

SAMPLE PARENT LETTER

(NO SNACK)

Dear Parents,

We are thrilled your child is a part of our [insert youth sports program/season]! It is a privilege for us to be a part of your child's athletic experiences, and we hope this season is an opportunity for your child to grow and develop a healthy and active lifestyle.

We are excited to announce that, beginning this season, we have taken the pressure off of bringing snacks for your child's YMCA sports practices and games! As a part of the YMCA's commitment to healthy living and youth development, [insert YMCA Association/branch] has asked parents to refrain from bringing snacks to any youth sports event, game, or practice.

We have found that team snacks leave open the possibility of your young athletes consuming foods and drinks that are high in calories with little nutritional benefit. In it is the interest of your athlete's health that we have adopted these practices, as we do not want his/her physical activity to be compromised because of unhealthy snacks and drinks during and following sports practices and games.

It is our goal this season that your child will SCORE more: Strengthen his/her body by making good decisions, Choose water, Open conversations about healthy habits, Refuel with fruits and vegetables, and Encourage others to do the same.

We hope you will take this as a gift and enjoy the friendly, healthy environment through YMCA youth sports. We are asking that parents get involved and support this initiative by signing the pledge below. We want you on our team!

Sincerely,

Youth Sports Program Director

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I, _____, pledge that I will help my child, _____, SCORE more with healthy sports snack practices.

I will help my young athlete:

- **Strengthen his/her body by making good decisions**
- **Choose water**
- **Open conversation about healthy habits**
- **Refuel with fruits and vegetables**
- **Encourage others to do the same and excel in YMCA youth sports!**

Name _____ Date _____