, during, or after any games or practices. Any players, coaches, parents, officials, or other spectators in violation of the code of conduct can be suspended or expelled from the program without notice. By participating and any sports program, all administrators, officials, coaches, parents, players and spectators agree to:

- Provide a positive environment, promotion of fair play, respect for the game and graciousness in losing and winning.
- Understand, appreciate and abide by the rules of the game.
- Respect the integrity and judgment of game officials and City of DeBary staff.
- Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
- Be responsible for your actions and maintain self-control.
- Do not taunt opponents and refrain from using foul or abusive language. Negativity and unsportsmanlike conduct of any kind is strictly prohibited.
- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.

Unsportsmanlike Conduct and Rule Enforcement

Unsportsmanlike Conduct: Unsportsmanlike conduct and excessive arguing with the officials or site supervisor before, during, or after a game is a major offense and can result in ejection from the game without warning. If a player, parent, coach or other spectator is ejected they will be asked to leave the park.

Parents or spectators on the Field: Unless volunteering, no parents are allowed on the field of play or at the scorer's table during a game at any time. Failure to abide by this rule will result in immediate ejection from park without warning. The only exception is if that parent's child is injured.

Rule Enforcement: All contests will be supervised by a City staff member field supervisor and volunteers. THE FIELD SUPERVISOR'S DECISION IS FINAL – NO EXCEPTIONS. Any players that cannot follow the rules and show good sportsmanship will be asked to sit out. The length of the time out will be determined by the field supervisor based on the severity of the incident.

Disciplinary Action

In the event a participant, player, coach or other volunteer display any type of unsportsmanlike conduct that violates our code of conduct, the City will take disciplinary action. All conduct incidents are subject to case by case review by the Parks and Recreation Department to determine the appropriate disciplinary and corrective actions for each case.

Any minor conduct infractions will result in a verbal warning to correct the issue before more action is taken. If the incident is deemed a major offense and violation of the code of conduct, we reserve the right to act appropriately and without warning.

- Disciplinary actions for **player/parents/spectators** are as follows:
 - First offense: Verbal warning.
 - Second Offense: Ejection from game and removal from the facility

- Disciplinary actions for **coaches and other volunteers** as follows:
 - First offense: Verbal warning.
 - Second Offense: Required to sit down on bench for the remainder of the game. Final warning.
 - Third Offense: Ejection from game and removal from the facility.

Unsportsmanlike Conduct Penalty: Any unsportsmanlike conduct penalty drawn by any participant, coach or spectator from an official or staff member during a game will be reviewed by the Parks and Recreation Department and may result in probation or suspension depending on the severity of the event. Anyone who draws a 2nd unsportsmanlike conduct penalty at any time during the season will receive an automatic minimum one game suspension and probation for the remainder of the season. The parks and Recreation Department will determine if any further action should be taken due to the severity of the incident.

Ejections: Any participant, coach or spectator that is ejected from a game will be asked to leave the park immediately. All ejections result in an automatic minimum one game suspension and probation for the remainder of the season. All ejections are reviewed by the Parks and Recreation department to determine if any further action should be taken due to the severity of the incident.

Probation, Suspensions and Expulsion

Probation: Anyone in violation of the code of conduct can be placed on probation at any time and without notice. Probation is considered a final warning and if any other violations of the code of conduct or any policies and procedures are violated the participant will be removed from the program indefinitely. Probation can be carried over to subsequent seasons on a case by case basis if the person suspended would like to participate again.

Suspensions: Anyone in violation of the code of conduct or league policies and procedures can be suspended at any time and without notice. Anyone suspended will also be placed on probation for the remainder of that season. Anyone suspended more than once will be expelled from the program indefinitely.

Expulsion: Anyone removed from the program for any reason will not be invited back to participate in the program again for any future season moving forward. Expulsion from the program may also result in being trespassed from the facility the program took place.

Skills Assessment Day and Team Formation

Programs which require skills assessments will be noted in the registration process.

