



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLIP JUMP TUMBLE

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning a new skill or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.



Gymnastics

Ages 3-6th grade

Monmouth- Independence YMCA

301 S Main St.

Independence, OR 97351

(503) 838.4042

www.theYonline.org

Dear Parents and Participants,

Thank you for choosing to participate in the Family YMCA of Marion and Polk Counties programs. We believe you and your family will benefit from our programming because we have designed all activities with your family in mind. The YMCA has identified the character values of Honesty, Caring, Respect and Responsibility as values we incorporate in all programs. We need your help to teach these identified values by displaying them whenever you and your family participate in the Youth Sports program. Whether you are officiating, coaching, playing, or cheering on your athlete, you have an opportunity to be a role model for someone else. Please use this opportunity and remember we are here to create an atmosphere where all children can participate, learn and have fun. In years to come, we will have long forgotten win-loss records, officials' bad calls and minor setbacks; however, we will remember the fun and the character that was developed because we will see it in our everyday lives.

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. Join our cause and create meaningful change not just for you, but also for your community.

Phylesha Coe

M-I Family YMCA

Sports Site Coordinator

(503) 838.4042

pcoe@theYonline.org

Family YMCA of Marion and Polk Counties Sports Pledge:

Win or lose, I pledge before God
to play the game the best I can,
to respect my opponents,
the rules and officials,
and to improve myself in spirit, mind, and body.

FLIP TUMBLE JUMP!

GYMNASTICS



The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes with learning a new skill or building positive relationships that lead to good sportsmanship and team work, participating in sports at the Y is about building the child, from the inside out.

Beginner

This class is for kids aged **3-5 years old**. Gymnasts in this class will learn basic skills on floor, balance beam, uneven bars, and vault. This program will focus on listening and cooperative skills and motor movement/development all while having fun.

Intermediate

This class is for kids aged **5-14 years old** who are beginners in gymnastics. The class focuses on basic gymnastics skills in which we will work on flexibility. Gymnasts will have the opportunity to learn skills on the floor, balance beam, uneven bars, and vault.

Advanced

This class is for kids aged **5-14 years old**. In this class gymnasts will build on basic skills. In order to register for this class you need to have been enrolled in our Level 2 program in the past, or have the current coaches approval. Gymnasts will advance their skills on floor, balance beam, uneven bars, and vault.

*If enrolment is high we may further break up the groups by age or ability levels within the beginner , intermediate, and advanced levels. We will fully discuss with parents what the options are if this situation occurs!

Season Details

Mission

To put Christian Principles into practice through programs that build a healthy spirit, mind and body.

Character Values

The Y has four core values that we teach and uphold in every program: Caring, Honesty, Respect, and Responsibility. Each week a different core value will be highlighted. All athletes, coaches, officials, and spectators are expected to demonstrate our core values.

Volunteer Opportunities

All youth sports coaches at the Y are volunteers. If you would like to become a mentor and develop future leaders, pick up a Volunteer Application at the Membership desk or contact Phylesha Coe by email at pcoe@theYonline.org for more information. We are looking for more volunteers to help shape these athletes' future.

Practice

Practices will be scheduled for a minimum 1 time per week for an hour. Practice times will be Monday-Friday evenings between the hours of 5:30-8:30pm, or Saturday mornings. Practices will be located at either the Independence Elementary Gym or in the M-I YMCA dance studio at our office. Practice locations and times are decided by the YMCA staff and coaches in order to help them accommodate coaching commitments with their schedules. A parent or guardian must remain on site for the duration of the practice for Micros-4th grade in case of conflict or emergency. All children must be accompanied with a parent or guardian to and from all practices and games.

Uniform and Equipment

There is no uniform for our gymnastics program. As far as practices go we do ask that your child wear clothes that are easy to move around in, but please **no tights** as they can be slippery! A good outfit for practice would be shorts and a tank top, or leggings and a leotard. We encourage you to wear socks and shoes to practice, as there may be a time where socks are appropriate for the days activities.



YMCA CHARACTER DEVELOPMENT

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility is an essential element of all its programs. Everyone who participates in any aspect of our sports programs (participant, spectator, coach, official, or staff) is expected to adhere to these core values. Coaches are strongly encouraged to work with children in developing these character traits. Please use team huddles, water breaks and other moments to review these values with your players.

Caring

To love others and be sensitive to the well being of others involved in the sports program. Caring is not only reflected in words, but actions as well. Would your players consider you a caring coach? Do you use kind words to express your pleasure and displeasure to others? Are you courteous and sympathetic towards your fellow coaches, officials, participants, spectators and parents?

Honesty

To have integrity, making sure that one's actions match one's values through participation in sports. Can you consider all the facts and then render a final, fair ruling? Are you honest in your dealings with the players and their abilities? Do you play every player equally and give everyone a chance to succeed and learn from others? Can you play by the league rules and not bend them to create an advantage?

Respect

To value the worth of every person, including oneself, one's teammates, opponents, and officials. Do you show respect to the officials and split second decisions, even if the decision might be different than your own? Do you show honor, courtesy and respect to everyone in your daily life?

