



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y WAY TO PLAY HANDBOOK



www.ymca-thomasville.org

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Letter to Parents

Dear Parents and Participants,

The Thomasville YMCA welcomes you to the YMCA & City of Thomasville Recreation Programs! Our goal is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. Skill development is the main component of all YMCA Youth Sports. Non-competitive games are a part of every season, and each child will play a fair amount of time in every game. Of course, a FUN and friendly environment is characteristic of all YMCA programs.

This is the Youth Sports Parent Handbook. Please take a few minutes and read the information inside this handbook. This material may answer some of your questions, as well as give you the Youth Sports Philosophy and mission statement.

Youth Sports programs are possible by the dedication of volunteer workers. Many volunteers put in many hours of work to make the programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please contact us.

Families are very important to the Thomasville YMCA. Please take an interest in your child by supporting him/her during practices and games. Also, time spent with your child at home in sports skills development builds confidence and parent-child relationships.

Thanks for your participation. We look forward to serving you and your child in our Youth Sports program. If you have any comments or questions, please call the Thomasville YMCA at 229.226.0133

Sincerely,

Program Directors
Thomasville YMCA
229.226.0133

ABOUT THE YMCA

The Butler Mason YMCA is a branch of the Thomasville YMCA; It is the mission of the Thomasville YMCA to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Four Core Values of Character Development:

- ◆ Caring – To love others and be sensitive to the well-being of everyone involved.
- ◆ Honesty – To have integrity, ensuring that one's actions match one's values through participation.
- ◆ Respect – To value the worth of every person, including one's self, one's teammates, coaches, opponents and officials.
- ◆ Responsibility – To be accountable for one's behavior and obligations.

Youth Sports Philosophy:

The YMCA's philosophy is "Athletes First, winning second, everyone's is a winner." Please do everything you can do to de-emphasize the score.

YMCA Sports: 7 Pillars

1. Everyone plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives fair practice and game time.
2. Safety first. Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.
3. Fair play. Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.
4. Positive competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

ABOUT THE YMCA

5. Family involvement. YMCA Youth Sports encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. Sport for all. YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. Sport for fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

What Is the Y Way to Play?

The Y Way to Play is a commitment for all to learn, grow and have fun through sports. Our goal is to build a community in which everyone has opportunity for youth development, healthy living and social responsibility through Y Sports programs. Sports provide everything—whether it is enjoyment and values to coaching and learning to rise to another level. Sports teach life and the right way to play it. Play the Y Way.

The Y Way to Play Is: Fun. Sportsmanship. Opportunity. Progressive Competition. Community.

FUN

Providing a lifelong enjoyment of sports and the values they teach.

SPORTSMANSHIP

Teaching the core values of the YMCA through the golden rule of sports.

OPPORTUNITY

Programs for all to be involved in a healthy lifestyle through sports.

PROGRESSIVE COMPETITION

Kids learn to develop skills and character in a positive sports environment.

COMMUNITY

Connecting and building a team of families and kids.

What is Your Role in the Y Way to Play?

Player:

- Be respectful to all involved in Y Sports.
- Always demonstrate good sportsmanship.
- Be a good listener and attend practices and games, on time.
- Learn, grow and have fun through sports.

Parent:

FOR YOUTH DEVELOPMENT:

- Talk to your child regularly about the importance of sportsmanship, integrity and fairness in sports. Remind them that winning is not the ultimate measure of success in sports.
- Always conduct yourself in a manner which is in accordance with the principles of caring, honesty, respect and responsibility. Your actions will set the example for your child to emulate and follow. You are a key role model!
- Talk to your coach before and during the season about the personal development goals you have for your child. This will allow him/her to monitor and aid your child's growth on an individual level.
- Address any behavioral or sportsmanship issues with your child immediately. Do so in a discreet manner that doesn't berate or embarrass them in front of their teammates.
- Recognize and reward your child for good sportsmanship.
- As a parent, the best way to have an impact on your child and yourself is to be involved and focus on fun!
- Introduce yourself to the coach and the other parents, and whenever possible make yourself available to help the coach/team. Not much help may be needed, but when everyone takes the initiative to be supportive, it creates a universal sense of ownership over the program and helps create a sense of community. Also, all coaches will need an assistant coach and someone to coordinate other team activities (snacks, post-season parties, etc.).
- Respect what the coach and the YMCA are trying to accomplish, and to this end, if you ever have questions, please ask the coach or the Program Director.
- Keep in mind that the coaches are also often parents and are volunteering their time in order to help provide a fun and healthy sporting experience for your children. If their experience seems to be lacking, please be patient as this is a program designed to develop coaches as well as players.
- If you believe your child is being led astray on skills and techniques, please discuss this with the coach, as you may be correct, or you may learn something new. It is important to speak directly to the coach so that the team's trust in the coach is not undermined by having a player saying, "My mom/dad said that this isn't the right way to do that" etc...

