Everyone is welcome. Financial assistance is available. The YMCA of Snohomish County strengthens communities in the Snohomish County through youth development, healthy living and social responsibility.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Contact Info</td>
<td>4</td>
</tr>
<tr>
<td>Who We Are</td>
<td>4</td>
</tr>
<tr>
<td>Partnering With You</td>
<td>4</td>
</tr>
<tr>
<td>Annual Campaign</td>
<td>4</td>
</tr>
<tr>
<td>Our Purpose</td>
<td>5</td>
</tr>
<tr>
<td>Our Vision</td>
<td>5</td>
</tr>
<tr>
<td>Our Philosophy</td>
<td>5</td>
</tr>
<tr>
<td>Fair Play &amp; Sportsmanship</td>
<td>5</td>
</tr>
<tr>
<td>The YMCA Challenge</td>
<td>6</td>
</tr>
<tr>
<td>Youth Sports Policies</td>
<td>6-9</td>
</tr>
<tr>
<td>Facility Guidelines</td>
<td>10</td>
</tr>
<tr>
<td>Equipment &amp; Uniforms</td>
<td>11</td>
</tr>
<tr>
<td>What To Bring</td>
<td>12</td>
</tr>
<tr>
<td>What Not To Bring</td>
<td>12</td>
</tr>
<tr>
<td>Volunteer Coaches &amp; Team Parents</td>
<td>12</td>
</tr>
<tr>
<td>Website Resources</td>
<td>13</td>
</tr>
<tr>
<td>Payment Information</td>
<td>13</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>13</td>
</tr>
<tr>
<td>Communication &amp; Evaluations</td>
<td>13</td>
</tr>
<tr>
<td>Questions</td>
<td>13</td>
</tr>
</tbody>
</table>
WELCOME

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 from learning to play a sport 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.

When kids play sports, they develop skills beyond the field. Through healthy competition, kids can discover their personal best, have fun and be a part of a team. Modeling fairness, cooperation and hard work, our volunteer coaches recognize achievements, large and small, and understand that winning isn’t just about the score. By playing sports, kids and their families feel a sense of belonging that comes from a community gathering together to cheer on their team.

Like many youth sports programs, volunteer coaches lead players through drills and games that build skills, develop coordination and enhance a love of the game. But what makes us special is our philosophy. We make sure everyone participates. The YMCA Youth Sports philosophy is based on equal participation, fun, skill development, physical fitness, teamwork, sportsmanship, family involvement and volunteer leadership.

Volunteer coaches are needed for all of the sports leagues.

Sincerely,

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WHO WE ARE

The Mill Creek Family YMCA has been serving Southern Snohomish County since 1988. Over the years the YMCA has expanded its service to include our youth sports program for both boys and girls. We look forward to serving you and your family. The YMCA strives to provide safe, affordable, convenient, and quality programs to meet your family’s wants and needs.

PARTNERING WITH YOU

At the Y we strive to provide you with timely and relevant information on our leagues, engaging you as a partner in your child’s success. This includes end-of-season satisfaction surveys, monthly newsletters, and weekly information communication. To best support you and your family at our Y, please feel free to provide suggestions for improvement regarding these communications tools.

ANNUAL CAMPAIGN

With your support, the YMCA Annual Campaign provides scholarship funds for deserving youth, families and seniors. By supporting the Annual Campaign, you ensure that everyone, regardless of their circumstances or ability to pay, can benefit from YMCA programs and services.
OUR PURPOSE

Youth sports are designed to provide the best possible youth development opportunity by providing developmentally appropriate values-based instruction as well as to develop these skills in an environment that emphasizes and rewards character and spiritual growth as much as physical development.

OUR VISION

The YMCA’s vision is to enhance its role as a leader in nurturing the healthy development of children and teens, the support of families, and the strengthening of communities. All YMCA programs attempt to meet the following objectives; participant personal growth, development of positive values, improvement of personal and family relationships, appreciation of diversity, development of better leaders and citizens, development of specific skills, and to have fun!

OUR PHILOSOPHY

The YMCA philosophy for our Sports Programs is extremely unique. We will deliver quality programs for our members which promotes a fun family environment based on these philosophies: Everyone plays, balanced teams, positive coaching, good sportsmanship and open registration to anyone where interest and enthusiasm exists.

