

Mountain Home AFB Youth Programs

# Sports Parents' Handbook

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## **Welcome to the World of Youth Sports!!**

This should be quite an experience for you and your child. Our primary purpose is to provide quality leisure time activities that motivate and build self-esteem in your child through the use of recreational sports.

There are two main objectives that I consider very important for all players in the Youth Sports Program. My first objective is to provide a safe sports program that covers the player, coaches and parents. The second objective is for the players to have fun and enjoy the game. There are two key ingredients needed in any youth sports program. The first is a well-trained and motivated coach that makes the game fun and enjoyable. The second ingredient is for your child to be successful, which depends on the amount of support he or she receives from you as their parents. In the short time our coaches have your child they can only do so much. Parents, let's get involved!

Last but not least, if you have any questions or concerns about the youth sports program, I am always available and will be glad to answer your questions.

Erin Arel  
Youth Sports and Fitness Director

## **MHAFB Youth Sports Mission Statement**

The Mission of the Mountain Home AFB Youth Sports Program is to offer a wide array of organized sports activities for youth to help them develop desirable physical skills and to mature emotionally and socially. The sport programs provide opportunities for children to have contact with other youth, volunteer leaders, and youth program staff. It also provides opportunities for parents and other adults to interact with children and contribute to the Air Force community by serving as volunteers in youth programs.

We always strive:

- ~ To provide a meaningful experience for all participants through quality instruction, emphasizing good sportsmanship and equal play along with teamwork, respect dedication and discipline.
- ~ To provide an atmosphere where each child feels a sense of belonging and achievement regardless of ability.
- ~ To recognize effort and improvement along with achievement to help improve self-esteem and foster a positive self-image.
- ~ To provide guidelines to make each sport age-appropriate and to ensure proper fundamentals are developed and enthusiasm for the sport is fostered.

- ~ To design each sport program to attract and retain every interested player and raise the level of play of each of these players as high as possible.
- ~ To provide the support and training for parents and other interested adults who take on the responsibility of providing through sports these positive lifestyle choices for their children.

## **Program Philosophy**

Youth sport programs are offered at Mountain Home AFB to provide youth ages 4 to 18 with the opportunity to experience a wide variety of both team and individual sports in an age-appropriate and safe environment, and to help participants develop desirable physical skills and to mature emotionally and socially.

### **Concepts and Goals of Youth Sports Program Mountain Home AFB Youth Programs**

- a. **Fun and enjoyment:** Provide all youth, regardless of talent, ages 4-18, with opportunities for participation, fun and enjoyment.
- b. **Leisure Skills Development:** Provide opportunities for youth to develop lifetime leisure skills.
- c. **Physical Development:** Assists youth with physical development by:
  - 1. Teaching fundamental and safe sport skills appropriate for their age.
  - 2. Providing opportunities to improve their physical conditioning.
  - 3. Teaching sound health habits.
  - 4. Providing safe playing area and proper supplies and equipment.
- d. **Psychological Development:** Help youth develop psychologically by:
  - 1. Fostering the development of self-worth and personal identity.
  - 2. Providing opportunities to express and control emotions.
  - 3. Creating a learning environment.
- e. **Social Development:** Help youth develop socially by providing opportunities:
  - 1. To have fun with others.
  - 2. To learn independence and the importance of teamwork.

3. To learn cooperation and sportsmanship.
4. To develop leadership skills and initiative.
5. To learn how to compete - how to put winning or losing in perspective.

f. **Concept of Winning:**

1. Participants can learn from both winning and losing if winning is placed in a healthy perspective.
2. Winning is not the primary goal. Do not define success as winning.
3. Losing a game or event is not a reflection on their self-worth.
4. Success is related to effort and is found in striving for the best they can do.

### **Registration Policy**

Each child participating in youth sports at Mountain Home AFB must be registered in person by a parent/ legal guardian. Registration forms may be completed any time during a registration period. A birth certificate is required at time of registration and a current physical is required before the first practice. Payment must be made at time of registration.

### **Refund Policy**

A refund may be requested and honored by Youth Programs administrative staff by the scheduled parent meeting. After the start of the season refunds will be granted for medical reasons. These refunds will be prorated and will require supporting documentation.

### **Awards and End of Season Parties**

Awards and end of season parties are the responsibility of each individual team. We suggest that the team parent along with the coach decide on the date and time of the end of season party. The Youth Sports Coordinator will provide a Certificate of Participation for each child.

### **Certification of Coaches**

All youth sports coaches must be certified under the National Youth Sports Coaches Association (NYSCA), must be current in CPR & First Aid and are required to attend four hours of valuable training. A \$20 per year fee is paid for all active coaches by Youth Programs. Installation records checks will be conducted on all coaches and volunteers.

## **Inclusion Policy**

Equal sports play opportunities are provided for all youth regardless of race, creed, sex, economic status, or ability.