Skills Assessment Day

The purpose of Skills Assessment Day is to rate the skills of each player through a series of drills in order to put together competitive and balanced teams. It is mandatory that every player attend Skills Assessment Day so that the teams can be as balanced as possible. *This is the main reason we do not take any players, practice or coach requests! It is impossible to adhere to everyone's request and still keep the teams balanced.*

How it works: Players will go through a series of four or five drills and are scored based how they do at each station. Total scores are tallied and all players are sorted based on their scores. Players are then placed onto the number of allotted teams according to their skills assessment score. While creating the teams, other factors we look at are age, gender, and years played to ensure each team is well balanced across the board.

Why it's not perfect: Although it is mandatory, not all registered players attend the skills assessment day due to unforeseen circumstances. The league has no idea the skill level of a player that did not attend. Due to this, not attending may delay the process of being placed on a team. These players are given an average score and randomly placed on a team. This means the player could be an excellent player, but only rated as average or the opposite could happen, a beginner could get an average rating and they might not be as skilled. If players have attended a previous skills assessment day, we are able to use past scores, experience and years played as a guide when placing no-shows on teams.

Team Formation

Teams are formed based on the results of the skills assessment day. The Tiny Mites and Pee Wee Division teams are broken up as even as possible by the Recreation Supervisor. The Junior and Senior division coaches pick their players through a player draft. At the draft players are placed in tiers based on their skill level. Each team will draft an equal number of players as possible from each skill level tier to ensure the teams are balanced. During the draft, we start with players that scored at the top of the group and work our way down to the beginner level players. As mentioned above, we are also able to look at other factors such as age, gender and years played as a guide. At the end of the process, each team has an equal amount of players with a variety of skill levels.

Other factors that can affect the balance of the teams are: Players could be placed on a team but drop out before games begin, players can test higher or lower than they actually perform in a game, coaching, player chemistry, and skill development (some will improve faster than others).

Program Locations

Programs take place at Rob Sullivan Park, Bill Keller Park, or Florence K Little Town Hall

League Rules

League Rules will be posted directly on our website and will be handed out before each season of each league. We encourage everyone who is involved with our Youth Sports Programs to read the rules and become familiar with them.

Game Day Rules and Expectations

Game days are what it's all about and why we all enjoy youth sports. As part of our Youth Sports programs we have several rules and expectations for all who participate and attend our game days at our facilities. All youth sports leagues run smoothly by keeping the following rules in mind:

- Unsportsmanlike conduct and negative comments are not tolerated.
- Arrive early and be prepared for what is needed for the game as well as the weather and heat.
- Make sure your young athletes have all their proper and required equipment to play.
- Bring plenty of water and stay hydrated.
- Observe and comply with spectator designated areas on and around the field.
- Do not approach the scorer's table or team bench during a game.
- Do not confront coaches from other teams, with anything other than positivity. If you have an issue, contact a staff member.
- Use designated parking areas only for parking. Parking in non-parking spaces, double parking or parking on the street will result in a ticket.
- Pets are allowed at the park on a leash, but not on any athletic fields. This includes the grass area of the soccer/flag football fields. Pegs are only allowed near the playground and in between the softball fields.
- Pop up tents are encouraged for shade on hot days, but not allowed on the player's sideline. Scorer's tables will have tents and be available for shade for those players on the bench.

Few youth programs are successful without the support of parents and great volunteers. Below are a few guidelines for parents as they strive to support their young athletes:

- Focus on mastering sport skills and strategies rather than competitive ranking.
- Focus on skill development, teamwork, sportsmanship, leadership, and fun over winning.
- Losing is OK and part of the game. Kids will learn much more from a loss than from a win.
- Promote and teach competition, not winning at all costs.
- Believe that the sport's primary value is the opportunity for self-development.
- Understand the risks that being overly competitive places on a child.
- Communicate your concerns directly with the coach to find a resolution.
- Understand and respect the differences between parental roles and coaching roles.
- Control negative emotions and think positively.
- Avoid the use of fear and punishment to get kids to perform better.
- Avoid criticizing children, coaches, and officials. Stay positive at all times.
- Recognize and understand expressions of insecurity and provide support when necessary.
- Always Cheer on Both Teams.

Officials

Sports officials presiding over our youth programs help maintain standards of play. All officials for the City of Debary Parks and Recreation Department are qualified by recent or current certification by USSF or FHSAA. Officials are trained and responsible for knowing the rules, maintaining the safety of players, fans and staff, and enforcing fair play. The Parks and Recreation Department monitors officials each week to ensure they are meeting expectations.

