



YMCA
Summer 2022
Coaches Packet



GROUP TICKETS

YMCA of GREATER OKC WITH THE OKLAHOMA CITY DODGERS

Saturday, June 25 at 7:05 p.m.

To Purchase Tickets Visit:
<http://www.quickscores.com/ymcaokc>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET IN THE GAME

Y SPORTS | WINTER 2021 - FALL 2022

WINTER

ESPORTS, BASKETBALL
(DEVELOPMENTAL, SPIRIT &
CHAMPIONS LEAGUES)

REGISTRATION:

AUG 17 - OCT 17, 2021

SEASON: DEC - FEB

SPRING

GOLF, SOCCER, TENNIS, TRACK &
FIELD, VOLLEYBALL, MIRACLE
LEAGUE BASEBALL, ESPORTS

REGISTRATION:

DEC 7, 2021 - FEB 13, 2022

SEASON: MARCH - MAY

SUMMER

BASEBALL, SOFTBALL, T-BALL,
BASKETBALL (DEVELOPMENTAL,
SPIRIT & CHAMPIONS
LEAGUES), ESPORTS

REGISTRATION:

MARCH 8 - MAY 1, 2022

SEASON: MAY - JULY

FALL

CROSS COUNTRY, FLAG & TACKLE
FOOTBALL, GOLF, SOCCER,
VOLLEYBALL, MIRACLE LEAGUE
BASEBALL, ESPORTS

REGISTRATION:

JUNE 14 - JULY 31, 2022

SEASON: SEPT - NOV

Contact your YMCA facility for league details.
Sports listed may not be offered at all locations.

405 297 7777

YMCAOKC.ORG/SPORTS

GET THE MOST OUT OF THIS SEASON WITH OUR NEW MOBILE SPORTS APP

Search for Y OKC Sports in the app store.



Touchless View First™ Picture Days



Arrive 30 min before your game.
look for the designated photo area
How it works:

- 1** We photograph every athlete and team on picture day. No money needed on picture day!
- 2** Portraits are posted online for 24/7 ordering.
- 3** Families will receive an email link to their child's personal portrait gallery.
- 4** All orders are shipped directly to the buyer.



Sports Pics. *New!*



YMCA PLEDGE

**WIN OR LOSE,
I PLEDGE BEFORE GOD
TO PLAY THE GAME
AS WELL AS I KNOW HOW;
TO OBEY ALL THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND, AND BODY.**



YMCA OF GREATER OKLAHOMA CITY

Youth Sports Concussion Plan

Players

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Recommend mouth pieces for all sports.
- Require mouth pieces for Flag Football and Tackle Football.
- Require the use of head guards in all sports for athletes who have had previous concussions.
- A player receiving any type of head impact regardless of source, will be removed from the game and will be unable to return.

Parents/Guardians

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Offer CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Encourage support of coaches decisions to remove players from practices/games if a concussion is suspected.
- Provide medical clearance documentation to coach prior to allowing player to return.

Coaches/Assistant Coaches

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Provide parents with concussion symptoms document in the event of a suspected concussion.
- Provide medical clearance documentation to Program Director prior to allowing player to return.
- Follow the 3 R's in the event of a suspected concussion.

Officials

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Provide parents with concussion symptoms document in the event of a suspected concussion.
- Document all head impacts or injuries using YMCA Incident Report and communicate incident to Program Director.

The 3 R's

Recognize

- Learn what a concussion is and how it affects an individual.
- Learn the symptoms and warning signs of a concussion.
- Follow the Respond steps in the event of a suspected injury.

Respond

- Remove child from game/practice.
- Notify parents and league officials.
- Seek medical attention.
- Record detailed information regarding incident or past history, using forms from the CDC Heads Up Program DVD.
- Keep child out of play until medically cleared.

