

YOUTH SPORTS



Coaches' Handbook

Wright-Patterson AFB

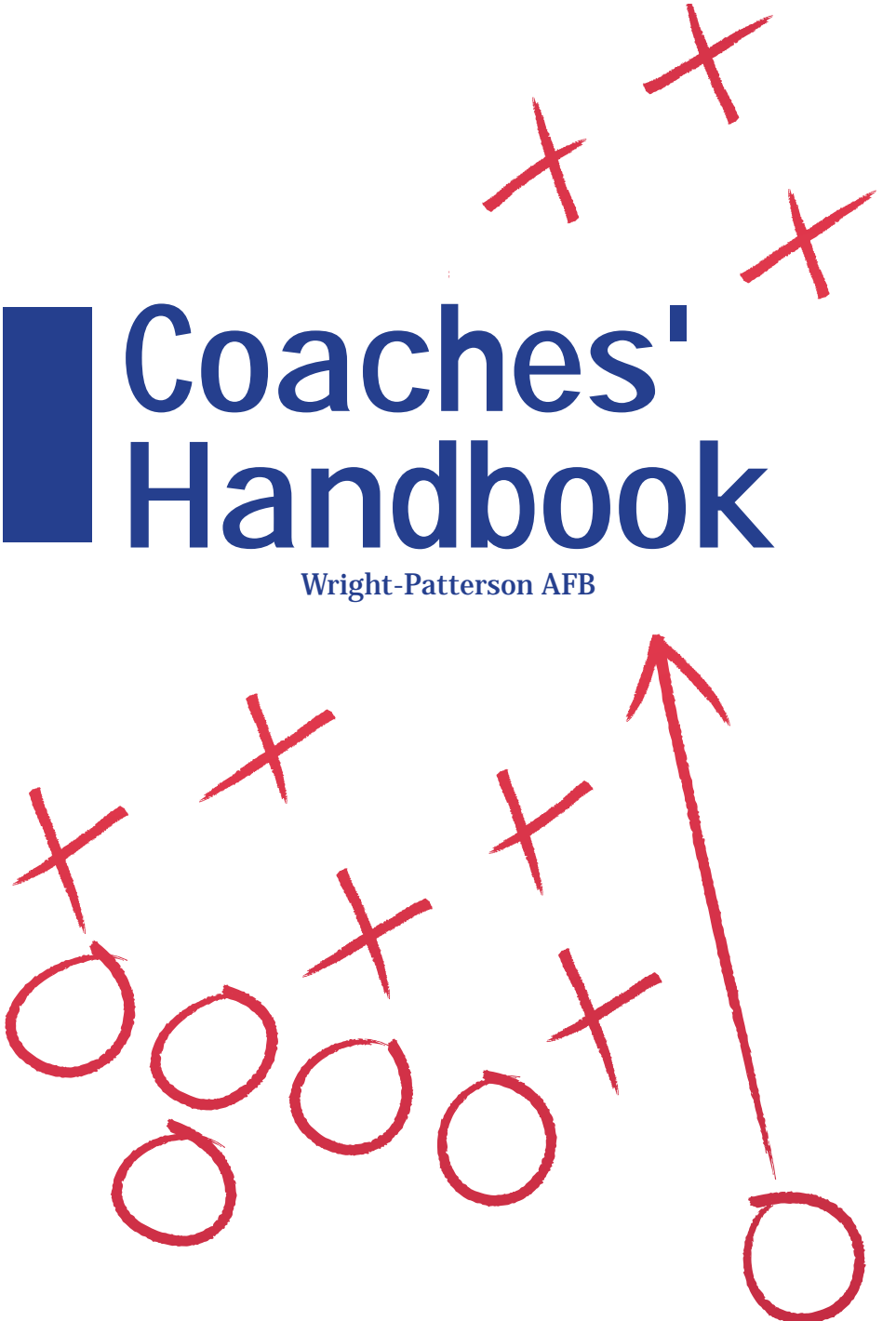


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Welcome to the World of Youth Sports

Youth Sports should be a great experience for you and your child. Our primary purpose is to provide quality non-school, leisure related sports and fitness activities that build self-esteem and motivates your child. We accomplish this with trained staff and volunteer coaches.