Please understand that many officials get their start at the youth level, just as players and coaches. Officiating is a learning process and we work closely with all of our officials to ensure games are coordinated safely and to expectations based on the rules, policies, and procedures for each sport. Negative comments towards officials is a direct violation of our code of conduct and will result disciplinary action.

Safety and Supervision

Our youth sports programs provide safe playing facilities and equipment, healthy playing situations, and preparedness for emergencies, should the need arise. Our safety and supervision standards are as follows:

- All fields are inspected and prepared on a regular basis for our sports programs.
- Ongoing equipment checks are conducted throughout the sports season and again when the season concludes.
- Player uniforms and equipment are inspected prior to every game.
- Games are monitored at all times by paid and trained staff members and officials.
- Shade is provided at the scorer's table and available to bench players when high temperatures are expected.
- Basic first aid kits are available at each scorer's table along with ice packs.
- Water is available at all our facilities.
- An AED is available at all our facilities in case of emergency.
- Many Parks and Recreation staff members are certified in CPR or have had training in the past.

Emergency Action Plans: Children participating in youth sports are exposed to a variety of risks that are simply a part of the game. The City of DeBary takes every precaution to protect participants from dangerous situations and in the event of an accident or emergency, have procedures for appropriate response. Staff, coaches, and volunteers are required to record any accidents, incidents or injuries to the City of DeBary Parks & Recreation Department using an incident report. At all times we maintain appropriate staffing levels at the program site and the officials are required to adhere to the highest safety standards while officiating any of the youth sports programs.

Insurance: The City of DeBary Parks & Recreation maintains a general liability insurance policy. It is recommended that all participants be covered under a personal medical/accident insurance policy.

Medical Emergencies: For any injuries or accidents that requires more than a first aid kit coaches or staff members are required to seek professional medical assistance by calling 911. It is mandatory that parents/guardians provide pre-existing medical conditions (i.e. allergies, medications, physical impairments, etc.) on registration forms so the league and the coach are aware. This is essential in order to determine the severity of an accident and to assist the medical personnel who is on the scene.

Inclement Weather/Game Cancellations

Games and practices can and will be cancelled or rescheduled due to weather and unforeseeable circumstances. If a game is cancelled, the City of DeBary Parks & Recreation Department will work with the coaches and officials to make their best effort to reschedule. Due to calendar constraints, field, and staff availability, some games may not be able to be rescheduled which is ultimately the decision of the City of DeBary Parks and Recreation Department.

1. Any game that has started and cancelled due to inclement weather or other hazardous unforeseen events will not be made up.

2. If the game goes at least one full half, it will be considered official and updated in the standings as the game ended when it was cancelled. Games cancelled before the end of the first half will not be scored and will not reflect in the standings.
3. The City will try to make up games that have not been played, but due to program time and staffing constraints it is not guaranteed.
4. Contacting Parents: In the event games are cancelled, parents and coaches will be emailed, called, or text via our registration system.
5. Rain: In event of rain with no lightning or thunder, games will continue until it rains so hard vision of the players and field is impaired or staff deems the conditions too unsafe to continue.
6. Lightning
 - I. The Thor Guard Lightning Prediction system will dictate all play at Rob Sullivan and Bill Keller Park in the event of lightning in the area. In the event of lightning in the area all players, spectators, and coaches will be asked to leave the field and be directed to their vehicles to see shelter.
 - II. When lightning is detected in the area a single fifteen second blast of the horn will occur signaling all activities stop and a patrons find shelter. A strobe light on the system will also flash during this time. The playing field will be cleared.
 - III. When the area is clear of lightning 3 short five second blasts of the horn will occur signaling activities can resume.
 - IV. If an "All Clear" does not occur in 20 minutes City staff will make the decision if we continue to wait or cancel/reschedule the game.

Make Up Dates

Make up time is worked into every sports programs season prior to the season starting. If games are cancelled due to the weather or other unforeseen events, we will attempt to make up the games at the end of the season during designated make up dates. However once those dates are used, we cannot guarantee we can make them up.

