



2018 Fort Meade CYs 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."

Practices:

- **Only players and certified coaches are allowed to participate in practice. No other children or adults are allowed on the playing field.** All spectators are expected to stay off the field and not interrupt practices.
- Please park in the designated parking lots, not on the grass
- Parking lots must be locked at the end of the night, please have conversations during practices or outside the gates
- It is advised to stay at your child's practice in case of a weather or personal emergency
- There is one set of bathrooms on the Youth Sports Complex
- Please throw all trash out in one of the numerous trash cans on the complex

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
- Games for all sports should be held with the highest manor of respect and sportsmanship
- If games are cancelled for any reason, we will do our best to make them up

Facility Rules: The following are strictly prohibited in the at CYS sporting events

- **Tobacco products of any kind**-to include dip, cigarettes, cigars, E-cigarettes/pipes, or any imitation of smoking or use of tobacco products.
- **No Pets are allowed on the Sports Complex!**
- **Alcohol products**-Including non-alcoholic beer.
- **Unattended children**-Any children watching practice (younger/older brothers and sisters) 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: walking/playing in the hall ways, running/ throwing and shooting basketball/soccer balls in the gym, playing under the bleachers.
- **Unattended children in the bathroom.** Parents are to accompany their child to the bathroom.
- **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.****

WEATHER:

- If lightning or thunder happens during practice, all practices or games are cancelled for that day
- If schools are closed or closed early due to inclement weather all youth sports practices are cancelled.

TEAM PARENTS:

snacks, email chain, etc... This is the only responsibility recognized by CYS. 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.

PARENT CODE OF CONDUCT/CONCUSSION FORMS:

- Parents will be required to read and sign the CYS Youth Sports Parent Code of Conduct and Concussion awareness forms.

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.

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.
- 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:

- Uniforms (Which you get to keep)
- End of Season participation awards
- Equipment and Supplies (Balls, cones, first aid kits, etc.)

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.

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

301-677-1315/1177



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 <https://www.nays.org/rateyourcoach/>, parents will need to enter their 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.