What is Your Role in the Y Way to Play?

- Encourage your child first and foremost. Never begin discussing a game with critical analysis or suggestions. That is the coach's job, and what each child needs more from their parent is support; someone to be proud.
- If you feel that there are things you can add, or that need to be addressed, ask them to let you know when they are ready to hear some of your thoughts on the game or their performance.
- Never hesitate to give your child positive feedback based on what you saw, especially if it is regarding something that you know they have been working on.
- Find out what your coach's expectations for your child are and then support them. Do this the same way you support your child's teachers when s/he is assigned homework.

FOR HEALTHY LIVING:

- Spend some time each day with your child being active. This will help improve your child's fitness, coordination, skills and interest in staying healthy. It will also help you get active each day!
- Always have healthy eating in mind when planning your child's meals. It is especially important to encourage healthy eating during a sports season because their energy and attention levels will be directly impacted by how well their bodies have been nourished.
- Ask your child to help you with the menu for the week. Work with him/her to work with you to plan healthy, delicious meals.
- Be sure to mention it when you see your child improve in terms of habits or fitness.
- Keep an open dialogue about what your child has been eating at school so that you can influence his/her habits while s/he is away from you.

FOR SOCIAL RESPONSIBILITY:

- Consider and understand what you're committing to before making a decision to join. Look at the schedule, understand basic rules, and engage with all of your team's players.
- Engage with your child about activities and sports. Ask questions about how they feel about the sport, the team, and the other players.
- Communicate with the coach, volunteer, help out, and be visible, rather than dropping your child at the field and returning when the game or practice is over. See how you can get involved in practices. This will also help you to learn the names of the other parents and players on the team.
- Talk to the other parents! This program is designed to give you an opportunity to expand your community as well! If you are enjoying yourself at games and practices, then so will your children.
- Ask your child about how s/he is feeling about his/her team. This way you are in tune with who s/he is enjoying spending time around so that you can cultivate those relationships. You will also be giving your child an outlet in which s/he can tell you about relationships that aren't going well so that you can discuss it with the coach or Program Director.

Y Sports Policies

Code of Conduct:

I pledge, as a participant, parent, spectator, staff or volunteer involved in Y Sports programs, to display good sportsmanship, be encouraging and supportive and provide an environment where children can succeed and have fun.

Payment Policy:

Team Sports:

- Participants are placed on a team when full payment is received. This includes participants using Financial Assistants (FA). It is the participant's responsibility to follow through if using FA.

Refund/Credit Policy:

1. A credit voucher or refund will be issued if the YMCA cancels a program.
2. A credit/refund may be issued due to illness or injury of participant.
3. If approved, credit voucher will be available within 10 days and is valid for 1 year from the issue date.
4. Checks for refunds will be made by mail.
5. Payments made by check will be subject to 14 days waiting period before payment will be considered final.
6. No credit or refund will be issued after you are assigned to a team.

Weather Information/Cancellations

Games are played rain or shine. The only exemption is thunderstorms. If this occurs YMCA Staff will contact all parents and coaches.

Practice cancellation is up the coach. If the coach cancels, the coach will call all parents.