Program Communication

The City of DeBary Parks and Recreation prides itself on going above and beyond when communicating with parents and coaches throughout our sports seasons. We provide many communication outlets and ways to contact staff or coaches when you need information. **It is the parent's responsibility to ensure you have the correct contact information during the season and you are checking all the outlets below to get the information you need throughout each season.**

In person: DeBary Parks & Recreation Department located at 16 Colomba Road in DeBary.

Office Hours are 8:30am - 5:00pm (M – F).

Phone: (386) 601-0206

Volunteer Coaches: The coach is the main contact for the duration of the season. Coaches should be contacted first if an issue arises. If you cannot get the information needed or the issue is not resolved, contact the Recreation Supervisor.

Contacting Parents: In the event games are cancelled, staff will contact parents immediately by email, text, and website post.

Websites: <http://www.teamsideline.com/debary> is the website that will be used to post all schedules, results, newsletters, and updates during the season.

General program information and future registration information can always be found at <http://www.debaryrecreation.org> for the entire school year.

E-Newsletter: All of league communication will also be sent via email. During the season, a weekly newsletter will be sent which will include the results from the previous week's games. These emails may also include important updates that you need to know about so please remember to check email on a weekly basis, along with teamsideline.com. **If you are not receiving the weekly emails after the games start, contact the Recreation Supervisor to get on the list or check your SPAM box.**

Social Media: www.facebook.com/cityofdebary or @cityofdebary on Instagram: All pictures taken each week will be posted on our Facebook page. Make sure you like our page and view pictures each week!

City Staff: City staff is available on game days for assistance if any issues or concerns or issues arise. Please do not approach staff during the game as it is a distraction and may cause delays. If you cannot reach a staff on game days, contact the Recreation Supervisor at City Hall during regular business hours.

Equipment Policies

At the beginning of each season, coaches and participants are given the necessary equipment required to participate in the sport. Coaches are responsible for returning the equipment at the end of the season. Mandatory equipment varies depending on the sport and is detailed on the sport specific guidelines given to parents and coaches upon registration. Any equipment rented and not returned is the responsibility of the renter to pay for or replace.

Trophies/Awards

City of Debary provides awards and trophies depending on the individual sport and participant age groups. All players receive a certificate of achievement for completing any sports program. From there, each program varies on the type of awards given in which those will be listed in the sports rule book. Our philosophy on awards is to award individual achievements and sportsmanship over winning, when possible.

Alcohol and Drugs

Use of use of performance enhancing drugs, alcohol, illegal substances and/or tobacco at all youth sports events is strictly prohibited. Alcoholic beverages are not permitted in any City of Debary Park. No coach or volunteer shall participate in any City sponsored event, including practices and games, while under the influence of alcohol or drugs.

Youth Sport Resources

SPORTS FUELING FOR KIDS



Young athletes must eat right to perform their best, grow and recover. Food is fuel, and proper nutrition will keep kids feeling fit and strong throughout the day!



KICK-START THE DAY WITH BREAKFAST



RECOMMENDATIONS:

- | | |
|--|---|
| <p>SIT DOWN FOR BREAKFAST:</p> <ul style="list-style-type: none"> • Scrambled eggs wrapped in a whole-wheat tortilla, berries and orange juice or low-fat milk | <p>FUEL ON THE GO:</p> <ul style="list-style-type: none"> • Cinnamon-raisin bagel with cream cheese • Banana with peanut butter • Low-fat yogurt with fruit |
|--|---|

Always eat breakfast! A missed morning meal can deprive kids of crucial nutrients and leave them with low energy levels later in the day.



SNACK TO AVOID THE AFTERNOON SLUMP



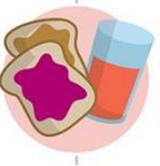
RECOMMENDATIONS:

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|--|---|
| <ul style="list-style-type: none"> • Fresh fruit or fruit cup and graham crackers • Hummus in a pita | <ul style="list-style-type: none"> • Granola mixed with low-fat yogurt • Vegetables and dip |
|--|---|

Smart snacks keep energy high throughout the day! Kids who fuel up mid-afternoon will feel strong and ready for afternoon or evening activities.



