



2017 YOUTH SPORTS SPRING 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, nutritional information, 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 back of *Spring Season Guide*
- Read and Sign the *Concussion Letter* and the *Parents Code of Ethics & Agreement*.
- Read the *2017 Fort Meade CYS Spring Sports Letter*

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

Please take all forms to Station #2.

After Station #2, please go to Station #3 and locate your child's name on the roster and sign. If your child's name is highlighted, that means their sports physical or CYS Pass has expired or will expire prior to the end of the season. Sports physicals and CYS 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.



UNITED STATES ARMY
CHILD & YOUTH SERVICES

I acknowledge receipt of the Youth Sports Guide and 2017 Spring 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: _____



U.S. Army Child, Youth
& School Services

CHILD, YOUTH, & SCHOOL SERVICES

CODE OF CONDUCT

We believe all children and those who care for them deserve a safe, supportive and caring learning environment. Child, Youth & School (CYS) Services encourages appropriate behaviors that reflect respect, tolerance, patience, understanding and every effort will be made to foster honest and productive dialogue for all.

In the spirit of these beliefs, CYS Services patrons (regardless of age) will be expected to follow the code of conduct outlined below. CYS Services includes: Child Development Centers, Family Child Care, School Age Services, Youth Programs (Middle School/Teen), EDGE - MWR Partnership, Hired!, Youth Education and Support Services (School Liaison and SKIES Unlimited), Youth Sports, Outreach Services and CYS Services Leadership and Administration.

Caution: Children are not to be left without parent supervision at any CYS Services program or service without current and complete registration. If your annual registration has expired then you are not registered. CYS Services is not responsible for children that are not registered and properly signed in for care.

1. All children, youth, staff and Families will be treated with respect. Children/youth are not to ridicule or bully other children/youth. If a child/youth is having issues with another children/youth, it is expected that it be brought to the attention of the lead staff person to be dealt with appropriately. The Sponsor is responsible for dependent actions while participating in CYS Services Programs. The Sponsor's Commander or Supervisor may be contacted or services may be discontinued for disruptive, disrespectful or bullying behavior by Sponsor or Sponsor's dependents.
2. All concerns regardless of subject matter should be brought to the attention of the staff member in an appropriate manner. Staff members have access to private offices or work spaces where personal issues may be discussed. If a staff member is not available, please contact a Program Director to set up a convenient time for all interested parties to meet to discuss problems. The front desk should only be used for pick up of notices and payment. Any concerns or disapprovals of the policies or business practices should be brought directly to the Program Director. In turn, we will respect your privacy and any issues that CYS Services needs to address that are personal in nature will be dealt with appropriately.
3. Only authorized staff members are allowed in private offices or work spaces. Registered patrons or registered designees may be invited into an office for business-related matters and are welcomed in their child's or children's classroom(s).
4. Persons in front reception area are expected to wait quietly and respect the property of CYS Services. No running, jumping or climbing on furniture. A verbal warning will be given if necessary before a written warning will be issued. Inappropriate behavior in the waiting

area disrupts program activities and others utilizing services. We are only responsible for children/youth during their registered activity time. CYS Services does not assume responsibility for children/youth before or after their assigned activity time. Children/youth should be picked up promptly at end of services and parents should call to alert CYS Services if you will be late. A late fee will be assessed.

5. Parents are expected to refrain from inappropriate conversations while at CYS Services/Functions as there are always children present. All patrons will refrain from use of foul or inappropriate language while on CYS Services premises or utilizing CYS Services.

6. Please practice patience and respect at all times. We value each of you and are happy to answer questions and help whenever possible. We, the staff of CYS Services, will treat each parent, children/youth and guest with the same respect and patience. The staff of CYS Services will role model adherence to these outlined rules.

7. There is to be no smoking within 50 ft. of CYS Services. Army Regulation 600-63, Army Health Promotion, 14 April 2015, paragraph 7-3 h, requires that "use of tobacco products is prohibited in and at all CYS Services facilities and sports fields, except in designated areas out of the presence of view of children/youth". Let's work together to keep our program environments clean and healthy.

Any patron, visitor or staff member found to be in violation of these rules may be asked to leave by a Program Manager or Director and served with a written warning. If the behavior continues, the CYS Services Chief will review the situation and may pursue discontinuance of services.

If violent or abusive behavior occurs, the Military Police will be called.