Please log in to YGametime to receive weather updates. Or call the

RAINOUT LINE 229-584-0183

When the lightning detector sounds (horn), go immediately to your vehicle. The horn will sound three (3) short blasts when all is clear and you can return to the fields

Y Sports Policies

Player Age/Division Policy:

- The Y Sports Policy on players playing outside of their division is as follows:
- Players may play in the division consistent with their age, OR-
- Players may play in the division one step ahead of their age group, if that is what will provide the best experience for the player (i.e. an eight (8) year old may participate in the 9-10 year old age group.)
- Players may NOT play in a lower division than their age group unless prior approval (i.e. a nine (9) year old may not participate in the 7-8 year old division).
- Players may NOT play in a division that is more than one step ahead of their age group (i.e. an eight (7) year old may not participate in the 9-10 year old division).

24 Hour Policy:

- The Y Sports department does NOT permit any individual to confront a referee or Y Sports official at any time. If a situation arises in which a referees actions create a problem, give the situation 24 hours to cool down.
- After the 24 hours have passed, if you still feel strongly that something should be done, please contact the Program Director.

Procedure for Head Injuries during YMCA Sports Programs:

1. Remove the athlete from play
2. Ensure that the athlete is evaluated right away by an appropriate health care professional
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion
4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion

All parents and coaches should read the CDC website for further information about concussions:

<http://www.cdc.gov/concussion/sports/resources.html>

What Your Child Should Learn Through the Y Way to Play

Soccer:

3-5 Years Old – Smart Start & U6

- Understanding how your feet direct the ball.
- Learn to listen and learn from a coach.
- Understanding the objective of scoring a goal.
- The concept of sportsmanship & team.
- Have fun playing (smiling a lot and wanting to play) and be involved in at least half of the games.
- Chase the ball and kick it (any direction).
- Engage in the games without the parents being on the field.
- More consistently chasing the ball and dribbling in correct direction.
- Most can run slowly backwards and sideways with a heel click sideways run.
- Can use the bottom of the foot to stop the ball.
- Should play to the whistle (stop when and only when they hear the whistle).

6-7 Years Old

- Should share the ball and start to make passes in the general direction of a teammate.
- Pass (or gentle kick) with the inside of the foot.
- Beginning to manipulate the ball from side to side and change directions while dribbling.
- No hands being used on the field except for self-protection or in goal (some players will use their hands in goal, but most just try and get in the shooter's way).
- Run backwards and sideways faster and some will start to turn from a forward run to backward or sideways run.
- Going the right direction almost all of the time.
- Begin to run back and play defense.
- Should play to the whistle (stop when and only when they hear the ref's whistle)

8-12 Years Old

- Should understand the basics of play as previous stated.

What Your Child Should Learn Through the Y Way to Play Basketball:

4 Years Old – Smart Start

- Dribbling
- Offense/Defense
- How to run backwards
- Identify your “person” on defense
- The concept of a team
- Use two hands to catch the ball
- Bounce pass, chest pass w/two hands
- Learn boundaries of court
- The concept of Sportsmanship
- Basic fundamentals of shooting
- Play until whistle blows

5-6 Years Old

- Double dribble/traveling
- Introduce pivot foot
- Defensive stance
- Offensive Spacing
- Triple Threat

Competitive Leagues:

7-8 Years Old

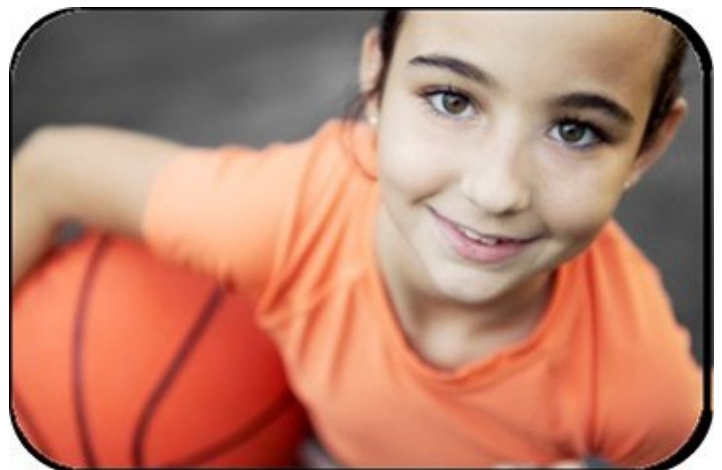
- Introduction to rebounding skills
- Dribble with either hand
- Lay-up
- Defensive slides: shuffle/drop step