RECOVER RIGHT POST-GAME



RECOMMENDATIONS:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Peanut butter and jelly sandwich • Low-fat chocolate milk | <ul style="list-style-type: none"> • Turkey and cheese wrap • Smoothie |
|--|--|

Prepare snacks ahead of time to have ready when kids arrive home hungry after a practice or game!

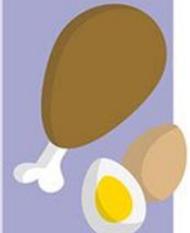
KEY NUTRIENTS FOR A STRONG BODY

PROTEIN

Children should build muscle with protein from food — not dietary supplements. Incorporate protein into every meal.

RECOMMENDATIONS:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Lean chicken or turkey • Peanut or almond butter • Eggs | <ul style="list-style-type: none"> • Fish • Low-fat milk, cheese or yogurt |
|---|--|



CARBOHYDRATES

Carbohydrates are stored inside the body as fuel for activities. They also aid in muscle recovery.

RECOMMENDATIONS:

BEFORE PRACTICE OR A GAME:

- Light carbohydrate-based snack, such as half a sandwich

AFTER PRACTICE OR A GAME:

- Smoothie
- Sliced banana (lengthwise) with peanut butter sandwiched in the middle



HYDRATION

Hydration helps maintain body temperature, transport nutrients and oxygen to cells, carry waste away from cells and lubricate joints. **Water is the best choice.**

For 1+ hours of activity, replenish electrolytes lost through heavy sweating.

RECOMMENDATIONS:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Sports drinks • Fat-free or low-fat dairy | <ul style="list-style-type: none"> • Fruit such as a banana or orange |
|--|--|

DRINK 6-8 GLASSES PER DAY*



*Along with small amounts during physical activity

When preparing kids to tackle a sports practice or game, the best meals and snacks combine protein, carbohydrates and healthy fats. Choose from vegetables, fruit, whole-grain breads and cereals, low-fat dairy and lean protein sources.



Kids Eat Right: www.kidseatright.org
Academy of Nutrition and Dietetics: www.eatright.org

Hey Kids!

When snack attacks strike, choose foods that give you energy. Pick your favorites from each food group:



SNACK STRATEGIES FOR KIDS!

FRUITS	Apple slices	Orange wedges	Grapes	Banana	Cantaloupe	
VEGGIES	Cherry tomatoes	Baby carrots	Celery sticks (Ants on a log)	Bell pepper strips	Sugar snap peas	
GRAINS	Granola bar	Whole grain crackers	Mini bagel	Cereal	Popcorn	
PROTEIN	Hummus	Hard-boiled egg	Deli turkey slices	Peanut butter	Pumpkin seeds	Almonds
DAIRY	Low-fat string cheese and cubes	Low-fat yogurt	Low-fat milk	Low-fat cottage cheese		

<p>FRUITS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Applesauce <input type="checkbox"/> Banana <input type="checkbox"/> Berries <input type="checkbox"/> Dried fruits like raisins or apricots <input type="checkbox"/> Fruit smoothie <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi <input type="checkbox"/> Mango <input type="checkbox"/> Melon wedge <input type="checkbox"/> Orange sections <input type="checkbox"/> Pineapple chunks <p>Choose fruits that are fresh, frozen, canned in water or juice, or 100% juice.</p>	<p>VEGGIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby carrots <input type="checkbox"/> Bell pepper strips <input type="checkbox"/> Broccoli florets <input type="checkbox"/> Celery sticks <input type="checkbox"/> Cucumber slices <input type="checkbox"/> Edamame <input type="checkbox"/> Grape or cherry tomatoes <input type="checkbox"/> Jicama sticks <input type="checkbox"/> Sugar snap peas <input type="checkbox"/> Zucchini slices <p>Choose from a rainbow of colorful vegetables.</p>	<p>GRAINS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast cereal <input type="checkbox"/> Crackers <input type="checkbox"/> Granola bar <input type="checkbox"/> Oatmeal <input type="checkbox"/> Popcorn <input type="checkbox"/> Pretzels <input type="checkbox"/> Rice cakes <input type="checkbox"/> Whole wheat bread, bagels, English muffins, or tortillas <p>Choose whole grains for long-lasting energy. Remember to look for the words "whole grain" when reading the list of ingredients.</p>	<p>PROTEIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hummus or bean dip <input type="checkbox"/> Hard-boiled egg <input type="checkbox"/> Lean deli meats such as turkey or lean ham <input type="checkbox"/> Nuts such as almonds or pistachios <input type="checkbox"/> Peanut butter or nut butter <input type="checkbox"/> Sunflower seeds or pumpkin seeds <input type="checkbox"/> Trail mix <p>Choose protein foods that are low-fat and remember to keep portions small.</p>	<p>DAIRY</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cheese slice or cubes <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Milk <input type="checkbox"/> Low-sugar pudding cup <input type="checkbox"/> String cheese <input type="checkbox"/> Yogurt <p>Choose low-fat or fat-free (skim) dairy foods.</p>	<ul style="list-style-type: none"> • String cheese and whole grain crackers • Trail mix with cereal • Handful of nuts • Half of a PB&J sandwich • Baby carrots with hummus • Yogurt with granola • Turkey with cheese in a tortilla
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Why do we need snacks?