FRANCISCO H. JAMISON
Chief
Child, Youth & School Services Division

Date: 24 FEB 2016



U.S. Army Child, Youth
& School Services

CHILD, YOUTH & SCHOOL SERVICES
CODE OF CONDUCT

ACKNOWLEDGEMENT OF RECEIPT

I acknowledge receipt of the Child, Youth & School Services Code of Conduct.

(Patron Name)

(Signature)

(Date)

***** Please sign and return to your CYS Services Program administration area.**



2017 Fort Meade CYS Youth Spring Sports

"CYS Youth Sports strives to provide a quality, structured youth sports program to the children of Fort 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."

PRACTICES:

- Practices will begin the week of March 27th. There will be no practices on Monday, May 29th (Memorial Day).
- **Only registered players with current sports physicals on file with the registration office and certified coaches are allowed to participate in practice. No other children or adults are allowed on the practice field. Parents are expected to stay in the bleacher area and not interrupt practices.**
- Practice/Game participants will report no earlier than 10 minutes prior to scheduled practice/game time. Practice will occupy only the team's designated field/court space. Participants are not to stay after practice (neither indoor nor outdoor areas of the facilities).
- It is encouraged for parents to please stay at your child's practice for the safety and wellbeing of your child. Coaches are on the field to coach, not babysit. Army regulation requires staff/volunteers to contact the military police and report child abuse if a child is not picked up within 15 minutes after the conclusion of practices/games.
- **All NFL Flag Football players must complete the online NFL Flag Football Player Agreement form found at www.nflflag.com/form/player.**

GAMES:

- Games are scheduled to begin on Friday, April 21st and end on Friday, June 9th. Games will be played at 5:30pm or 6:30pm. There will be no games on Friday, May 26th in observance of Memorial Day weekend.
- Makeup games can be played on weekdays or weekends other than your normal practice/game days.
- Coaches will provide you with a copy of the game schedule.
- 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.
- Bleachers are for the parents, benches are for the teams. We ask that all parents please stay outside of the fence or behind the red perimeter line and remain in the bleachers during games/practices, not by the team benches.

YOUTH SPORTS COMPLEX:

The following are strictly prohibited on the Youth Sports Complex:

- **Tobacco products of any kind-** The use of tobacco products (to include electric and smokeless products), alcoholic beverages, or illegal drugs by coaches, participants, volunteers, officials, or spectators at any CYS Services facility or function, to include parking lots, is prohibited at all practices, games, and CYS Services sponsored events. Failure to adhere to this policy will result in removal from the Youth Sports program facilities and/or fields. Military Police may be called to help control the situation as needed.
- **Animals or pets are not permitted**
- **Unattended children-** Any children watching practice (younger/older brothers and sister) must be accompanied by an adult. Please keep an eye on children to make sure they are not doing

something they shouldn't be; for example: digging up baseball infields, climbing on fences, kicking/throwing things at scoreboards.

- **Vehicles-** Driving or Parking on the fields or grass areas is prohibited.
- **Profanity of any kind-** We can't always describe it, but you know it when you hear it.

****IF YOU SEE SOMETHING, SAY SOMETHING! TELL THE YOUTH SPORTS STAFF ON SITE***

TRASH:

- Help cleanup area after practices and games. The Sports Staff will monitor and empty trash cans but please help us keep the area clean by throwing trash away at the end of each practice or game.

PARKING:

- All parking lots will be opened at 5:15pm each evening and all lots will close at the conclusion of practices. Please do not plan on leaving your car in the parking lot when practices are over, any cars left in the lot when we close the facility will be locked in.

CANCELLATIONS:

- ***Practice cancellations will be made by the Youth Sports staff. A decision will be made by 3:30pm and all coaches will be notified who will in turn notify their parents.*** Sometimes a decision will have to be made on the fields due to impending weather. Additionally cancellations will be posted on the Meade CYS Facebook page. Circumstances that could cause cancellation include:
 - ***Severe weather: Thunder or lightning-***if seen or heard during practice, practice is automatically cancelled. The fields are to be cleared immediately. Please do not seek shelter in the dugouts, on bleachers, or under tents. Return to your car immediately.
 - ***Substantial rain*** creating field conditions that are unsafe are detrimental to the field surface.
 - ***Extreme Heat indexes***

**** Please Dress your child appropriately***

In the event of severe weather, please do not seek shelter in the dugouts, around bleachers, or under tents. Please return to your car immediately!