9-10 Years Old

- Free throw
- Box out
- Rules of game
- Screen/roll
- Passes to get around defense/Post Entry

11-12 Years Old

- Deny/help
- Outlet Pass
- Reading Defense
- Full Court Press



What Your Child Should Learn Through the Y Way to Play

Baseball & Softball:

4-5-6 Years Old– T-Ball

How to throw a baseball with correct form

How to tag for an out

How to hit off a tee

Where to run after hitting the ball

Concept of sportsmanship

7-8 Years Old –Machine Pitch

Concept of a team

Infield/outfield on defense

Foul/fair hit balls

What a base runner is/how to run the bases Rolling/catching grounders

9-10 Years Old– Machine/Live Arm

Hitting off a pitcher

Home run

How to catch

11-12 Years Old– Live Arm

The 6 defensive positions

What an inning is/how many innings in a game

Home run

Understands defense and offense

13-14-15 Years Old– Live Arm

Home run

Understands defense and offense



General League Info

When Will I Know Which Team My Child Is On?

- Leading up to the season, we will be recruiting volunteer coaches and setting up teams, to build rosters.
- 1-2 weeks prior to the start of practice (after the coaches meeting), an evaluation will take place. This evaluation helps with dividing the teams up as evenly as possible.
- After Evaluations take place there will be a Team Selection where the Coaches come in and help even out the teams as much as possible before they draw for a team.
- Finally there are couple days where the Program Director irons out the teams and makes sure every team has a coach and a sponsor.
- Then join us for Meet the Coach. The Coach will introduce himself or herself along with having information regarding practice schedule or other pertinent information that they feel is necessary to a successful season. Remember to exchange contact information for the upcoming season and to keep the coach updated if you change your phone number or email address.

How Many Players Are On Each Team?

The number of players on each team is ideally proportional to the number of players on the field for any given division. This number can ONLY be modified (+/- 2) by the coach, as we try to cap rosters at the number of players below for each division. Examples:

- Soccer
 - 4-5 Years Old: 3 on the field / 6(max) on the team
 - 6-7 Years Old: 4 + Goalie on the field / 10 (max) on the team
- Basketball
 - 5-6 Years Old: 6 on the court / 6 (max) on the team
 - 7-13 Years Old: 5 on the court / 8 (max) on the team
- TBall, Baseball, Softball
 - 4-14 Years Old: 15(max) on the team.
- Football Flag & Tackle:
 - 6-12years old: 11 on field tackle / 15(max) on team
 - 4-5 year olds: 8 on field / 11 (max) on team
- Wrestling 4-12 years old: unlimited on team
- Track and Field 7-13 years old: unlimited on team

General League Info

Coaches and Volunteers

- Y Sports teams are run entirely by volunteers. Without volunteer coaches, assistant coaches and team parents, our programs will not run. Volunteer coaches are parents, older siblings and community members who want to make a positive impact in the community. Please respect and appreciate their time and commitment to the kids—they are to be valued.
 - ◆ If there is ever a problem with a coach or volunteer, please contact the Program Director.
- Background Check: All Head Volunteer Coaches must complete a YMCA issued Background Check as part of their application process.

What If Our Team Doesn't Have A Coach?

Your Y team will have a coach. We recruit coaches extensively leading into a season. There may be times, however, when there has not been a coach assigned to the team that your child has been placed on. In this case:

- Parents on the team may be asked to coach, if necessary.
- The Y staff may run practice for the first two weeks while confirming a coach.
- If interested in coaching Y Sports, please contact the Program Director.

Practice:

- Teams will generally have two weeks of practice prior to their first game.
- Practices are generally twice a week, for 45 min. - 1:30 hours depending on age.
- Coaches will choose practice day and time, based on availability from the Y and the volunteer coach.
- Contact the Program Director or your coach for more information.
- Parents need to check their child in with the coach at each practice. Please do not just drop your child off.

The Y does not cancel practices except for extreme circumstances. Sometimes, events beyond our control prevent teams from practicing.