There are three objectives in operating a great program:

- Provide a safe environment that covers the player, coaches, and parents.
- Create an atmosphere where each child can have fun and enjoy the games.
- Teach youth the fundamentals of a sport and the enjoyment that come with playing.

The coaches also need the support of the parents to make your child progress successful. Our children are our future. Youth sports are just one of many ways to reach out and help our youth kids. Parents, let's do the right thing and GET INVOLVED!

If you have any questions or concerns about the youth sports program, please call 656-8693.

Youth Sports and Fitness Director

AF CYP Mission Statement

To assist DoD military and civilian personnel in balancing the competing demands of the accomplishment of the DoD mission and family life by managing and delivering a system of quality, available, and affordable programs and services for eligible children and youth birth through 18 years of age.

WPAFB Youth Sports & Fitness Mission Statement

To provide a wide range of diverse sports and fitness opportunities for youth ages 5 – 18 by helping them to develop life long physical fitness skills and to mature emotionally and socially.

Program Philosophy

Ensure youth sports and fitness programs are fun for youth and is conducted to encourage continued participation of youth regardless of their athletic ability.

Volunteer Job Description

TITLE: Volunteer coach for WPAFB Youth Sports Program

DESCRIPTION:

- Coach male or female athletes between the ages of 5-18
- You will be considered a role model for 10-18 young athletes assigned to your team; therefore sportsmanship, fair play, and full participation are mandatory.

RESPONSIBILITIES:

- Plan and supervise games, practices, and events
- Supervise assistant coaches, managers, or team parents
- Teach the young athletes the fundamentals of the sport
- Encourage the involvement of the parents
- Schedule and conduct parent and other necessary meetings
- Provide a safe and fun environment for the children
- Learn and follow all league rules, policies, and procedures
- Give each player equal playing time
- Put the feelings of the players ahead of your desire to win

QUALIFICATIONS:

- Successfully complete the application procedure and pass a background check
- Attend any scheduled coaching interviews or meetings
- Successfully complete the National Youth Sports Coaches Association (NYSCA) Certification Program prior to the beginning of the season
- Be enthusiastic
- Not want to win at all costs
- Must be patient, especially with children

- Be organized
- Be dependable

As a volunteer coach, you are treated by local, state, and federal law as being an unpaid employee of the agency with which you are associated; therefore, you must conduct yourself in the same manner as you would at your own job. In the same respect, you will receive the same treatment, aside from compensation and benefits, as the employees of WPAFB Youth Sports Program.

I agree that I have read and understand the above job description for a youth sports league coaching position, and that I accept the terms of the job description.

Name (Printed)

Signature

Date

Please note: Failure to sign this page will render the application incomplete.

Concepts and Goals of WPAFB Youth Programs

FUN AND ENJOYMENT:

- Provide youth awareness and opportunities to compete on equal basis in a non-competitive atmosphere which brings fun and excitement back into the sport.

LEISURE SKILLS DEVELOPMENT:

- Provide opportunities for youth to develop lifetime leisure physical fitness skills.

PHYSICAL DEVELOPMENT:

- Teach fundamentals and safe sport skills appropriate for their age
- Provide opportunities to improve their physical conditioning
- Teach sound health habits
- Provide safe playing area and proper supplies and equipment

PSYCHOLOGICAL DEVELOPMENT:

- Foster the development of self-worth and personal identity
- Provide opportunities to express and control emotions
- Create a learning environment for problem solving and conflict resolution and team work

SOCIAL DEVELOPMENT:

- To have fun with others
- To learn independence and the importance of teamwork
- To learn cooperation and sportsmanship
- To develop leadership skills and initiative
- To learn how to compete - how to put winning or losing in perspective

CONCEPT OF WINNING:

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

Coaches Corner

COACHES:

Things you need to do before you can start practice:

1. Attend Child Abuse Training*
2. Attend NYSCA Certification Training*

3. Complete Installation Records Check (Pick up/turn in at Youth Center)
4. Read and Sign coaches' responsibilities
5. Review coaches guide, rules, standards & procedures
6. Hold parents meeting (refer to "Talking to parents" in guide)
7. Have parents read and sign code of ethics
8. Recruit Team Parent
9. Check practice schedule & call parents
10. Have fun with the kids!