- ✓ Snacks add nutrients between meals
- ✓ Helps me concentrate by keeping my energy level high
- ✓ Satisfies my hunger



Hydration for active kids

Kids regulate their body temperature by sweating. Drinking water to replace these lost fluids is essential for children to stay cool and remain hydrated.

The amount of sweat produced by the body increases as the temperature, humidity and intensity of activity increases. The more we sweat, the more fluid we need to replace. Not drinking enough fluid to replace sweat loss can lead to dehydration and impact performance, behaviour and concentration. **TIP: If your active kids aren't asking for toilet breaks, they may not be drinking enough.**

WATER FIRST

Although there are an increasing number of drinks marketed for sports hydration, plain water is the drink of choice. However, when voluntary intake is not meeting fluid requirements, a sports drink can play a role in hydrating active kids. Some contain ingredients that improve water absorption and replace electrolytes lost due to sweating.



Sports drinks

These contain carbohydrates for fuel and sodium to drive the sensation of thirst. They optimise fluid absorption and retention and contain potassium to prevent muscle contraction. In addition to flavor for taste, they may contain other ingredients such as proteins, vitamins, minerals and herbs. A true sports drink contains 6-8% carbohydrate and 230mg-575mg/Litre.



Cordial/soft drink/fruit juice

Higher in carbohydrates and energy (kilojoules), these types of drinks are lower in electrolytes when compared to sports drinks. Carbonated drinks decrease voluntary fluid intake and can cause bloating. The additional energy (kilojoules) can lead to weight gain if it's not required. Water is healthier choice.



Sports water

Sports waters contain lower carbohydrate and electrolyte content than sports drinks. They are a better choice for lower intensity activities or moderate intensity exercise that lasts less than 60mins. These are a good option for those who need flavoured fluids to encourage fluid intake, but not the excess energy (kilojoules) of a sports drink.



Energy drinks

Energy drinks contain carbohydrate levels that are generally too high to add any benefit to performance. They also contain other ingredients such as caffeine, guarana and taurine. It is best for children to avoid these ingredients due to the limited amount of knowledge around safe doses and effects.

Protect the teeth!

Sports drinks, fruit juice and carbonated drinks are all examples of acidic drinks that can erode tooth enamel. **TIP: minimise contact of drink with teeth by encouraging the use of a straw or using squirtable water bottles. Rinse the mouth with plain water after drinking to neutralise the acidity.**

Keep kids hydrated by:

- Offering water breaks throughout the day.
- Keeping water close by and allowing kids to drink when they choose.
- Add mint or ginger to flavour water and make it more appealing.
- Fill water dispensers with ice to keep it cold as the day goes on.
- Ask kids to bring their own water bottles so they can refill them throughout the day.
- Offer foods that are high in water content such as fruit and veg as mid-morning or mid-afternoon snack.



