



## 2020 Fort Meade CYS Winter Sports

*"CYS Youth Sports strives to provide a quality, structured youth sports program to the children of Ft. Meade. It is our mission to ensure that each child has a positive, rewarding experience while learning basic sports fundamentals, good sportsmanship, character, discipline, competitiveness, and teamwork in a safe and caring environment. Participants will have an equal opportunity to learn and compete while knowledgeable volunteers promote the philosophies and principles of integrity and fair play."*

### Volunteers are needed!

Volunteers are the backbone for everything we offer here at CYS Fort Meade Youth Sports

- Volunteer Coaches are needed for every sport, both Head and Assistant Coaches
  - No Experience Necessary!
  - All Coaches are set up with a National Alliance for Youth Sports (NAYS) coaching account, that is full of coaching training for almost every sport
  - Both Head and Assistant Coaches receive a discount. *(All coaches must be cleared by January 3<sup>rd</sup>, have completed all IDP paperwork, NAYS Training, and Child Abuse Training to be eligible)*
  - This commitment is about 3-5 hours a week
- Volunteer Refs are Needed for all sports
  - Referee Training is provided through NAYS
  - This commitment could be between 1-8 hours a week
- Volunteers are needed to run the scoreboard/time during the games
  - This is a perfect opportunity for a High Schooler looking to earn service hours
  - This commitment could be between 1-8 hours a week

### Practices:

- **Only players and certified coaches are allowed to participate in practice. No other children or adults are allowed on the court.** All spectators are expected to stay off the court and not interrupt practices.
- If your practice is in an Anne Arundel County School, please stay in the gym. That is the only portion of the school we have reserved. If your practice is in Building 909, please stay in the GYM or Lobby, the other rooms are closed.
- The earliest we have AACPS Schools reserved is 1800. School officials may wait until 1800 to open the doors for us.
- **NEW THIS SEASON, FOR SOME AGE GROUPS WITH MULTIPLE TEAMS ON A DAY, WE WILL BE HAVING A 1 WEEK PERIOD WHERE TEAMS WILL PRACTICE TOGETHER AND THEN BE SPLIT UP INTO COMPARABLE TEAMS**
- If a child has a special need, the parent **MUST** stay at practice, and we highly recommend that all parents stay at their child's practice in case of an emergency

- There is No Practice Between December 23<sup>rd</sup> thru January 3<sup>rd</sup>. There will be no practice on MLK Day and Presidents Day
- The following are strictly prohibited at all CYS Sports events
  - Alcohol
  - Tobacco/E-cigs
  - Vaping
  - Pets
  - Profanity
  - Unattended Children- (playing under bleachers, shooting hoops on the other side of the gym, running/walking in hallways)
  - No Food or Drink in 909 GYM (Water is allowed)

### **Games:**

*\*The intent of player participation rules are to provide youth with an opportunity to participate in 50% of each game. Missing or delayed arrivals to practices/games may result in less than 50% playing time in a game.\**

- Games are held on Friday evenings or on Saturdays
  - First Games will be Jan 9th and 10th
- Game Schedule will come out 1-2 weeks before the Games Start
- Games will start on time, if not enough players from one team are there, the other team will loan a player until enough players show up
- Games for all sports should be held with the highest manor of respect and sportsmanship

### **Refund Policy:**

- All Refund Requests must be made in writing Before January 8<sup>th</sup> in Order to get a Refund. The uniform must be returned before we can process the refund.

### **Weather:**

- If AACPS schools are closed due to weather or have an early dismissal due to weather, ALL CYS Sports are cancelled
- If Anne Arundel County is in a Snow Emergency Plan, all games/practices are cancelled
- All other cancellations will be made as soon as possible
- Follow Meade CYS on Facebook for Weather Cancellation!

## **SPORTS PHYSICALS/CYS PASS:**

- If your child does not have a current Sports Physical on file with the CYS Registration Office they cannot practice until a current one is on file. Children must have a physical through the duration of the season. If your child's physical expires during the season, a new sports physical will need to be submitted to the Parent Central Services office to continue participating.
- It is the parent's responsibility to turn the sports physical into the registration office and not to the coach or youth sports staff. If you have any questions regarding your child's physical please contact the parent central services registration office at 301-677-1156/1149.
- If your child has special needs and you are required to be at practice with them please make sure that you stay for the entire practice.
- If your child's CYS Pass expires during the season, it must be renewed at the Parent Central Services office to continue participating.
- Please do not turn physicals in to your coach or a Sports Staff member. It needs to be turned into Parent Central Services.

## **PLAYER SAFETY AND EQUIPMENT**

- Parents shall provide basic equipment e.g., water bottle, sports specific optional equipment, shoes, retainer straps, mouth guards, protective eye wear, sanitary items, and socks.
- Equipment, unapproved clothing, or jewelry that may cause injury to a player is not permitted. Rings, watches, earrings, plaster/plastic casts, leather braces, and/or metal braces are not permitted. Taping over is NOT permitted.
- If a concussion or serious injury is suspected, the athlete shall be removed from the game or practice and shall not be allowed to return until a doctor has cleared the athlete to return to practices and games and proper documentation is on file with the CYS registration office.

## **DEALING WITH PROBLEMS DURING THE SEASON:**

- Please try to solve any issues at the lowest level possible starting with the head coach. If you are unable to solve the issue at hand let the Sports Staff know immediately. Do not wait and let small issues become bigger problems.
- If there is any occasion in which you feel verbally or physically threatened please contact the police immediately. Do not wait to report an incident to the Youth Sports Staff the following day. The Military police phone number is (301) 677-6622.