- All eligible children have the opportunity to play regardless of their race, creed, sex, economic status or ability.
- Sex/role stereotyping and racial prejudice of any kind is prohibited.
- Free or low cost equipment is provided for youth not able to participate because of economic conditions.
- Adult youth sports leaders demonstrate a tolerance of, and respect for, people of all abilities, sizes, shapes, colors, cultural and economic backgrounds.
- Each league has a non-discrimination policy that ensures participation for all youth regardless of race, creed, sex, economic status, or ability.
- Co-recreational programs are encouraged through age 12.
- There is an active coaching recruitment program to recruit and select qualified women and minorities as coaches.

## **Participation Policy**

The emphasis in youth sports, especially for the younger age groups, will be on skill development, enjoyment, and maximum participation. Opportunities to participate in youth sports must be available for young athletes at all levels of playing ability. Each child must be given equal opportunity to play in every game. Specific sport by-laws/rules will reflect this policy.

## **Transportation Guidelines**

The MHAFB Youth Programs uses military vehicles driven by Youth Programs staff or qualified volunteers to transport children. All vehicles are licensed and receive regular inspections. All vehicles contain a fire extinguisher and first aid kit. Driving records and driver's licenses of all staff/volunteers are verified and kept on file. Use of seatbelts is mandatory. At no time will a staff member/volunteer transport a child in a personal vehicle. Additional guidance on transportation can be obtained in OI 34-801.

## **How to Get Involved!**

Youth Sports cannot exist without the support and involvement of parents and community members. If you would like to act as a coach, team parent, official, or other supporting member, please contact the Youth Sports Coordinator. We would love to include you in our program!

## **Parents/Spectators Policy**

Spectators are a vital part of the youth sports program. We highly encourage parent and spectator support, however NEGATIVE comments will not be tolerated. Spectators may be asked to leave the play area for verbal abuse towards the players, coaches, or officials. Continued abuse will result in possible suspension from attending any other games. All parents are required to sign a code of conduct policy (see end of parent handbook).

## **Dear Mom and Dad,**

I hope that you won't get mad at me for writing this letter, but you always told me never to keep anything back that ought to be brought out into the open. So here goes.

Remember the other morning when my team was playing and both of you were watching? Well, I hope that you won't get mad at me, but you kind of embarrassed me. Remember when I went after the puck in front of the net trying to score and fell? I could hear you yelling at the goalie for getting in my way and tripping me. It wasn't his fault. That is what he is supposed to do. Then do you remember yelling at me to get on the other side of the blue line? The coach told me to cover my man, and I couldn't if I listened to you, and while I tried to decide they scored against us. Then you yelled at me for being in the wrong place. You shouldn't have jumped all over the coach for pulling me off the ice. He is a pretty good guy, and he knows what he is doing. Besides, he is just a volunteer coming down at all hours of the day helping kids, just because he loves sports. And then neither of you spoke to me the whole way home. I guess you were pretty sore at me for not getting a goal. I tried awfully hard, but I guess I am a crummy hockey player. But I love the game, it is lots of fun being with the other kids and learning to compete. It is a good sport, but how can I learn if you don't show me a good example? And, anyhow, I thought I was playing hockey for fun, to have a good time, and to learn good sportsmanship. I didn't know that you were going to get so upset because I couldn't become a star.

Love,  
Your Son/Daughter

## **Youth Sports Safety Plan**

The number one priority of MHAFB Youth Sports Program is the safety of all participants. All efforts are made to ensure that a safe environment is maintained at all times.

1. MHAFB Youth Sports Program uses the guidelines in AFM 34-804 8.2 through 8.7
2. All playing areas are checked before start of season with Wing Safety.

3. Adequate safety equipment is made available for each sport.
4. All coaches are briefed on and given a copy of Youth Sports Emergency Plan.
5. Coaches are required to conduct adequate warm up time before each game or practice.
6. Proper clothing is required for each participant according to sport
7. Spectators are required to stand back from playing areas to minimize player distraction
8. If severe weather is sighted within 5 miles of the base games will be suspended

### **Substance Abuse**

Drugs and alcoholic beverages are not permitted at any youth practices or games. Any player or coach found guilty of substance abuse will be dismissed from the program. Parents/spectators who consume drugs or alcohol prior to attending youth games will not be allowed on the premises. YOU WILL BE ASKED TO LEAVE and security forces will be notified. Youth Center grounds are TOBACCO-FREE areas. Coaches, players, and parents are asked to refrain from smoking at youth practices or games

### **Important Phone Numbers**

Please feel free to contact us if you have any questions or concerns.

Youth Sports Coordinator	828-4428
Youth Programs Front Desk	828-2501
Youth Director	828-2501
Emergency Cell Phone	828-0911

### **Additional Information**

Mountain Home AFB Youth Sports Policies and Procedures Handbook and all applicable Air Force publications are available for review upon request.

# PARENT CODE OF CONDUCT

## Mountain Home AFB Youth Center

The essential elements of character building and ethics in Youth Sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in Youth Sports.
2. I will remember that children participate to have fun and to learn and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
7. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
8. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best as part of the team is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize that the *desire* to win, skill development, and working hard at practices is more important than winning.

14. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all Youth Sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
18. I will allow the coaches to determine individual playing time and position for each player.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to, the following:

- o Verbal warning by official, head coach, and/or the Youth Sports Coordinator/Youth Director
- o Written warning
- o Parental game suspension with written documentation of incident kept on file by the Mountain Home AFB Youth Programs
- o Parental season suspension

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*Parent/Guardian Signature*

**MT. HOME AFB YOUTH ACTIVITIES CENTER  
SPORTS PHYSICAL**

Please Print:

Participant's Name \_\_\_\_\_ Telephone \_\_\_\_\_  
Address \_\_\_\_\_

**PHYSICIAN**

I hereby certify that I have examined \_\_\_\_\_ and that the student was found physically fit to engage in Youth Sports, baseball, basketball, football, soccer, golf, volleyball, roller hockey, swimming, tennis, wrestling, skiing, or gymnastics.

**(Please cross out any sport in which the student should not participate)**

Student's Weight \_\_\_\_\_ Height \_\_\_\_\_ at the time of the examination  
All shots are up to date for this age (Yes/No)

DATE \_\_\_\_\_ SIGNED \_\_\_\_\_  
(Valid 365 days unless rescinded) Physician's Signature

**PARENT OR GUARDIAN PERMIT**

**WARNING:** Although participation in supervised Youth Sports or Activities may be one of the least hazardous in which any Youth will engage in our program, **by its nature, participation in any Youth Program Athletics includes a risk or injury which may range in severity from minor to long term catastrophic.** Although serious injuries are not common in supervised Youth athletic programs, it is impossible to eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. **Players must obey all inspect their own equipment daily.** By signing this Permission Form, we acknowledge that we have read and understand this warning. **Parents or students who do not wish to accept the risk described in this warning should not sign this permission form.**

I hereby give my consent for \_\_\_\_\_ to compete in athletics for the Mtn Home AFB Youth Activities Center at Mtn Home AFB, Idaho.

Date \_\_\_\_\_ Parent's or Guardian's Signature \_\_\_\_\_  
Date \_\_\_\_\_ Student's Signature \_\_\_\_\_

(Note: This statement should be on file in the Sports Director's office for every participating in youth athletic competition.)

**MTN HOME YOUTH SPORTS PROGRAM INSURANCE WAIVER**

This statement releases the Mtn Home AFB Youth Center and staff of responsibility in case of accident to my son\daughter while he\she is participating in youth activities. I fully understand that the Youth Center does not provide accident or health insurance coverage for my son\daughter while he\she is participating in youth activities. I further understand that it is my responsibility to provide accident insurance coverage for my son\daughter. I feel that my present insurance coverage is adequate:

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**MHAFB Youth Sports Participation Form**

**Sport:** \_\_\_\_\_

**PLEASE PRINT**

Gender:  Male  Female

Phone: \_\_\_\_\_

Age at time of sport: \_\_\_\_\_ School grade: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Years of Experience: \_\_\_\_\_

Youth shirt size:  Small  Medium  Large

Adult shirt size:  Small  Medium  Large

**Birth Certificate and current physical form must be on file for child to participate in sport.**

Birth Certificate on File:  Yes  No Parent Orientation/Meeting  Yes  No

Physical on File:  Yes  No Photo Release  Yes  No

Parent Code of Conduct  Yes  No Membership  Yes  No

I, the parent or guardian of \_\_\_\_\_, give my approval for his/her participation in the above named sports program. I understand that I assume all risks involved in such participation. I hereby absolve and agree to hold harmless MHAFB Youth Programs, sponsors, supervisors and other participants from liability for the loss or injury of my child as a result of participation in this activity. I further state that I am fully aware of the possible risks encountered by participation in Youth Sports.

**If I am to request a refund it must be completed before the first practice of the season. Additionally, I must receive my refund and cannot hold it on file for future use. \_\_\_\_\_ (initial)**

**REMEMBER: All youth sports coaches are volunteers. Same-team requests will only be honored for siblings. Requests for coaches are only honored if coach is a parent or guardian. \_\_\_\_\_ (initial)**

**I also understand that my child will not be eligible to play in the first practice until there is a Birth Certificate, Sports Physical and Parent Orientation on file at the Youth Center. \_\_\_\_\_ (initial)**

Parent or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Privacy Act Statement

Authority: 10 U.S.C. 8012 and U.S.C. 3103

PRINCIPLE PURPOSE: To register dependent youth of Active Duty, Retired, and DOD Personnel in Youth Sports Programs.

ROUTINE USES: To accept entries in Air Force sponsored Youth Sports Programs and monitor its participation.

DISCLOSURE IS VOLUNTARY: Failure to provide the information may prelude the individual from participation in Air Force Youth Sports Programs.

## **PARENT SHIRTS AVAILABLE!!!**

**\$8.00 each**

Adult Small    Medium    Large    X-Large    XX-Large