Return to Play

- Obtain medical clearance from child's physician.
- Secure new program waiver signed by parent/guardian.
- Encourage parent/guardian to follow and document child's progress using the "Getting Back In the Game Program".
 1. Perform light aerobic exercise (No weight lifting, jumping, hard running).
 2. Gradually add activities that increase an athlete's heart rate and incorporate limited body or head movement.

3. Gradually increase activity to include a heavy non contact physical activity.
 4. Reintegrate child into practices.
 5. Place child back into play, while monitoring for returning symptoms.
- Require the use of head guards in all sports for athletes who have had previous concussions.



YMCA of Greater Oklahoma City Coaches Creed

I pledge myself to uphold the high standards of the YMCA in all my associations with team members, coaches, spectators and opposing teams.

I will exemplify all the principles of good sportsmanship and instill them in the youths under my care. I will not permit any unsportsmanlike conduct from players or spectators representing the team I am coaching.

I will, by personal example, display the qualities of leadership that will inspire youths to strive toward the goal of good leadership and sportsmanship.

In accordance with the YMCA principles, I shall make fair play and good sportsmanship the primary objective of all competition.

My primary aim as a YMCA coach shall be the development of youth, spiritually, mentally, and physically.

I will abide by and uphold the rules and regulations governing athletic contests, as established by the YMCA. I will follow the YMCA coach's manual guidelines. If issued a Super Sports Manual. I will follow the fitness concepts & character concepts. I will also ask the parents to read the Super Sports Manual for players with their children or encourage their children to read it if they are old enough to read material on their own.

I will, before any athletic contest is started, line up all my team players and coaches together with the officials and recite the YMCA Pledge or a prayer.

I will, after any athletic contest is completed, line up my team facing our opposition and lead them in shaking hands with each member and coach of the opposing team.

I have read the Coaches Creed and fully agree with the conditions of the creed. I fully understand the team I am coaching is not my team, but as a YMCA team, and I understand that I will be relieved of my duties as a coach if found guilty of any major violation.



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COACHING AT THE YMCA

- Fill out Coach Application and Consent for Criminal Background Check Form
 - Submit to the YMCA Sports Department by registration deadline of sport you are planning to coach. All documents can be found on www.quickscores.com/ymcaokc
- Complete 3 online coach's trainings @ <http://training.ymca.net>
 - Core Course: "Coaching YMCA Youth Sports"
 - Coaches Courses: Course designed for specific sport you're coaching
 - Mandatory Course: "Heads Up: Concussions in Youth Sports"
- Submit coach's training course completion certificates to your local YMCA Sports Department
- Attend Coaches Meeting
- Receive Roster (after clear CBC and Concussion Training)
- Schedule team practices
- Go to www.QuickScores.com/ymcaokc
 - Register as a coach
 - View rules
 - View practice plans
 - Contact Info for Y Sports Staff
- Download the YMCA OKC Sports App
- Contact your team
 - Introduce yourself
 - Inform team of practice/game schedule and required uniform
 - Take volunteers for assistant coaches, snack list, etc.
 - Trainings, Coach Application and Consent for Criminal Background Check Form required for Assistant Coaches
- Attend team pictures as scheduled by Candid Color Photography and the YMCA Sports Department
- If applicable, check Weather Hotline in the event of inclement weather for status on games
- Attend weekly practice(s) and game(s)
- Pick up end of season participation medals from the Sports Department Office
- Distribute medals to players at last game or schedule end of season celebration
- Questions? Contact your local YMCA Sports Department

ABCs of Working with Kids

A is for Active You have to be active. If you sit out of every activity, the kids won't think you care about them.

B is for Belonging. Children want to belong, you have the ability to help them feel as they do belong.

C is for Cheerful Be cheerful. Even if you're in a bad mood, be sure to keep a smile on your face. A bad day for you is a bad day for the kids.

D is for Desire You have to have the desire to give kids a fun program.

E is for Everyone Interact with everyone and get everyone involved! If you notice one of the kids in your group is shy, be sure to get him/her involved with the other kids even more.