Responsibility

To be accountable for one's behavior and obligations. Are you responsible in attending practices and games and show up prepared? Do you act as role model for your child and expect them to act as you do? A responsible parent loves, nurtures, disciplines, and guides a child.

VOLUNTEER JOB DESCRIPTIONS

As a parent in the YMCA Youth Sports program there are several ways that you can get involved in your athletes team such as Coach, Co-Coach or several different Team Parent roles. This list isn't all-inclusive, and every parent is encouraged to get involved in their athlete's sports experience.

Coach: All of our YMCA coaches are program volunteers, and most often, they are a parent of the athlete on the team. The main duties of the coach are to organize and lead practices, lead and encourage the team during the game and provide a good role model to the athletes on the team. All coaches attend a coach's meeting at which they will get a chance to ask any questions they have, get an overview of the season, and meet with the Sports Director.

Co-Coach: For volunteers who want to get involved in instruction but are unable to dedicate the time to be the only coach, the co-coach spot is perfect. Co-coaches help with practice and game organization and fill in when the coach is unable to attend.

Team Scorebook Keeper: For each game, the home team will be responsible for providing a scorekeeper for 3rd- 6th grade teams. In some YMCA sports such as basketball, a parent volunteer will either keep the scorebook or run the score clock. This is a great chance to get involved with the team as a whole, by learning everyone's name quickly.

YMCA YOUTH SPORTS PRINCIPLES AND PRACTICES

- Stress sportsmanship, fair play and teamwork

- Emphasize the values of trustworthiness, respect, responsibility, caring, fairness, and citizenship

- Keep winning in perspective—child first, sport second

- Enable all participants to play in every game

- Encourage family involvement

YMCA YOUTH SPORTS PHILOSOPHY

YMCA Youth Sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate. Fair play implies respect for oneself, one's opponent and others involved in conducting the competition. Players, coaches, officials and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports program provide an excellent environment for developing sound spirit, mind and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, everyone is a winner.

The YMCA of Marion and Polk Counties Youth Sports Programs is committed to equality; therefore, we reserve the right to confront individuals that do not abide by all philosophies, principles and practices, rules and codes of conduct. These sanctions can range from verbal warnings to suspension from the program.

YMCA Code of Sports Conduct

We believe that sports should offer competitive fun in a learning and healthy environment. We want all players, parents, coaches and referees to read and abide by these codes of conduct. It will make the games more enjoyable for all and help teach our sons and daughters that competition can take place in a fun and friendly atmosphere.

Parents

I will cheer for my child and not yell at him or her.
I will not argue calls with the officials, neither during nor after the game.
I will respect the decision of the coaches, officials and program administrators in all matters.
I will not engage in any negative behavior towards the other team; their players, coaches or parents.
I will refrain from the use of alcohol and tobacco products when in a youth sports environment.
I will stress to my child, and demonstrate in my behavior, the importance of sportsmanship in all areas of play.
I will stay on site at practices in case of conflict or emergency. If I cannot stay, I will appoint another guardian for my child.

Officials

I will remember that these games are for fun and development.
I will learn the rules of the game and know any age-appropriate modifications.
I will apply the rules of the game fairly and impartially.
I will not enter into negative discourse with any player, coach, or parents, during or after the game.
I will see that any disputes are handled calmly and by the proper authorities.
I will not tolerate and abusive behavior on the part of any participant, parent or coach.
I will place the safety of the participant above all else.

Coaches

I will remember I am a youth sports coach and that this experience should be fun for everyone.
I will not engage in negative discussions with any game official, parent or coach.
I will make sure my players shake hands with the opposing team after each game.
I will see that any disputes are handled calmly and by the proper procedures and authorities.
I will abide by all the rules and regulations of the YMCA
I will be knowledgeable of the rules and fundamentals of the game, and do my best to teach them to my players.
I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness, citizenship) through my words and actions.
I will not allow my teams parents to act in a way that demonstrates disrespect for the game officials, opposing team, or parents.



Enjoy the journey!

Win or lose, enjoy every moment.

The Marion and Polk Counties Family YMCA's Healthy Food and Drink Initiative

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. Because of this, the Y has decided to become a leader within our community to encourage parents to bring water and healthy snacks to practices and games throughout our youth sports programs.

Bring water to the games to ensure that your child is hydrated before and after the game. At the Y, we know that water is the most healthful item to drink during and after exercise. We encourage our parents to avoid sugary sports drinks and sodas.

Eating healthy snacks after exercise is also an important aspect of healthy living. Having fruits and vegetables available after practices and games is a good way to build healthy habits and to make sure your child is getting the nutrients they need after exercise. Some good examples of fruits and vegetables are:

Apples

Nectarines

Bananas

Carrots

Grapes

Cantaloupe

Pea pods

Bell Peppers

Pineapple

Oranges

Blueberries

Strawberries

Broccoli

When you registered your child for this program you were offered \$5 off our youth sports programs if you pledged to only bring water and healthy food to games and practices. Advertisied prices for YMCA Youth Sports Programs include this discount as we encourage everyone to make this agreement and live a healthy, active life with us!