Practices are ONLY cancelled if:

- ◆ The coach cancels practice (the coach will inform you of this decision).
- ◆ Thunder/ Lighting
- ◆ Poor Field Conditions
- ◆ The City closes Remington Park Fields

General League Info

Games

- Games will be held at Remington Park (basketball at Y gyms). Please try to arrive to games 15 minutes early, so that we can keep our game schedule running on time. Parents must check their child in with the coach at each game. Please do not just drop your child off.
- The game schedule for each season will be released approximately 7 days prior to the first game. They are posted on YMCA Web site and YGametime.
- We are excited to introduce YGametime! You will find Sports, Leagues and Schedules, along with other Y information, at your fingertips. It has many great features that were previously unavailable. This will give you, the coaches and parents of these great kids, the information you need instantly!
- For information on cancellation/postponement of games, please refer to the Weather/ Cancellation Policy.

Officiating/Referees

- Y Sports referees are trained on the rules of the game, positioning and mechanics, controlling the game and the Y Way to Play. Referees understand that their job is to not only officiate the game, but to give the children a great experience.
- What sets our referees apart from other leagues is our ability to teach. Y Sports referees are trained to interact with the children, teach the game and reinforce what the children are learning, and to have fun with the kids!
- Please be respectful of the referees and their judgment. No referee is perfect; so, yelling at and berating the officials will NOT be tolerated. Please understand that Y Sports referees are here for the kids; and we all share a collective responsibility to provide an environment in which the children are able to learn, grow and have fun.
- Any problems with a referee should be addressed with the Program Director. Please do not confront a referee (refer to the 24 Hour Policy).

General League Info

Financial Assistance

The Y is proud to offer Financial Assistance to those who qualify; so, that all have the opportunity to play Y Sports. To apply for Financial Assistance, please visit the YMCA website or local branch and a customer service representative will be glad to help you.

This yearly process may take up to 2 weeks, so please plan accordingly.

- No registration will be placed on a team UNTIL payment in full is received. This includes participants using FA. It is the participant's responsibility to follow through if using FA.

Annual Campaign

The Y does not turn anyone away from a program due to inability to pay. We are only able to offer financial assistance to families in need through generous contributions to our Annual Campaign. If you are interested in finding out more about the Y Annual Campaign or would like to make a donation, please contact the Program Director.

Remington Park Is the property of City of Thomasville.

The city contracts to Thomasville YMCA to program activities. The YMCA also takes all reservations for field usage for community needs.

Memorial Garden @ Remington Park

Individuals who participated in any of the YMCA sponsored sports programs funded by the Thomas County Recreation Board or the YMCA to include athletes, coaches, umpires, referees, scorekeepers and staff may be considered.

Procedure / Responsible for selection

An application may be submitted to the Thomas County Recreation Board. After submission, the Recreation Board Chairman, Y staff, one county and one city representative from the Recreation Board will review and present to the Recreation Board for consideration for inclusion into the Memorial Garden.

Each plaque shall consist of a 12x12 black cast aluminum plaque, which will be appropriately displayed in the Memorial Garden. The family or friends will select design of the plaque but not exceed the above dimensions. The Recreation Board reserves the right of final approval of the design.

The family or friends will be responsible for the cost of the plaque. A 50% deposit will be required when ordering the plaque with the balance due upon delivery. To insure uniformity of the plaques, the Recreation Board has designated a supplier. The plaque will be erected and park maintenance personnel will maintain the Memorial Garden.