*These classes are mandatory and held at the Youth Center (TBA).

COACHES RESPONSIBILITIES:

Please take the time and review your coaches training guide:

- Keep accurate attendance & review absences
- Keep children's medical release forms with you at all time
- Make sure all playing time is even and fair
- Be responsible and show up for your designated practices-- honor your commitments
- Report all injury incidents to the team coordinator
- Learn emergency procedures
- Be responsible for closing the gym (basketball coaches) at various times
- Designate a Lead "Team Parent"
- Communicate with team coordinator on all team aspects

Our goal is to introduce the children to the sport in a positive way by making it fun and rewarding. No pressure just lots of instruction, skill refinement and patience. Our hope is to be enthusiastic enough that they too will get bitten by the athletic bug and enjoy it recreationally and or competitively for the rest of their lives.

I have read and understand my responsibilities.

Coach's Signature

Date

Certification of Coaches

All youth sports volunteer coaches must be certified under the National Alliance for Youth Sports Association (NAYSA). Each coach attends 12 hours of valuable training. Upon completion of this 12 hour course, you will be certified as a NAYSA Member Coach for one year. Coach's training is paid for by the youth center. You may continue your membership and benefits with NAYSA after one year by re-signing your conduct pledge and completing a short training review.

NOTE: Coaches desiring to be certified in an extra sport must attend NAYSA training for that specific sport.

If you would like further information on the NAYSA program, contact the Youth Sports and Fitness Director at **656-8693** or email wpafb_youthsports@us.af.mil.

Coaches Code of Ethics

A youth coach is perhaps the most significant factor in the quality of a youth sports and fitness program. Youth coaches, in addition to participating in the training program for youth coaches, should agree to:

- Place the emotional and physical well being of the player ahead of my personal desire to win
- Make practice and games fun
- Teach sport skills to all players, not just gifted ones
- Encourage, reward, and praise the young athletes
- Remember that effort is more important than results
- Set realistic goals with their players
- Ensure playing areas are safe before play
- Permit athletes to share in the leadership and decision making for their team, including team rules
- Be the team leader and continuously set a positive, good sportsmanship example for the youth
- Accept the "youth athletes first, winning second" perspective

- on youth sports
- Refrain from using drugs, tobacco, and alcohol within 25 yards of playing areas

All coaches are expected to conduct themselves in a manner that sets a positive example to the players and their parents at all times. Coaches shall not argue with any official, timekeeper, or score keeper, nor shall they argue among themselves. Any arguing constitutes improper behavior and results in a minimum suspension of one game or the remainder of the season. The immediate responsibility for conduct of the team falls upon the coach. During games, coaches shall be seated with their players. Negative comments toward any other individual will not be permitted before, during or after a game or practice.

Coaches must follow the positive guidance principles endorsed by the program as part of their coaching practices. No player will be treated unfairly.

NOTE: OFFICIALS ARE THE FINAL AUTHORITY FOR COACH'S CONDUCT AT A GAME.