Sports can be a valuable tool in the development of a child’s physical, mental and emotional well-being. Sports can provide the ability to develop new skills, learn how to work as a team, win with humility, lose with pride and make lasting friendships.

Our goal is to give each child the opportunity to develop to his or her fullest potential mentally, physically, and emotionally. Self-confidence, responsibility and leadership are also developed.

FAIR PLAY & SPORTSMANSHIP

The YMCA believes that fair play is the essence of competition. Fair play implies respect for one’s self, one’s opponent and others involved. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the game above the prize. Sports can provide an excellent means of developing a predisposition to playing fair. As this virtue develops, it can influence behavior in everyday life.

“EVERYONE PLAYS, EVERYONE WINS” – the motto that reflects the YMCA’s philosophy to fair play. Every participant, regardless of ability deserves the right to equal playing time. Emphasis is on fun not winning.
THE YMCA CHALLENGE

We at the YMCA are committed to quality programs that enhance the spirit, mind and body of all. Through the delivery of these programs we strive to incorporate and enhance the character values of caring, honesty, responsibility and respect. YMCA coaches must be willing to take the YMCA challenge to accept and demonstrate these character values.

Honesty: Fairness of conduct and adherence to facts - including sincerity, truthfulness, honor, tact, forgiveness, moderation, orderliness.

Respect: Special regard for others - including assertiveness, consideration, courtesy, gentleness, unity, tolerance, humility.

Responsibility: Moral, legal, and mental accountability - including courage, determination, helpfulness, justice, reliability, loyalty, self-discipline, obedience, cleanliness.

Caring: Interest and concern - including compassion, friendliness, generosity, kindness, love, mercy.

YOUTH SPORTS POLICIES

COMMUNICATION POLICY

YMCA Staff will use email as the primary means of communication before and during sports leagues. Please ensure that you have access to a working email account, and that YMCA staff have an up-to-date email address for you.

BEHAVOR GUIDANCE POLICY

The YMCA of Snohomish County’s policy is based upon developmentally appropriate practice and the core values of caring, honesty, respect, and responsibility which shall be consistently encouraged.

In the event that a participant is not behaving appropriately, YMCA staff and/or volunteers will follow these steps:

- Reason and negotiation (discussing problem with the child)
- Removal from specific activity (practice or game)
- Meeting between parent, staff/volunteer, and child to discuss behavior
- One day suspension from the program
- Removal from program
INCLUSION OF CHILDREN WITH SPECIAL NEEDS

YMCA Youth Sports welcomes children with special needs into our program when reasonable accommodation can be made. Please identify any health concerns or special needs your child may have when registering for Youth Sports so that we can determine together what accommodations your child may need to be successful y included. If you have any questions or concern, please do not hesitate to contact us.

NON-DICRIMINATION POLICY

The YMCA of Snohomish County is an equal opportunity/affirmative action organization. It is our policy to accept and promote all persons without regard to race, religion, color, gender, age, national origin, marital status or disability in accordance with Federal and State laws and regulations.

PRACTICES CONCERNING A SICK PARTICIPANT

If your child feels ill, we will encourage him/her to sit out of practices and games. The following are examples of symptoms or conditions that might indicate the need for your child’s exclusion from Youth Sports practices and/ or games:

- Hard cast for broken/sprained appendages
- Fever of 101 degrees F. or higher
- Vomiting on two or more occasions within the past 24 hours
- Diarrhea (three or more watery stools in a 24 hour period)
- Draining rash
- Eye discharge or pink eye
- Too tired or sick to participate in daily activities
- Lice or nits

If our staff or volunteers observe your child develop these symptoms during our program we will encourage a parent or guardian to take the child home.

VOLUNTEER RECRUITMENT AND SCREENING

To ensure that our volunteers model the YMCA’s core values at all time, we require volunteers to submit a Volunteer Application and undergo reference and criminal background checks. All volunteer Coaches complete a YMCA coaches Orientation, which includes information on the YMCA Youth Sports goals and philosophy and a Coach Code of Conduct.