All-Star Selection Process

All-Star Participation Guidelines

- 1. There is no guaranteed playing time.** Unlike local league rules, playing time for each participant will be up to the discretion of the coach. However the Y strongly encourages each coach to play all participants that attend practices regularly and have a proper attitude.
- 2. Participants must attend all team practices, games and functions** unless prior authorization by the coach, illness, or family emergency occurs. This includes team meeting, practices, games, fund raisers, etc. **Penalty:** If a player quits the team, a valid excuse must be given. Lack of playing time is not a valid excuse. The penalty for quitting a Thomasville YMCA All-Star team will be a 1 year suspension from being eligible to be on another Thomasville YMCA All-Star team, and the parents must appear before the YMCA Program Director before becoming eligible.
- 3. Being tardy and/or not having a good attitude on a regular basis** could result in expulsion from the All-Star team. If the child is causing a distraction to the team, then the coach can consult with the parents and the Thomasville YMCA Program Director regarding having the player removed from the team. **Penalty:** Removal of a player for conduct purposes will also carry a 1 year suspension from All-Star participation and appearance before the Thomasville YMCA Program Director
- 4. There will be a lot of traveling involved.** Some days the team will leave Thomasville at a very early time (usually State) or around 3:00 or 4:00 PM pending District and State Brackets. It will be your responsibility to provide viable transportation to and from all team functions, if no other transportation is available. This also means arriving, leaving and/or picking up your child on time.

COACHES SELECTION:

- The winning LEAGUE TEAM'S Head Coach will be given first consideration to coach the All-Star team.
- o In the event the season winning head coach is unable to accept the coaching position the YMCA will assign the coach
 - o The YMCA reserves the right to make all final coaching decisions.
 - o Assistant coaches are selected from parents of players on the all-star team by head coach as long as the parent(s) meets YMCA Character Standards.
 - o Willing to commit to attending both District and State GRPA tournaments dates and times.

PLAYER SELECTION:

- o After completing at least 80% of play, a selection meeting will be held for the coaches to submit the names of UP TO 20 best players from their league.
- o Officials and scorekeepers may be in attendance to offer information on players for this meeting.
- o The first 50% of the team will be chosen by the YMCA based on the leading vote getters on the coaches' ballots. Consideration for YMCA picks will also be given to players playing down for all-stars.
- o The All-Star Head Coach will have the authority to pick the remainder of the team from names nominated. In doing so consideration may be given to position needs among other factors.
- o Try-outs may be considered for those nominated players only
- o The max number of players for teams: Baseball, Softball, Soccer: 12 Football: 18 Basketball: 10
- o If the head coach's child is not rated as a top 12 player, he/she is guaranteed the '13th' position on the team.
- o Kids that play up a league in recreation ball will be allowed to play down in all-star ball as long as they meet the age requirements.

At the coaches meeting, the coaches will be given a list of the kids who are playing up but are eligible to play down for All-Stars.

All players playing up must declare to the YMCA staff what age level they wish to compete in after regular season is completed. The players need to notify YMCA staff within 24 hours after end of league to be eligible to play down on age appropriate team.

- o If player does not declare to YMCA after regular season ends, they are only eligible for the league they participated in during regular season.
- o Player (parents) commit to participate at both District and State tournaments.

o Players that quit the team for non-medical/emergency reasons will be ineligible to participate in all-star play the following year.

NUMBER OF TEAM(S):

- o There will be one all-star team per league. The YMCA reserves the right to add a second team. Consideration for a second team will be based on the following criteria: strength of talent in the league and number of players eligible to play down by age group.
- o IF a second team is formed; the Head Coach for the first team selects and confirms first team players prior to second team being selected. The coach will have 48 hours to receive commitments from parents.
- o The coach for the second team will attend a second meeting to pick the team from remaining nominations.
- o Any player rated as a top 12 player, and invited to play on the first team, is eligible to play on the first team **only**. Players are not eligible to “swap” teams.

GENERAL INFO:

- o The YMCA will purchase All-Star team jerseys.
- o YMCA will cover entry fee for all GRPA tournaments.
- o Players and parents must be willing to commit to attending both District and State GRPA tournaments for eligibility.

Resources

Volunteer Coach's Packet

Visit the YMCA website, Ygametime or nearest branch for a copy of the Coach's Packet. The Coach's Packet provides a more in depth overview of what and how a Volunteer Coach for the Thomasville YMCA should do and act.