Coaches Guide: Principles of Conduct and Discipline

RESPONSIBILITIES TO THE LEAGUE

EQUIPMENT:

- Maintain and care for issued equipment as if it were your own
- Ensure that only approved equipment is used and that it's used properly
- Return all equipment promptly after the season ends
- Inform the Youth Sport staff immediately if there is missing or damaged equipment

SAFETY:

- Retain all players AF 1181 form for authorization of medical treatment
- Ensure your first aid kit is properly stocked and notify Youth Programs staff immediately when new supplies are needed
- Refer to the Safety Section of the coaching guide for more

specifics regarding safety

CERTIFICATION:

- Ensure that you have been certified and that you retain certification in the National Youth Sports Coaches Association. This is mandated by AFI 34-144
- You are required to know the rules of the sport that you are coaching as well as any local by-law adaptations that may exist
- You must attend all coaches meetings that are scheduled. In the event of duty commitments, you must send an assistant coach from your team

RESPONSIBILITIES TO YOUR PLAYERS

SAFETY:

- Supervise the physical environment of all playing areas
- Supervise the wearing and use of proper and approved equipment at all times
- Supervise the emotional and physical well-being of each player

MORALS AND MORALE:

- Teach respect for self others, authority, and equipment
- Set a good example for players to follow
- Create positive attitudes
- Implement discipline during games and practices
- Abstain from use of alcohol, drugs, and tobacco prior to and during team events
- Do not use profanity or inappropriate language

FUNDAMENTALS:

- Teach and demonstrate the skills of the game
- Teach and obey the rules of the game
- Help develop techniques to match each player's individual skill level

SPORTSMANSHIP:

- Show respect toward others and authorities
- Teach fair play

- Encourage competitive spirit, yet de-emphasize the importance of winning
- Support team play
- Demonstrate self control
- Conduct of player's parents is your responsibility during a game

RESPONSIBILITIES TO YOUR PLAYERS' PARENTS

CONDUCT AN INITIAL PARENTS MEETING:

- Explain team rules and your philosophy of coaching as well as the overall philosophy of the program
- Explain proper conduct that must be adhered to at all times, especially at games
 - Ensure each parent signs the Parent Code of Ethics
 - No smoking within 25 yards of the field
- Explain that you are not a babysitter
- Solicit volunteers to assist with concessions, phone calls, snacks, etc. (Team Parent)
- Encourage parent involvement
- Ensure open lines of communication

ADMINISTRATION:

- Ensure AF Form 1181 is filled out accurately to include emergency numbers
- Create a phone chain for easier communication of changes in schedule
- Ensure that parents have signed the Parent Code of Ethics and have players sign the Players Code of Ethics as well
- Ensure all parents receive a team roster

PARTICIPATION:

- Encourage parent attendance
- Recognize and praise parent involvement
- Ensure parents have players to events on time as well as pick them up promptly

EQUAL PLAYING TIME:

Per AFI 34-144 11.31. Youth ages 5-12 years of age, must be permitted to play at least half of every game.

EXCUSED ABSENCES:

Players will not be disciplined for excused or unexcused absences and the equal playing time rule will remain in effect.

POSITIVE GUIDANCE :

Per AFI 34-144 14.10. Youth staff and volunteers must demonstrate the use of positive guidance techniques and require that parents assisting them in the conduct of practices and games also use positive guidance techniques. Coaches are to use positive guidance techniques which help youths develop self-control, self-esteem, and respect for the rights and property of others. Releasing children to inebriated adults is forbidden - Coaches as well as parents have the responsibility of denying release of children to adults to include any family members that show signs of being intoxicated.

REMOVAL PROCEDURES AND SUSPENSIONS:

Per AFI34-144 The Airman and Family Services flight chief may delegate disciplinary actions related to short term suspensions of a coach, parent or child to the youth director or youth sports director. If delegated, the youth director or youth sports director is authorized to suspend any coach, parent or child for failure to follow the guidelines in the youth sports program or for failure to adhere to acceptable behavior outlined in AFI 34-144. All removals will be coordinated through the 88 MSG Commander.

COACH:

Volunteers must demonstrate the use of positive guidance techniques and require that parents assisting them in the conduct of practices and games also use positive guidance techniques.

Positive guidance techniques help the youths develop self-control, self-esteem, and respect for the rights and property

of others. Techniques include talking with the youth, helping the youth use negotiation to resolve conflicts, temporarily removing the youth from the situation for a few minutes, and limiting the youth's participation in the activity.