F is for Funny Kids don't want an adult who's serious all of the time. Make jokes, have a good time.

G is for Guide It's your job to guide your children in the right direction of their life.

H is for Happy This is a given. You have to be happy. Don't be angry all of the time.

I is for Independence Teach children to become more independent than they are.

J is for Join in Don't sit on the side lines. Participate and have fun with the kids. Even if it means running around a playground or going down a slide. Do it.

K is for Kids This could have two meanings. The first means that you have to be good with kids to be a successful. The second is to let the kid inside of yourself come out. You may not be the most active or creative person outside of this program, but here that doesn't matter. Even if you aren't the best at drawing, draw anyway.

L is for Laugh You should always laugh. If one of the kids tells you a story or joke that they find funny but you don't, laugh anyway. Of course, remember to laugh at appropriate times. If a kid trips on a rock and falls, that's not the time to laugh (even though you may want to). If a kid draws a bad picture, don't laugh at it.

M is for Make Friends Make friends with the kids. Obviously this will probably happen, but make sure it does. Never ignore one child. Also, have kids make friends with each other.

N is for No Yelling You should never yell. You might scare them or make a bad situation worse. Or if you yell enough, they might actually get used to it and yelling won't be a threat to them.

O is for Options Give options. They'll have to learn sometime to choose and make decisions. Why not help them out. Sometimes they might not like the options, but they'll have to choose.

P is for Patience Have patience. This is pretty self-explanatory.

Q is for Questions Instead of punishing two kids for fighting right away, ask questions. Ask why they were fighting, what started it, who started it, was there a better way to solve the problem.

R is for Relationships Build relationships with the children.

S is for Sanity Be sure to keep your sanity, no matter how stressful times can get. Talk to other adults for suggestions.

T is for Teach Teach the ways of life. Teach them to try and become the best person they can be.

U is for Understanding We are all understanding people. If a child is upset, sit down and talk with them and listen to what they have to say.

V is for Vigilance We are in charge of making sure things are safe in our program.

W is for Wisdom Share your wisdom with the kids and watch them grow as the weeks go on.

X is for eXcellence You have a limited amount of time to give to the kids. Give it your all 100% of the time and be excellent.

Y is for Yes I Can This is not only a place for kids to learn new things and explore outside of their comfort zone; we can do this too!

Z is for Zzz Let's face it: get all the sleep you need to be well-rested for Wednesday afternoons!

Top Ten Tips for Working with Kids

1. Get to know each one individually.

Take time to get to know some of the interests, talents, and qualities of each child. Until your children feel they are building a relationship with you, that is the point where they start to feel secure and connected.

2. Get into routines right away.

For most children, routines provide security because they are predictable, and they help to know what is expected of them. For example, try using the "five-minute warning" routinely before the end of every activity period. Announce to kids, "Okay, we have five minutes before we have to clean up!" Transitions are hard for children because they involve a small loss of what they have just invested their pride and energy into doing. Using the five-minute warning consistently in other words, doing it routinely, helps children master those transitions.

3. Keep your directions simple!

Giving too many things to do at once is confusing and often results in not too much getting done! Especially for younger children who have shorter attention spans and for children who are easily distracted, try the following routine:

Step 1: Tell a child one thing to do. ("Get your homework out of your bag")

Step 2 : Ask them to repeat back to you what you have just asked them to do. ("So what are you going to do right now?")

Step 3: Instruct the child to come back and tell you when they've finished.

Step 4: Praise them for getting it done!

Step 5: Repeat the process with a new task for the child.

4. Get on their train before you try to get them on yours.

There's an expression called "getting on a train." When a child is doing something other than what she should be—rather than get into a struggle with her, experts suggest that you take a minute or two and join in whatever she is doing. In other words, take a moment to look at the pay attention to what they are doing before coaxing them away from it and onto the task at hand. Entering that child's world on her terms is a great way to develop influence with that child — which is a more powerful and lasting way of motivating children than using threats or force.