- YMCA's Expectations of the Coach
- Rules, Regulations, Standards, Policies
- Concussion Information/Training
- Sample Practices

YMCA Youth Sports E-Learning

- <http://training.ymca.net/>
- Available Courses:
 - ◆ YMCA Youth Sports Programs
 - ◆ A Parent's Role in Youth Sports
 - ◆ Volunteers Make the Team
 - ◆ Safety and Emergency Action
 - ◆ Coaching YMCA Youth Sports
 - ◆ Officiating YMCA Youth Sports
 - ◆ Coaching YMCA Basketball
 - ◆ Coaching YMCA Soccer
 - ◆ Coaching YMCA Baseball/Softball

*****Abuse Risk Management for Volunteers****

A must for all parents to view:
Contact Greer Cox for "HOW TO"

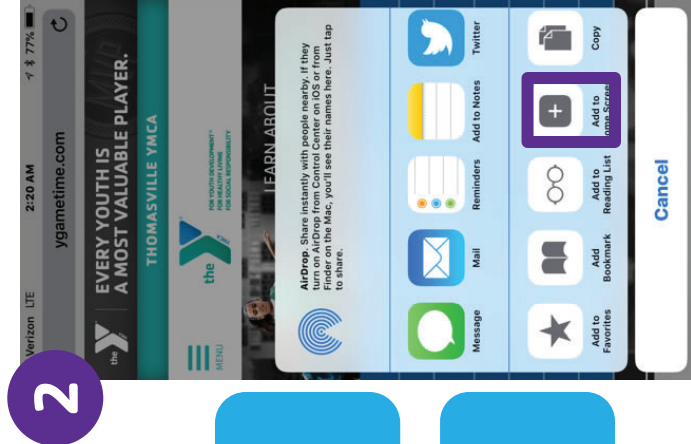



The Y Way to Play is a commitment for all to learn, grow and have fun through sports.


Y GAMETIME

Find Sports, Leagues, and Schedules, along with other Y information all at your fingertips!

Type ygamestime.com in your internet browser on your smartphone
Enter 31792 then select **THOMASVILLE YMCA**

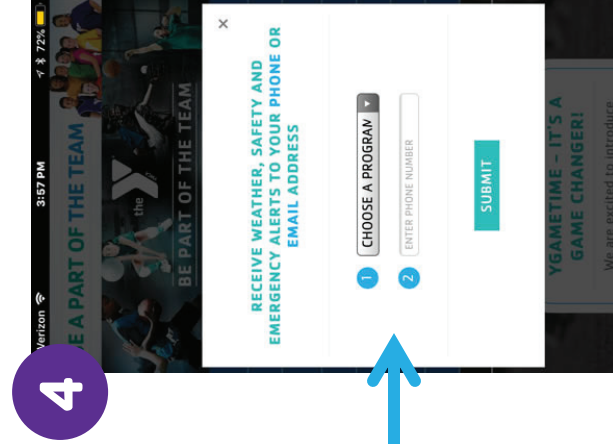
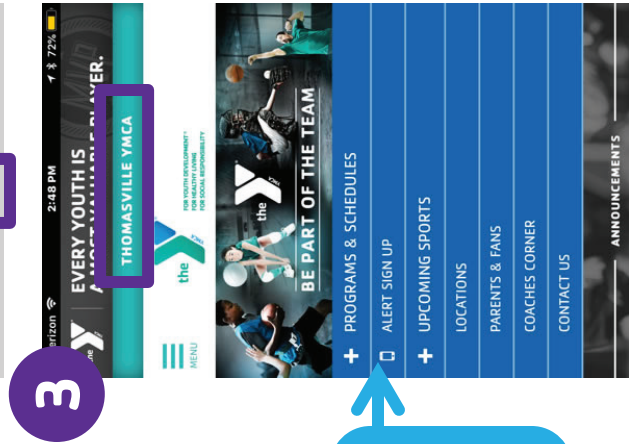


iPhone
Click the  icon to add to your home screen

Android
Click the  icon to add to your home screen



This icon will be now added to your home screen. When you open the app make sure it says **THOMASVILLE YMCA**



Click on the Alert sign up and choose the programs you wish to get alerts from!