Over-coaching (yelling, criticizing and providing extensive direction) during games or practices is not permitted. Spanking, slapping, shaking, intimidating, humiliating, or damaging a youth's self-esteem/self-confidence will not be tolerated.

PUNISHMENT OF OPPONENTS THROUGH PHYSICAL CONTACT OR EXCESSIVE SCORE DOMINATION:

Under no circumstances will coaches or players attempt to inflict punishment (physical, psychological, or emotional) by excessive physical contact or by purposely running up a score to humiliate the other team.

In addition, no coach will punish a player by forcing him or her to run exercises or do physically exerting activities as means of punishment.

The youth sports coach has a very important and serious role. He or she is looked upon as a mentor, authority figure, and expert in the particular sport played by your child. The coach is an extension of the youth center staff and should support the philosophy and goals of the program. The coach must uphold the highest standards of ethics and morals and should be someone that each child respects.

Coaches are expected to abide by the Coaches' Code of Ethics throughout the season by practicing good sportsmanship at all times. The coach's job is to teach sport specific skills, the concept of teamwork, and to encourage all players to participate fully and have fun.

Coaches Guide: Practice Outline

The key to an effective practice is to be prepared (because you will generally have only one hour to practice). WPAFB Youth Programs suggest the following tips to help you utilize your time more efficiently:

- Encourage your players to arrive a few minutes early. This helps everyone get there for the start and could allow you to accomplish warm up before your time on the field or court begins
- Ensure that you have a practice plan for each and every practice. A sample is provided below
- Make the practice as challenging and as fun as possible

STAGES IN ORGANIZING A SUCCESSFUL PRACTICE:

TYPICAL 1 HOUR PRACTICE:

OBJECTIVES: Know what you plan to accomplish during this practice and how your goals can be measured

CHECKLIST:

- _____ Equipment
- _____ Field Condition
- _____ Pre-Meeting with Coaches
- _____ Safety Check

WARM-UP ATHLETES—note in cold weather additional time must be used

BASICS—of known skills

- Teach new skill and allow sufficient time for practice
- Practice under game conditions
- Cool down
- Wrap-up (coach and team comments)
- Allow sufficient time for water breaks

Coaches Guide: Parent Orientation Program

An important facet of coaching is getting parents behind you. A well-conducted parent orientation meeting can save you time and potential problems by explaining your objectives and coaching philosophy. The meeting should take place early in the season, e.g., after the first practice session. The choice of location should have a relaxed environment where it would be conducive for group discussions, e.g., your home rather than a classroom. Try to keep the length of the meeting to approximately one hour. During the meeting you should discuss the following topics:

Your goals and objectives:

- League adaptations to the rules of the sport
- Assistance you will be requiring from parents
- How you expect the parents, coaches, and children to behave during games (to include reactions to the officials and proper behavior after winning or losing)
- Team rules that hopefully have been developed by the children
- How and when you want parents to give you advice and constructive criticism
- Your background—why should parents entrust their children to you?
- Explain the risk of injury and how parents can reduce possible injury to their child
- Requirement for a medical examination
- Parental responsibility to:
 - Notify coaches when their child can return for play after an injury
 - When parents suspect their child is ill or hurt
- What parents can do at home to help their child's physical development and improve sport skills
- How much time will be spent each week for practice and games
- What equipment will their child need
- How long will the season last, discuss the schedule, playoffs, travel, etc.
- How you will decide who will play and at what positions

- Methods you use to teach sport skills
- Your emphasis on winning and the benefits of sports for their children
- Remind parents that the game is for the kids - not coaches or parents - and that we are not being entertained by miniature professionals
- Team social functions, e.g., picnics, fun day, etc.
- Requirement (if any) for mid-season meeting
- How will parents be notified in case of rain, etc.
- End of season players and parents critique of your ability

After you have completed your portion of the meeting, encourage comments or questions. A well-planned meeting also opens doors to future communications.