5. The human brain can't hold a negative.

When you tell a child at the swimming pool, "Don't run!" what his brain hears is "Run!" When you tell a child, "Don't talk while I'm talking!" his brain hears, "Talk while I'm talking!" It is impossible to tell someone not to do something without suggesting they do the very thing you don't want them to do. What is more effective is telling them what we want them to do. For example, at the pool, say, "Walk!" In a meeting say, "Listen while I'm speaking. You can have a turn when I am finished". Turning negatives into positives is more than just a subtle rephrasing of words. Children today are visual learners, meaning they get a picture in their brains of what behavior we are suggesting when we talk. Giving them a clear picture of what we want, rather than what we don't want helps steer their behavior in a more constructive direction. "Keep your hands to yourself," or, "Use your words when you are upset," are examples of telling children what we want from them that help them behave more appropriately.

6. Sarcasm has no place here!

I once heard an adult shouting at children who were late to line-up: "Come on, ladies! My old grandmother moves faster than you guys!" Sarcasm may be said with a hint of affection or humor, but this subtlety is lost on children younger than fourteen — the age at which the human brain "gets" sarcasm. Not that children won't mimic the sarcasm they witness... they will. But, what younger children "repeat" is simply hostility — any hint of affection or good-natured humor that one might embed in a sarcastic remark to a friend is lost on younger children.

7. Drop the rope!

If you have ever heard a child say to an adult, "You're not the boss of me! I don't have to listen to you!" then you have witnessed an example of how American children have been encouraged to "speak up" and assert themselves.

Unfortunately, many children today confuse rudeness with assertiveness. When a child says something provocative, like, "This is a free country! I can do what I want!" or, "My parents don't make me do that, you clean up!" rather than get into an argument — which I call picking up the emotional rope — use the following four-step response:

Step 1: Stay calm and let go of the provocation (in other words, drop the emotional rope!).

Step 2: Make children "right" about what they are "right" about. For example, "You're right. I'm not your parent!"
Or, "You're right — it is a free country! Isn't that great!"

Step 3: Pause and then simply say ". . . and . . . everybody knows that her, part of being responsible is cleaning up.
And

you can do this — it's no big deal!"

Step 4: Then stop talking and move on! One of the biggest mistakes adults make with children is we talk too much!
Less is

more!

When it is clear that you are not going to pick up the bait and get into an argument, you throw that child off balance. Second, using the word "and" as opposed to the word "but" helps kids stay with you. Third, state simply and calmly what everybody knows which helps you maintain the upper hand emotionally and signals to the child your confidence. When you detach and move on you are essentially taking the high road. Children would much rather argue with you than do what they are supposed to do. Detaching takes that option away. Picking up the "emotional rope" is the single greatest mistake adults make with children.

8. Try using the "triple play" with children who are having a hard time fitting in.

One of the challenges facing adults I hear about most frequently is the child who is a little socially awkward or shy. This is where a technique I call the "triple play" comes in. Try pairing that child with one other child (preferably one he helps choose) and do a fun activity together. When children play together they get to know one another more easily and introduce them to others too.

9. Teach children how to share and have gratitude.

You may actually have to teach how to share or have a sense of gratitude. Teaching them how to share and have gratitude will help them work together. Try gathering the kids for a few minutes at the end of the day and have them raise their hands when they have an example to share with the group of something that happened that day that they are grateful for or something that someone has shared with them that day, like friendship or a toy or their time and help during clean-up. Encouraging gratitude helps create an environment where friendship and respect flourish.

10. Listen, Laugh and Enjoy!

The word "TOP" is rendered in large, bold, 3D orange letters. The letters are thick and have a slight shadow underneath, giving them a three-dimensional appearance. The 'O's are particularly large and rounded.