TICKS:

- Unfortunately, Environmental Services has indicated they do not have the needed permissions to treat the field complex with insecticides. They recommend covering up as much as possible, spraying your child before practice, avoiding tall grassy/wooded areas and checking yourself regularly.

TEAM PARENTS:

- Should a team decide to utilize a team parent their only responsibility is for the coordination of halftime/end of game snacks. This is the only responsibility recognized by CYS Services. Any issues concerning uniforms, practice/game scheduling, needed equipment, etc. is to be handled by the Head Coach in coordination with the Youth Sports Staff.

SPORTS PHYSICALS:

- If you do not have a current Sports Physical on file with the CYS Parent Central Services Office, you CANNOT practice. You will NOT be issued equipment/uniform until the physical is ***turned in at Parent Central Services Office at 1900 Reece Road (DO NOT TURN IN TO YOUR COACH)***. The sports physical must stay current through the entire season, if it expires during the season you will need to have it updated or your child will not be allowed to keep participating. If you have any questions regarding your child's sports physical please contact the registration office at 301-677-1149/1156.
- 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.

PLAYER SAFETY AND EQUIPMENT:

- Parents shall provide basic equipment e.g., shin guards, sports specific optional equipment, water bottle, cleats/shoes, retainer straps, mouth guards, protective eye wear, sanitary items, and socks.
- The use of molded cleats is preferred. Metal cleats are not authorized in the CYS Youth Sports program.
- 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.
- Youth Sports does not encourage participant names being placed on uniforms.
- 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.

Your registration fees help offset the cost of:

- Equipment and Supplies (Balls, First Aid Kits, etc.)
- Game Jersey (Which you get to keep)
- Field maintenance supplies (Corner Flags, Field Paint, etc.)
- End of Season participation awards

The following equipment will be issued and collected back for LACROSSE players:

- Helmet
- Stick
- Elbow Pads
- Gloves

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 Military 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.*

FOR QUESTIONS OR CONCERNS CONTACT THE YOUTH SPORTS OFFICE

Youth Sports Director: Hunter Davis (301) 677-1987

Assistant Youth Sports Director: Jesse Miller (301) 677-1329

Assistant Youth Sports Director: Jim Dey (301) 677-1179

Administrative Assistant: Lindsay Myers (301) 677-1177



Dear Parent,

In order to make certain that everyone involved is doing the best job possible to support healthy snack options during sports activities, including role modeling good eating habits, we need your assistance: we would appreciate your support by providing nutritious snacks for your child's team.

We are requesting that you choose from the foods below when providing snacks for CYS sponsored group sports activities. We based this list on the USDA Smart Snacks Guidelines. These guidelines are a result of scientific research and incorporate the current Dietary Guidelines for Americans. The USDA Smart Snack guidelines encourage whole grains and limit the amount of calories, sugar, salt, and fat allowed in any one food item or combination food item. We are not mandated to use these guidelines, but feel that it is in the best interest of our children to provide foods that promote healthier dietary habits.

This list does not include all items that are acceptable for snacks, but does list options from each food group. If you have suggestions that you would like to see included on future lists, please let us know.