Transportation Guidelines

The WPAFB Youth Program 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 seat belts is mandatory. At no time will a staff member or volunteer coach transport a child in a personal vehicle. Additional guidance on transportation can be obtained in AFI 34-144.

Substance Abuse

Use of tobacco, alcohol, and illegal drugs are strictly prohibited in youth program areas while youth are present.

In accordance with AFI 34-144, youth and teens participating in youth program activities will be protected from exposure to alcohol, illegal drugs, and tobacco products.

- (1) The use of alcohol, illegal drugs, or tobacco products in any youth program facility or its' outdoor areas will not be permitted
- (2) The use of alcohol, illegal drugs, or tobacco products

will not be allowed at any function sponsored by or for the youth program

(3) When other facilities are used for youth program activities; smoking or use of alcohol in the areas that will be used by youth will not be permitted while youth are present

(4) No one under the influence of alcohol or illegal drugs is allowed to attend or supervise any youth program. Adults providing transportation to youth are prohibited from consuming alcohol, using tobacco, or illegal drugs.

If any youth is suspected of using alcohol, tobacco products and/or illegal drugs at a youth program's facility or during a youth program's sponsored event, staff will contact the youth's parents and Wright-Patt AFB Security Forces to report the violation. Additionally, the installation commander may suspend the participation of youth or adults who use alcohol, illegal drugs, or tobacco products in youth program facilities or at youth program functions when youth are present.

Key Phone Numbers

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

Youth Sports Director - 656-8693

Youth Programs Front Desk - 656-8691

Youth Programs Director – 656-8683

The Child Abuse Hotline - 877-790-1179

Child Abuse Identification, Prevention, & Reporting

DEFINITIONS:

- Child Abuse: Physical injury/emotional disturbance where circumstances indicate this condition may not be the product of accidental occurrence.
- Child Neglect: Acts of omission that could be expected to result in physical or emotional harm to children.

PHYSICAL ABUSE INDICATORS

- MAJOR:
 - Broken bones
 - Brain damage or skull fractures
 - Internal-injury
 - Poisoning
 - Burn or scald
 - Severe cut, laceration, bruise
- MINOR:
 - Minor cut, bruise, welt
 - Twisting or shaking

PHYSICAL INDICATORS OF SEXUAL ABUSE INCLUDE SOME THAT YOU MIGHT NOT NOTICE WHILE ROUTINELY CARING FOR YOUNG CHILDREN:

- Child's torn, stained, or bloody underclothing
- Bruises or bleeding in or around a child's external genital, vaginal, or anal area
- Child in obvious pain when walking or sitting
- Child scratching the genital area
- Premature sexual knowledge

NEGLECT INDICATORS:

- Child is not provided with basic needs: physical, educational, or emotional
- When considering whether neglect might be occurring, it is important to look for consistencies. Do the indicators of neglect appear frequently?

EMOTIONAL MALTREATMENT:

- Active, intentional berating, disparaging, or other abusive behavior toward the victim that affects adversely the psychological well-being of the victim
- Passive or passive-aggressive inattention to a victim's emotional needs, nurturing, or psychological well being

PREVENTION

- TRAINING:
 - All volunteers and staff will be trained in child abuse prevention, identification, and reporting
 - Youth Programs will maintain resource materials on child abuse and neglect to assist volunteers and staff in responding to children
- FACILITY CONTROL/SUPERVISION:
 - All areas of use for youth shall be easily viewed
 - Rooms used by children shall not be completely darkened for any purpose
 - Closed circuit televisions are in use at the youth center

REPORTING CHILD ABUSE:

If you see or suspect child abuse, neglect, or a safety violation in your DOD child and youth programs report it IAW AFI 34-144. The child abuse hotline is 877-790-1179.