Additional Communication Tips

Communicating with children:

- Always give directions using positive statements (ex. "inside voices please").
- Listen to children and respect individual differences. When you take time to listen, you show a child that he/she is important.
- Have eye contact- kids know you are listening when you are making eye contact. Lean for a teen, squat for a tot.
- Avoid talking down to children.
- Be clear in your expectations.
- Discuss with the children the activities for the day.
- Use motivating words.
- Praise and Reinforce good behavior.
- Flexibility and adaptability are essential.
- Have empathy, realize that some children may be dealing with less than ideal situations unbeknown to you.
- Always intervene when you hear children putting each other down.
- Use a sense of humor, an easy-going attitude, patience and creativity
- Always end the day on a positive note. Ask questions like "What was your favorite part of the day?". You will be amazed what matters to the children.

HOW TO HAVE FUN

- This program about relationships and connections between kids and volunteers. Don't be lazy! Interact with children. Don't just tell them how to do things--do it too! Play UNO, , play in the soccer game. It makes the day so much more fun for you too!
- You are a role model, so act like it. The children will do what you do. Think of how you want the kids to behave and act that way. Be professional in front of the children.
- Be friends but do not let them get away with things. Treat kids who get on your nerves like you do your favorite. Basically, don't play favorites!
- Break up cliques early. It is unavoidable that there will be cliques. Make sure that you make them mingle as much as possible.
- Be proactive rather than reactive. Anticipate what is going to happen and then plan accordingly.
- Grin and bear it. You may be tired, hungry or have 100 other things that you need to get done at work. People who work with kids need to be some of the best actors in the world at times.
- Try to spend a few minutes of face time with each new child. They will like you more if they feel that they are the center of attention, and it will allow you to understand them better. We can tag team as a group.
- **Prepare.** Prepare for each day and whatever it may throw at you. If you prepare yourself, you can prepare the kids. They will have less anxiety about the day and have something to look forward to.
- Ask questions, start conversations and play games that help the kids get to know each other.



HOW TO PICK TEAMS

Have you or someone you know ever been the last person selected to be on a team? If this has happened, then you are aware of the damage it causes to one's self esteem. Making teams by using team captains who select players, one by one, from the group has severe consequences.

Consequences:

1. Child loses self confidence
2. Child may become a behavioral problem
3. Child does not want to participate
4. Child does not want to return to the program

Creative Ways to Make Teams

- Have children line up and count off using numbers, objects, animals (tigers and bears), etc.
- Have everyone take off one shoe and put it in a pile. Volunteer randomly throws shoes to his/her left and right. Children go to the left or right to pick up their shoe. Two teams are made of the right/left throw.
- Make teams according to birth month, birth dates, or birth season.
- Draw names from a hat (use name cards).
- Have children pair off and each pair find another pair to form four and each foursome find another foursome...go until you have the correct teams designed.
- Play a game or icebreaker that results in formed groups.
- Have children group according to material items, NOT physical characteristics (all who are wearing a watch vs. those who aren't; those with white shirts, those with other colors)
- Volunteers randomly select teams (not too exciting, use as a last resort).
- Mingle, Mingle, Mingle—group mingles around, leader calls out random numbers, the group has to get in groups of that many, play multiple rounds.
- Toe to Toe - Have the kids stand toe to toe with someone their height. One of the kids is skittles one is starburst. Send one to one side, one to the other. Keep dividing until you get desired group size.
- Come up with a few ways of your own!



GAMES

Play with the kids . Kids will be most likely to play a game if you are actively participating. Enjoy yourself and be part of the group, but be cautious not to play at skill levels above the kids that make the game unfair or dangerous.

Facilitate equal playing action for all participants. Be very mindful of how many times a kid has (ie) received the soccer ball. Quite often, less active kids are left on the sidelines while more athletic or outgoing children dominate the game. If you are playing any activity, find a way to keep activities moving and changing to give everyone equal quality playing time. This same principle applies to sports-minded children who may be uncomfortable playing dramatic games.