CHILD ABUSE POLICY

The YMCA staff shall protect all children in our care from child abuse, neglect, or exploitation, as required under RCW chapter 26.44. A copy of the YMCA of Snohomish County Child Abuse Prevention Policy is available at the front desk of the Mill Creek Y.

The YMCA prohibits the use of physical activity or corporal punishment to correct behavior. Corporal punishment includes biting, jerking, shaking, slapping, hitting, kicking, verbal, or any other means of inflicting pain. The YMCA staff are mandated reporters and are required to report any suspicion of child care abuse.
SPECTATORS: BEHAVIOR EXPECTATIONS

We welcome family and friends to come to games to cheer on their players. To keep Youth Sports fun for all, we ask all spectators to adhere to these expectations:

- Show ID each time entering the YMCA facility.
- Remain in the spectator area during games.
- Respect decision made by officials.
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches, or officials. Please refrain from coaching from the sidelines.
- Make no derogatory comments or gestures to players, coaches, and parents of opposing teams or officials.
- Remember that the players are children and are playing for their enjoyment, not yours.

SNACKS

We have established healthy eating guidelines to support youth, staff, and volunteers in their journey to create and sustain a healthy lifestyle. YMCA employees and volunteers are committed to fostering a culture of wellness by modeling healthy choices, including adhering to our healthy eating guidelines. Suggested snacks include: fresh fruit, vegetables, whole grain items, crackers or cereal. We recommend water to keep kids hydrated.

PARENT & COACH BEHAVIOR – CODE OF CONDUCT

Parents, coaches, participants, and spectators are expected to conduct themselves in a respectful, responsible, honest, and caring way. The YMCA has a no tolerance policy for behavior that is disrespectful, disruptive or rude. We will not hesitate to ask someone to leave the gym and/or facility for inappropriate behavior. Facility Supervisors and officials have the authority to ask any spectator or coach, who does not display conduct consistent with the YMCA philosophy, to leave the game area. This includes inappropriate comments to the officials, staff, or other participants.
INCLEMENT WEATHER POLICY

Bad Weather: In case of bad weather on a practice night, it is up to the YMCA to determine if practice should take place or not and expect coaches to contact their team in the event of a cancellation. Front desk of the Mill Creek Y will also have information. The YMCA may reschedule missed practices if time or availability permit.

Unless extreme conditions exist, games may not be called until the game time. Minor weather conditions may result in games being postponed. As soon as cancellations are made coaches will be contacted and asked to contact their team. Every effort will be made by the YMCA to make-up cancelled games.

Lightning: Activities will be stopped and all people asked to move inside to a safe location when either of the following occurs:

- Cloud to ground lightning is observed and less than 30 seconds pass from seeing the lightning and hearing the thunder from the flash
- In cloud lightning is occurring directly overhead

The outdoor activities can be considered safe to continue 30 minutes after the last lightning is seen. It is the responsibility of the YMCA staff person on site to determine when play should be stopped and when play should resume.

EMERGENCY PROCEDURES

Know the risk factors of the sport specific physical activity that your child is participating in. Make sure that the athlete has the appropriate protective equipment to prevent injury. Help your athlete develop strength, flexibility, and endurance. Encourage your child to report pain and injury.

Warm Up: Warm up activities are slow sustained stretching excises, calisthenics and slowly increasing the intensity of motion. A good warm up should increase your body temperature, respiration, and heart rate, followed by stretching muscles with slow static stretch.

Cool Down: Gradually reduce workout intensity. Have athletes walk at a slow rate until their heart rate get near normal. Follow up with light stretching.

LOST AND FOUND

Please label all clothing and items brought to each Y practice/game with your child’s first and last name. All lost and found items will be brought to the front desk of the Mill Creek Y.
FACILITY USE GUIDELINES

Without the assistance and cooperation of the city and community our YMCA sports programs would not be possible. Each facility needs to be treated with the utmost respect. If guidelines are not followed gyms and fields can be lost therefore reducing the size and quality of our programs. Please review these general guidelines below and contact the YMCA if you have any questions about the facility that your team is using.