- Youth Programs volunteers and employees will complete an AF Form 1187 (Incident/Accident Report), giving complete details for cause of suspicion. When complete, this form will be hand-carried to the Youth Programs Director or supervisor on duty.
- Upon receipt of the report, the Youth Programs Director will immediately contact the Family Advocacy Officer at the WPAFB Clinic and the Family Member Programs Flight Chief.
- The volunteer or staff will never communicate suspicions with coworkers or parents. All information must remain confidential.
- Volunteers or staff observing or suspecting another staff member or volunteer abusing children must report their suspicions to the Director or supervisor on duty.
- Volunteers or employees accused of child abuse or inappropriate guidance will be removed from the activity immediately. While an investigation is in process, the employee will have no access to youth. Substantiated allegations of child abuse or severe violations of the guidance policy as stated in AFI 34-144 will result in a proposed termination of employment or volunteer services.

FIRST AID PROCEDURES:

Per AFI34-144 10.6.4 Giving First Aid. The head coach, or in their absence, the assistant, must be calm with the youth, regardless of how serious the injury may be. American Red Cross (or an equivalent) first aid procedures must be followed. Bleeding should be stopped and the wounds should be dressed with sterile bandages before players are allowed to return to play. Staff and volunteers should handle blood and body fluids according to the procedures outlined in the National Health and Safety Performance Standards.

Emergency Plan and Procedures

MEDICAL EMERGENCIES:

In the event of an emergency or accident the following steps should be taken:

1. Assess the situation. DO NOT PANIC! Administer first aid only if you are qualified
2. Have an adult stay with the injured person at all times
3. If additional assistance is needed and no cell phones are available, find the closest phone and CALL 7-9111 or another pre-determined emergency number. Provide the dispatcher with the following information:
 - Your name and position
 - Exact location including street access, entry gate, building location
 - Victim's condition
 - Nature of the injury and circumstances surrounding emergency
 - Stay on the phone until you are told to hang up
4. Return to the injury scene in case you are needed for other assistance.
5. Meet the emergency vehicle.
6. Immediately call the parent or guardian and advise them of the circumstances
7. Report the accident to Youth Programs (656-8693) as soon as possible. Submit written accident report within 24-hours.

- Youth Accident Report Available at Youth Center
 - If hospitalization required notify Youth Programs staff immediately.
8. Call the child's parents or guardians to make sure everything is okay the evening of the accident

REMEMBER:

- At NO TIME should you offer a diagnosis or express personal opinion as to the extent of the injury.
- Coaches are responsible for keeping emergency phone numbers and medical information about their players on hand at all times.
- Coaches are responsible for having a first aid kit (Supplied by Youth Programs) at all practices and games. Do not rely on others for ice packs, etc. If you're running low on stock in your first aid kit let the Youth Sports Director know before it's too late. Regularly check the supplies in the first aid kit.

Emergency Information/Numbers

AMBULANCE	257-9111
FIRE REPORTING (BASE)	257-9111
BASE LAW ENFORCEMENT	257-9111

INCLEMENT WEATHER EMERGENCIES:

When thunderstorms w/lightning or other severe weather patterns are reported:

- If during the duty day, base weather is under Adverse Weather warning will call Command Post and they will notify Youth Programs. A Youth Programs staff member will make the decision to cancel game.
- If at game time or after game starts, the youth sport's staff, officials, and coaches should make determination whether to cancel game for inclement weather.
- The sighting of a lightning flash or the hearing of the sound of thunder shall be reason enough to stop or suspend a game.

- Play shall not be resumed prior to 30 minutes after the last sighting of lightning or the last sound of thunder is heard.
- Players will exit playing field and seek shelter in cars or dugouts until storm passes.

Youth Sports and Fitness Safety Plan

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

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

Inclusion Policy

PROGRAM ELIGIBILITY: Youth eligible for youth programs as authorized in AFI 34-144 Youth Programs. Children of active duty, retired military members, DOD civilians employee either NAF or APF, Guard, Reserve military personnel.