Keeping score is not always important! You'll quickly find that by simply not keeping score, many games become more fun. Whenever possible, try to limit the focus on "winning" or "losing" and concentrate more on having fun, and staying active. This is not to say that you should never keep score - it's simply not always important.

Re-invent any activity by changing the rules .Any game can be adapted to make it more interesting. Here are several adaptations of kickball as an example: Run the bases backwards, run them in reverse order, give all infielders water balloons to use to throw players out instead of the ball, hit the ball with a bat, use a beach ball or have entire sides kick before rotating instead of having traditional outs.

Learn games at all physical activity levels. Every group is different, and every day is different as well. Good volunteers have a bag a tricks for the various personalities or weather conditions that they come across.

Always, Always, Always encourage teamwork, fair play, and sportsmanship! Set the tone right away - games are meant to be fun and should reflect the values of the Y. Set ground rules for physical or less active games alike, such as, "Only positive comments," or "No name-calling."

Always stop the game while you're still having fun. Children will always want to return to a game that was stopped that they were enjoying. If you play a game until everyone is dropping out or arguing, that's how they will remember it.

Let children lead games. Give children an opportunity to be the group leader, explain the rules, choose captains, set boundaries, and arbitrate arguments. It helps build leadership skills, independence, and self-esteem.



CHILD ABUSE REPORTING PROCEDURES and POLICIES

A foundational commitment of the Y is to provide a healthy atmosphere for the growth and development of children. Thus, child abuse in any form is a primary concern to the Y. Child abuse is the mistreatment or neglect of a child resulting in injury or harm.

- Any staff or volunteer who has reasonable cause to suspect that a child participating in one of our programs has been abused or neglected, or having reason to suspect that a child has been threatened with injury and that abuse will occur, must report to the proper authorities.
- Volunteers are trained to recognize, prevent, and report child abuse.
- Under no circumstances should a staff/volunteer member interrogate the child or cause them to feel responsible for the abuse/neglect. The staff/volunteer person's responsibility is to report and cooperate with the agency's investigation.
- Confidentiality is of utmost importance.
- Parents/guardians or children involved in the case should not be contacted by a YMCA staff/volunteer person.

Oklahoma Child Abuse and Neglect Hotline: 1-800-522-3511

In order to avoid allegations regarding child abuse, the following policies must be adhered to:

- Staff/ Volunteers will not use verbal or emotional abuse when disciplining.
- Staff/ Volunteers will not discipline by use of physical punishment or by failing to provide the necessities of care such as food or shelter.
- Staff/ Volunteers should at no time be alone with a single child unobserved by other Staff/ Volunteers.
- Staff/ Volunteers to child contact should be on the hand, shoulder, or upper back. Staff and volunteers will respect children's rights not to be touched in ways that make them feel uncomfortable and will understand that touch should be done only in view of others.
- Staff/ Volunteers shall be alert to the physical and emotional state of children each time they report for a program.
- Staff/ Volunteers will refrain from intimate displays of affection toward others in the presence of children, parents, and staff.
- Profanity, inappropriate jokes, sharing intimate details of one's personal life in the presence of children and/or parents is prohibited.
- Contact should never be against a child's will (unless in the case of clear and present danger of the child).
- Contact should never be against a child's discomfort, whether expressed verbally or non-verbally.
- Contact should never be used when it would have the effect of over-stimulating the child.
- Contact should never take place in a place on a child's body that is normally covered by a bathing suit, unless for a clear medical necessity, and then only with supervision from another adult.