Know the Signs and Symptoms of a Concussion (CDC)

- **Commonly observed concussion signs and symptoms:**
- **Can't recall events prior to or after a hit/fall**
- **Appears dazed or stunned**
- **Forgets instruction or is confused about an assignment or game details**
- **Moves clumsily**
- **Responds to questions slowly**
- **Loses consciousness**
- **Shows mood, behavior, and/or personality changes**
- **Commonly reported concussion symptoms:**
- **Headache or pressure in head**
- **Nausea or vomiting**
- **Balance problems, dizziness, and/or blurry vision**
- **Bothered by light or noise**
- **Feeling sluggish, hazy, foggy, or groggy**
- **Confusion, concentration or memory problems**
- **Just not "feeling right" or "feeling down"**

All parents involved in our youth sports programs are encouraged to learn more about concussions at [cdc.gov/headsup](https://www.cdc.gov/headsup).

Injury Prevention in Youth Athletes

By Jayanthi & Dugas, *Strength and Conditioning Journal* 2017



Designed by eYLM Sport Science

1 Become involved in a regular preseason and/or in-season conditioning and fitness program that also focuses on injury prevention



2 Have at least 1 day off per week from practices, sports-specific training or conditioning, and competitions for organized sports

3 Compete in only one sport during a season at a time. Avoid competing on multiple teams of different sports that would involve more than 5 days per week of participation (e.g., only doing high-school swimming, not high school swimming + club basketball in the same season)



4 Take at least 3 months off (not necessarily in a row) from competing in sports throughout the year

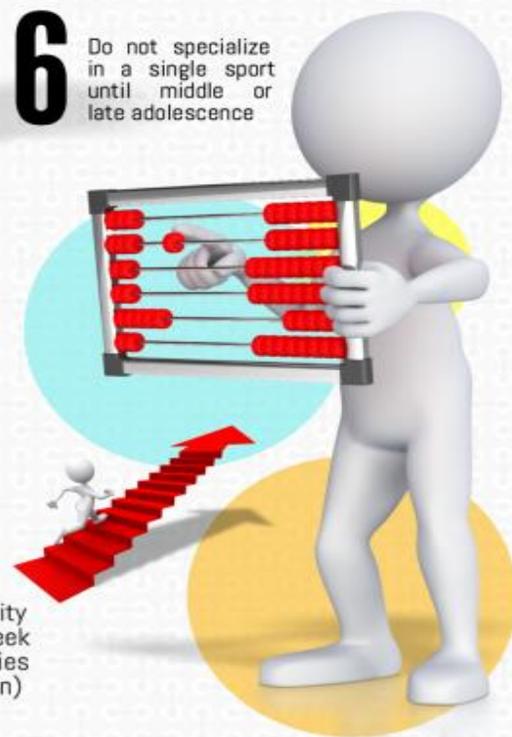
5 Take at least 1 month off from competing in a sport after a season ends (e.g., if swimming season ends at the end of January, take a month off before competing in baseball during the spring season)

6 Do not specialize in a single sport until middle or late adolescence

7 The total hours of organized sports per week should be less than twice the number of hours playing sports just for fun (e.g., an athlete who does organized soccer for 10 hours during the week and has 6 hours of "free play" during the week by playing volleyball at recess and basketball with classmates after school)

8 The total hours of organized sports per week should be less than or equal to a child's age in years (e.g., a 12-year old who participates in soccer for only 10 hours during a typical week, not more than 12 hours)

9 The total hours of organized athletic activity (sports + gym) should be less than 16 hrs/week (including all organized sports-related activities like conditioning/training/practicing/competition)



SportParent Survival Guide

How to excel at being a youth sport parent

Dropout Rates in Youth Sport*

- 70% drop out by age 14
- 50% drop out by age 12

Values Kids Learn Through Sport*

- Appreciation for an active lifestyle
- Positive self-concept through mastering skills
- Teamwork
- Social skills
- Leadership
- Responsibility
- How to handle success and disappointment
- Fair play and sportsmanship
- Respect for others

Why Kids Drop Out*

- Too much criticism from coaches
- Lack of fun
- Overemphasis on winning
- Lack of playing time
- Lack of success
- Injuries
- Conflicts with other activities

*From a study by the University of Michigan's Institute for Social Research, 1961-1997.

For the Full Sports Parent Survival Guide visit our website at www.debaryrecreation.org or see your Program Supervisor