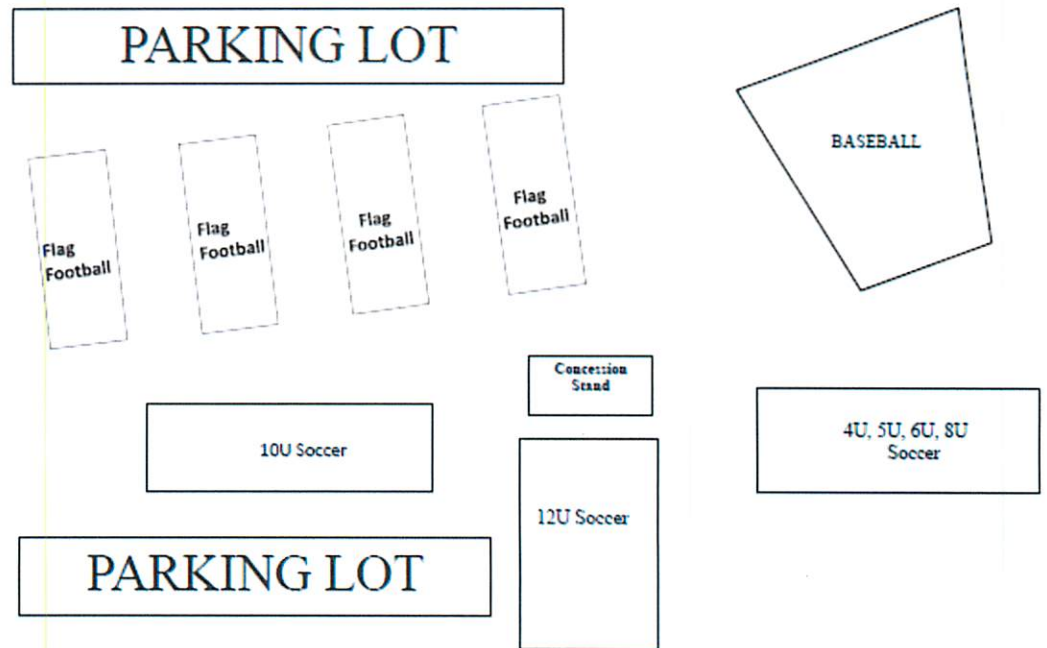
- Fresh Fruit, any type
- Fruit, Canned or Packaged (in light syrup or juice only, with no additional ingredients)
- Fresh Vegetables, any type
- 100% Fruit Juice, no sugar added
- Dried Fruit, no sugar added
- Cheese or Cheese Sticks: Part-skim Mozzarella String Cheese, Colby Jack Cheese, Cheddar Cheese, etc., 1 oz.
- Low-Fat Yogurt (without add-ins)
- SunButter (Sunflower-based butter)
- Trail Mix with Dried Fruit, no nuts, added fats, or sugars
- Whole Eggs, boiled and peeled
- Cereal, Whole Grain, unsweetened or reduced sugar, 1 oz.
- Goldfish Crackers, Whole Grain, all flavors
- Cheez-Its, Whole Grain
- Nutrigrain Bars
- Graham Crackers
- Bagels, Whole Grain, 2 oz.
- Nature Valley Chewy Granola Bars
- Nature Valley Crunchy Granola Bars, Oats and Honey, Peanut Butter
- Milk, Unflavored, Skim/Fat-free or 1%

Notes:

- Sports Drinks are not appropriate for most children unless they are participating in prolonged and vigorous activity.
- While nuts/seeds are considered to be a nutritious food, we request that snacks are prepared without nuts/seeds to prevent exposure for children with nut/seed allergies.

REECE ROAD

Youth Sports Complex





As a Chapter of the National Alliance for Youth Sports, we have the ability to implement the NYSCA "Rate Your Coach" feature. This valuable feature allows our coaches a chance to receive feedback from parents anonymously. We believe this is a great tool that helps our volunteers reach their coaching potential. However, this resource only works with your participation. Since parent evaluations are anonymous to the coaches, parents can provide honest feedback without fear of backlash or repercussion. The coach will only see their overall score in each category. Honest and timely feedback is crucial to helping coaches identify the areas that need work, or building their confidence by learning what skills they excel at. Go to http://www.ftmeademwr.com/cyss/cyss_sports.php, after clicking on the link to Rate Your Coach parents will need to enter the coach's NYSCA six-digit member number and complete the coach evaluation. Please contact the youth sports office or your coach to obtain this number.



The Press Box is a free weekly e-newsletter bringing you the latest news stories in youth sports, research on youth athlete safety and wellness, and more. Stories are carefully curated to bring subscribers only the best quality content and news. To sign up for the Press Box, please visit <https://www.nays.org/resources/more/free-e-newsletters/>.



Sporting Kid Live - We encourage all of our parents and coaches to visit www.nays.org/sklive/ and read about current events in youth sports.



Let's Talk Sports is a **Free** and **Fun** activity for you and the family created by The **National Alliance for Youth Sports**. Let's Talk Sports is a great opportunity to understand the value of playing organized sports. It's a fun and rewarding program that goes over a number of life lessons learned through sports. If your young person answers the questions correctly then they qualify to be a "Certified Youth Sports Kid." Sports are the "outdoor classroom" to help your child develop leadership skills for a lifetime. **Bring your child's course completion certificate to the sports office and receive a free gift.**