<i>Appropriate Physical Interactions</i>	<i>Inappropriate Physical Interactions</i>
<ul style="list-style-type: none"> • Side hugs • Shoulder-to-shoulder or "temple" hugs • Pats on the shoulder or back • Handshakes • High-fives and hand slapping • Verbal praise • Pats on the head when culturally appropriate • Touching hands, shoulders, and arms • Arms around shoulders • Holding hands (with young children in escorting situations) 	<ul style="list-style-type: none"> • Full-frontal hugs • Kisses • Showing affection in isolated area • Lap sitting • Wrestling • Piggyback rides • Tickling • Allowing a youth to cling to an employee's or volunteer's leg • Any type of massage given by or to a youth • Any form of affection that is unwanted • Compliments relating to physique or body development • Touching bottom, chest, or genital areas
<i>Appropriate Verbal Interactions</i>	<i>Inappropriate Verbal Interactions</i>
<ul style="list-style-type: none"> • Positive reinforcement • Appropriate jokes • Encouragement • Praise 	<ul style="list-style-type: none"> • Name-calling • Discussing sexual encounters or in any way involving youth in the personal problems or issues of staff and volunteers • Secrets • Cursing • Off-color or sexual jokes • Shaming or Belittling • Derogatory remarks • Harsh language that may frighten, threaten or humiliate youth • Derogatory remarks about the youth or his/her family



YMCA of Greater Oklahoma City Parents Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well being of each child ahead of a personal desire to win.

I will support the implementation of the YMCA's four character development values-caring, honesty, respect and responsibility. When my child is required to have a Super Sports Manual, I will help read to him/her or encourage my child to read if they are able to read it on their own.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all YMCA youth sports events.

I will remember the game is for youths – not for adults.

I will do my very best to make the youth sports experience for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.

I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.



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2022 Summer Baseball/Softball/T-Ball Information

- Schedules, Rules, Contact Info, Maps, Etc.
 - www.quickscores.com/ymcaokc
- Download the YMCA OKC Sports App
- Equipment Needed
 - Green/White reversible YMCA All Sport Jersey.
 - Tennis Shoes or Rubber Molded Cleats.
 - Shorts or baseball/athletic pants.
 - Glove
 - Ball
 - Water Bottle
- Optional/Recommended Items
 - Batting Helmets
 - Bat
- If you have not heard from a coach by May 23 2pm, please contact your local YMCA Sports Department for team information.
- Practices will begin the week of May 30. Coaches will provide individual team practice information.
- Game Schedules will be posted by May 31 6:00 PM. Games begin the week of June 6.
- Games may be played on Weekday Evenings and Saturdays. Sunday Afternoons may be needed for weather make up games.
- For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- Candid Color Photography is the official photographer for the YMCA Sports Programs. A portion of each sale goes back to the YMCA Annual Campaign making sure no one is turned away from the YMCA.
- All Players will receive an end of season medal. Coaches will pass these out after the final game.



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2022 Summer Basketball Information

- Schedules, Rules, Contact Info, Maps, Etc.
 - www.quickscores.com/ymcaokc
- Download the YMCA OKC Sports App
- Equipment Needed
 - Official YMCA Thunder Basketball League Jersey
 - Non-Marking Athletic Shoes
 - Basketball
 - Shorts/Athletic Pants
- If you have not heard from a coach by June 1 at 2pm, please contact your local YMCA Sports Department for team information.
- The Summer Season is a 6 game, Game Only Season. There are no YMCA provided practices during the summer season.
- Spirit League will have a single game elimination end of season tournament.
- Coaches may contact their local YMCA Sports Director to schedule 1 pre-season practice.
- Basketball Game schedules will be posted by June 6 and games will begin the week of June 13.
- Games may be played on Weekday Evenings, Saturdays, and Sunday Afternoons.
- For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- Candid Color Photography is the official photographer for the YMCA Sports Programs. A portion of each sale goes back to the YMCA Annual Campaign making sure no one is turned away from the YMCA.
- All Players will receive an end of season medal. Coaches will pass these out after the final game.

Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit and Raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Ice cold water - no need for sugar packed sport drinks

GRAB & GO - THE PRICE IS RIGHT!

>> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25 each

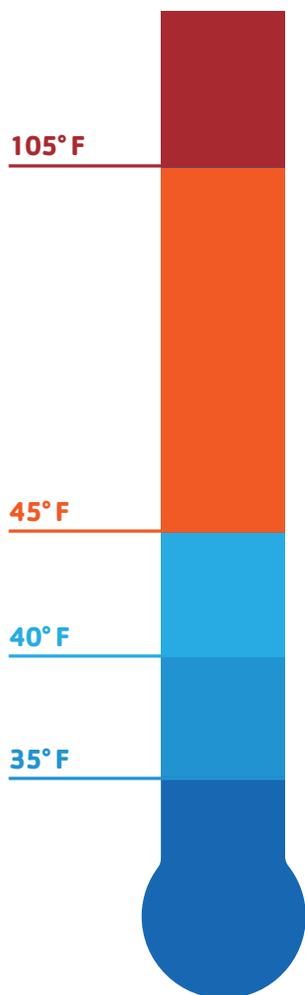
Total = \$10.25





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR SPORTS WEATHER GUIDELINES



**105° F or higher:
Games will be cancelled.**

We suggest practices should be postponed or cancelled.

**46° F and higher:
Games played as scheduled.**

**45° F and lower:
Additional clothing beneath uniform is suggested.**

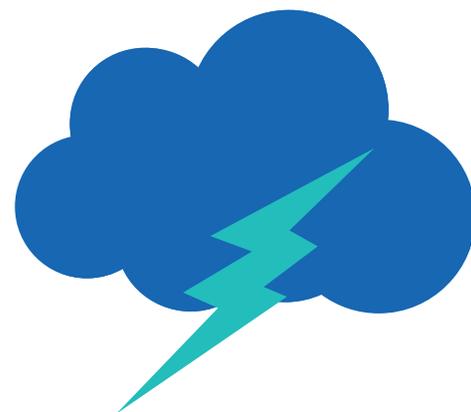
**40° F and lower:
Games are shortened.**

**35° F and lower:
Games are suspended.**

The Sports Director or Sports Coordinator will determine the official temperature and will make a decision on games to ensure children have the safest play environment possible. Game time decisions will be made at least 30 minutes prior to the scheduled game time when possible. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions/cancellations. Please contact your sports director with any other questions that you may have.

Thunder and Lightning

- If thunder is heard or lightning is seen, the area will be cleared.
- All participants and spectators will be evacuated from the location. They will need to move indoors or to their vehicles.
- Activities will resume a minimum of 30 minutes from the last observed thunder or lightning.
- YMCA Staff will monitor weather at game sites and make the final determination on return to play.



For additional weather tips, guidelines and policies, visit quickscores.com/ymcaokc

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20% discount, plus free shipping, valid on date(s) listed below. Some exclusions do apply.

YMCA Youth Sports Discount Shop Event

Only Available On:
Friday 5/27 – Monday
5/30

WHERE: OKC North, OKC
West, Moore, Midwest
City, and Lawton
Dick's Sporting Goods

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Limit one coupon per customer. Must be used on one transaction. Discount applied before tax charges. Cannot be combined with any other offer, team discount or used for gift cards, licenses or previously purchased merchandise. Coupon valid on in-store purchases only. No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or discount was applied may result in an adjusted refund amount. See store and DICKS.com/Exclusions for details.

YMCA Youth Sports Offers valid 3/1/2022 - 1/31/2023

YMCA Youth Sports
Valid 3/1/2022 - 1/31/2023



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A PAIR OF ATHLETIC FOOTWEAR
OR CLEATS \$59.99 OR MORE

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YMCA Youth Sports
Valid 3/1/2022 - 1/31/2023



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YMCA Youth Sports
Valid 3/1/2022 - 1/31/2023



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A SINGLE TEAM SPORTS EQUIPMENT ITEM

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