The Air Force requires that all persons involved in youth sports adhere to the Bill of Rights for Youth Athletes

- Right to participate in sports
- Right to participate at any level commensurate with each child's maturity and ability

- Right to have qualified adult leadership
- Right to play as a child and not as an adult
- Right to share in the leadership and decision-making of sport
- Right to participate in healthy and safe environments
- Right for equal opportunity to strive for success
- Right to be treated with dignity
- Right to have FUN

The WPAFB Youth Sports Program is built upon AFI 34-144. 100% compliance with the regulations outlined in this publications is mandatory. This handbook offers a more refined clarification of many of the regulations found within AFI 34-144. It also institutes local base policies unique to the WPAFB environment.

Wright-Patterson AFB Youth Sports Teaching Sports Skills

STEP 1: Introduce the skill

STEP 2: Demonstrate and briefly explain the skill

STEP 3: Have children begin practicing the skill

STEP 4: Provide feedback to correct errors

*For younger children ages 5-6 or those who have never played before, we start with the very basics.

BASIC SKILLS:

- Hand/eye drills
- Catching
- Throwing
- Running in place
- Jumping
- Sliding drills
- Stop and go running drills
- Drills and rules for certain sports – baseball, basketball, football, and soccer

*We develop each child and teach the basics and rules for that sport.

Uniform Policy

Uniforms provided are normally limited to T-Shirts, with other player equipment (i.e., balls, bats, goals, etc.) provided through the coach. Personal equipment such as shin guards, cleats, etc. are the responsibility of the player.

Players Try-out/Draft

DIVISION 1: (5-6 year olds will not try-out. All players will be assigned to a team at random by age.)

DIVISION 2: (7-8 year olds will not try-out. All players will be assigned to a team at random by age.)

DIVISION 3 & 4: (9-12 year olds will try-out for the purpose of trying to balance the teams.)

Coaches will draft players by the age group first. When all players are placed on a team, the draft is considered closed.

DAUGHTER/SON: Swaps will be done for a player of equal skills. Should a player be placed or drafted on a team without their coach/parent during the initial draft.

BROTHER/SISTER: Parents may request that their children be placed on the same team in the proper age group.

CARPOOLING: Parents may request that their child be placed on the same team as a friend due to transportation problems. However, this will not be guaranteed.

Awards and End of Season Parties

End of season parties are the responsibility of each individual team. The Youth Sports Program will provide a Participation Award for each child.

WPAFB Annual Sports Calendar & Timeline

SPORTS

SPRING SOCCER (ages 5-12)

Registration: January - March

Season: April - May

Fee: \$55

COACH PITCH / T-BALL (ages 5-8)

Registration: January - March

Season: April - May

Fee: \$55

FALL SOCCER (ages 5-14)

Registration: June - August

Season: September - October

Fee: \$55

CHEERLEADING (ages 6-12)

Registration: September - November

Season: January - March

Fee: \$75

BASKETBALL (ages 5-18)

Registration: October - December

Season: January - March

Fee: \$55

RUNNING CLUB (ages 6-12)

Registration: March

Season: June - mid-July

Fee: \$55.00

CLINICS

BASKETBALL CLINIC (ages 9-14)

Registration: April - May

Date: Jun 10-24, Monday, Wednesday, & Friday

Fee: \$50

PITCH, HIT & RUN (ages 7-14)

Register: March

Date: TBA

Fee: FREE

BRITISH SOCCER (ages: 3-14)

Full & Half Day Camp

Registration: March - July

Season: July 15 -19

GIRLS FAST PITCH SOFTBALL CLINIC (ages 8-12)

Date: TBA

Fee: \$50

THE FOLLOWING CAMPS ARE TBA

Tennis

Gun/Archery - Safety

Wrestling (ages 12-18)

Volleyball

Flag Football

ALL DATES ARE APPROXIMATE AND DEPEND ON THE NUMBER
OF REGISTRANTS. REGISTRATION MAY BE EXTENDED BY THE
YOUTH PROGRAMS DIRECTOR.



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