- Teams are only allowed in the gym or on the field during their scheduled practice time. Please arrive and exit practice and game sites on time.
- Parents must check in with the coach at each practice and game, do not just drop your kids off! Parents are encouraged to stay for practice and get involved.
- If a player’s siblings are present during practice or games an adult must accompany them. Please do not let your children run around, they must stay under your direct supervision.
- No one is allowed outside the gym except to use the restrooms or to exit the building. An adult must accompany any children needing to use the restroom. Do not allow children to play in the hallways or outside the building.
- No food or drink is allowed in the gyms. Water in non-breakable containers is acceptable. Teams having snacks after games need to find an appropriate place as designated by the YMCA.
- No alcohol or tobacco may be used on YMCA or community property.
- Any damage to site property will not be tolerated. Facilities need to be treated with respect.
- Please make sure to pick up any trash and leave your practice location better then when you started. Any baskets or equipment in the gym that was moved needs to be moved back when practice is complete.
- For practices at community gyms, enter only through the designated entrance. You may not enter the facility any time earlier then your scheduled practice time. Do not pound on the doors to get them unlocked. If a practice is scheduled at a facility then the designated door will be unlocked by the time practice is to begin.

Thank you for your cooperation in abiding by these rules. Any person, group, or team breaking these guidelines, resulting in the loss of a facility, as determined by the YMCA Supervisor or facility representative, will be removed from the league without refund.
EQUIPMENT & UNIFORMS

Basic equipment for most sports will be checked out to coaches for the season. If you bring your own equipment to practices or games please make sure it is clearly marked with your name and phone number. Below is the information on basic equipment participants need for each sport offered by the YMCA.

BASKETBALL:
Each player needs to have non-marking tennis shoes and shorts or pants, and appropriate sized ball. Other equipment will be provided by the YMCA. Jerseys are included with registration.

T-BALL:
Each player needs to have their own baseball glove, tennis shoes or rubber cleats (no metal) and shorts or pants. Other equipment will be provided by the YMCA. Jerseys and hats are included with registration.

SOCCER:
Each player needs to have shin guards, tennis shoes, or rubber cleats (outside soccer only) and shorts or pants. Other equipment will be provided by the YMCA. Jerseys are included with registration. Please bring your own soccer ball.

FLAG FOOTBALL:
Each player needs to have tennis shoes or rubber cleats (no metal), shorts or pants, and a mouth guard. Other equipment will be provided by the YMCA. Jerseys are included with registration.
WHAT TO BRING

- Cleats or tennis shoes
- Ball (if required)
- Please wear active/comfortable clothing
- Water bottle and a healthy snack

WHAT NOT TO BRING

- Electronics
- Cell phones
- Money, gum, candy
- Toys
- Weapons of any kind (toys included)
- Drugs, alcohol & tobacco products

VOLUNTEER COACHES & TEAM PARENTS

All of our Y Sports Programs and Leagues are able to run with the gracious help of parent volunteers who are looking to make a difference. As a non-profit, we rely heavily on these volunteers to help us provide a quality and meaningful experience to all involved. Having a head coach, assistant coach, and a team parent is key to the success of the season.

Duties include:
- Implement practices plans
- Day of game coordinator of team
- Updating player contact information
- Pass out uniforms and picture day info
- Relay any league changes/updates
- And most importantly...support your team!

Volunteer Application can be obtained by connecting with:

Therese Huri – Volunteer Coordinator

Online Coaches Training Module:

http://training.ymca.net/
WEBSITE RESOURCES
Mill Creek Y Sports Website - www.ymca-snoco.org

PAYMENT INFORMATION
All league fees are due upon registration of the league.

Cancelled Games: For cancelled games, YMCA Youth Sports staff will make every effort to schedule a make-up game during or at the end of the season.

Credits: Credits will be given at the discretion of the Youth Sports Director.

FINANCIAL ASSISTANCE
YMCA membership and programs are open to everyone. To the extent possible, financial assistance is made available to those in need, thanks to the generosity of our donors and funding partners. To participate in our Annual Campaign, please contact the Youth Sports Director.

COMMUNICATIONS & EVALUATIONS
Please take the time to talk with your YMCA Youth Sports staff and/or volunteers about your child’s experiences, please let our staff know. You may receive a brief survey from the YMCA at the end of the season. Please take the time to fill out this survey. We value your feedback, and strive to improve our programs each year.

QUESTIONS
Have any questions regarding the season or your team...feel free to contact us!