For more information email ygamestime@ymca-thomasville.org or call 229.226.0133



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THOMASVILLE YMCA BRANCH LOCATIONS

EVERETT-MILTON YMCA

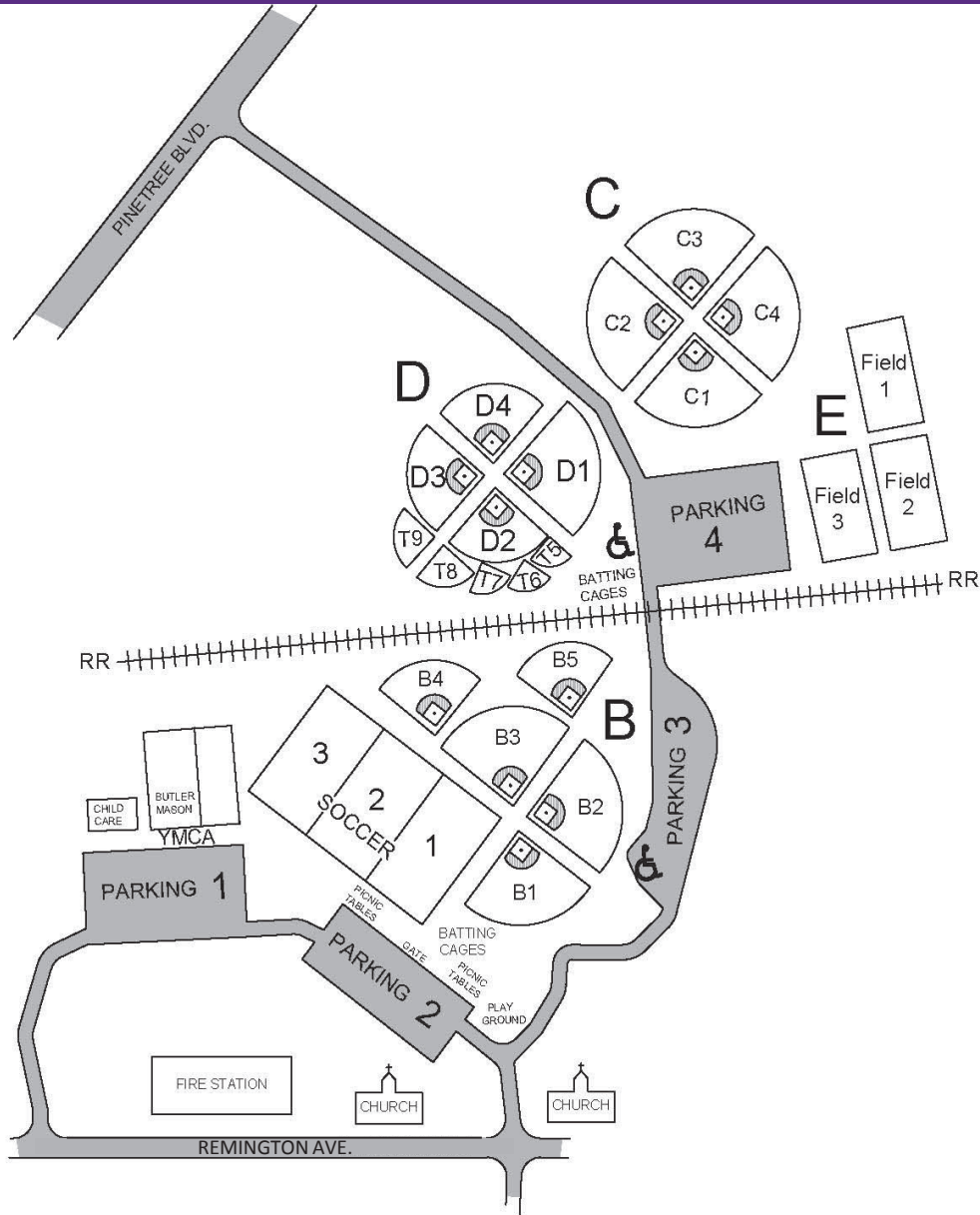
103 S. Dawson St.
229.226.3446

BUTLER-MASON YMCA

1304 Remington Ave.
229.226.0133

FRANCIS F WESTON YMCA

416 W. Clay St.
229.226.7510



REMINGTON PARK SPORTS COMPLEX MAP

Encourage guests to park as suggested:

Softball & Tball - Parking 4

Baseball Fields B4 & B5 - Parking 3

Baseball Fields B1, B2, & B3 - Parking 2

Parking is enforced by police