## **STAY IN THE LOOP**

- Fort Meade CYS has been awarded the Better Sports for Kids Quality Program Provider designation for 2019/2020 for the Youth Sports Program. The Better Sports for Kids Quality Program Provider designation is a seal of commitment to quality based on nationally accepted standards. Achieving this designation demonstrates Fort Meade CYS has undergone a review process and has shown a commitment to a safe, quality youth sports environment for the families we serve. For more information about the designation, visit [www.nays.org/quality](http://www.nays.org/quality).
- Follow us on Facebook at MEADE CYS, and on Instagram @fortmeademwr. Be Sure to take a selfie with our Youth Sports Mascot Colonel Scar and tag us on Facebook and Instagram using #ColonelScarCYS

**For Questions/Concerns contact a youth sports staff member at (301) 677-1437**

**Jim Dey- Youth Sports Director**

**Michael Lanni- Assistant Youth Sports Director**

**Jimmy Allen- Fitness Specialist**



## 2020 YOUTH SPORTS SEASON GUIDE



Hello Parents,

Thank you for registering your child to participate in the Youth Sports program at Fort Meade. We hope this will be a great season for you, your child and your coach.

This guide of attachments will give you a better understanding of our program, National Alliance for Youth Sports (NAYS) features that are available to you, as well as answering any questions you may have about the upcoming season.

During the season, please refer to these forms as well as the receipt you received at the time of registration should you have any questions. If you cannot find the answer in any of these documents, please contact your coach or the youth sports staff.

### Forms to Complete:

Please complete the following:

- Sign *Season Guide*
- Read and Sign the *Concussion Letter* and the *Parents Code of Ethics & Agreement*.
- Read the *2020 Fort Meade CYC Sports Letter*

Please note, a copy of the *Concussion* and *Sports Letter* will be emailed to you.

Next, locate your child's name on the roster and sign. If your child's name is highlighted, that means their sports physical or CYC Pass has expired or will expire prior to the end of the season. Sports physicals and CYC passes that have already expired must be renewed before your child can begin practicing. If either expire prior to the end of the season, your child may practice up until that point but a new Physical/Pass will then need to be renewed at the Parent Central Services office for continued participation. If you think this is an error, or have any questions regarding this information please contact Parent Central Services at (301) 677-1149/1156.

### Coaches:

**Head Coaches and Assistant Coaches are still needed for all Sports.**

If you are interested in coaching your child's team, please let us know. Head coaches get all of their children to play for **FREE** and Assistant Coaches get their first child **FREE** and others at a 15% discount along with free training from the NAYS. Please note that **ALL** Sports Volunteers will complete background checks for safety measures. (Requirements for Coaches Discount, are listed in the Guide)

**I acknowledge receipt of the Youth Sports Guide and 2020 Season Policies:**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



UNITED STATES ARMY  
**CHILD & YOUTH SERVICES**

## CONCUSSION LETTER

### What is a Concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild blow to the head can be serious.

### What are some warning signs of a concussion? — For Immediate Attention call 911

#### Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Can't recall events prior to or after hit/fall

#### Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems/dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Confusion or memory problems
- Feeling sluggish, hazy or groggy

### What Should You Do If You Think A Concussion Has Occurred?

**1. Seek medical attention right away.**

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

**2. Keep your child out of play until medically cleared.**

Concussions take time to heal. Don't let your child return to play until a health care professional says it's safe. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

**3. Inform all coaches about any recent concussions.**

Coaches should know if your child has a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

**4. Helping your child return to sports safely after a concussion.**

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to activities after a concussion may need to: Take rest breaks as needed, spend fewer hours at activities, **if in doubt, sit it out!**

I have read and understand this Concussion Information Sheet

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
PRINTED NAME & DATE

NAME OF CHILD: \_\_\_\_\_



## **Parent Code of Ethics & Conduct Agreement**

### **Child and Youth Services**

1900 Reece Rd, Ft. Meade, Maryland 20755  
(301) 677-1179

*Please read and initial each item and then sign below*

**As a parent in the Ft. Meade Child, & Youth Services Youth Sports Program I pledge to:**

1. Listen to and follow all direction from program directors, CYC staff and officials. \_\_\_\_\_
2. Cooperate with all participants involved with the activity. This includes officials, coaches, other parents and spectators. \_\_\_\_\_
3. Never physically, verbally or emotionally harm, hurt, humiliate or intimidate another participant, coach, parent or official. Never show frustration in the presence of players, spectators, etc...  
\_\_\_\_\_
4. Never use profanity or language that is in bad taste. \_\_\_\_\_
5. Communicate to all players, parents, spectators and officials in a friendly and reasonable manner. \_\_\_\_\_
6. Respect all facilities, fields and equipment. \_\_\_\_\_
7. Conduct myself in a safe and professional manner at all times. \_\_\_\_\_
8. Complete all required league/program paperwork. \_\_\_\_\_
9. Demonstrate fair play and sportsmanship at all times. Lead by example by demonstrating respect and class toward your opponent at all times. \_\_\_\_\_
10. Provide an environment that is free from aggressive behavior, violence, drugs, tobacco and alcohol. \_\_\_\_\_
11. Place the emotional and physical well being of my child ahead of a personal desire to win.  
\_\_\_\_\_
12. Always remember that I am a youth sports parent, and that the game is for children and not adults. \_\_\_\_\_

***With my signature, which I voluntarily affix to this agreement, I acknowledge that I have read, understood, and will do my best to fulfill the promises made herein.***

**Printed name of Parent:** \_\_\_\_\_ **Parent's Signature:** \_\_\_\_\_

**Sport(s):** \_\_\_\_\_ **Date:** \_\_\_\_\_

