

YMCA PLEDGE

**WIN OR LOSE,
I PLEDGE BEFORE GOD
TO PLAY THE GAME
AS WELL AS I KNOW HOW;
TO OBEY ALL THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND, AND BODY.**





UPCOMING REGISTRATION DATES

Winter Basketball '11/'12
August 16, 2011 to October 14, 2011

Spring Soccer / Volleyball / Track & Field '12
December 12, 2011 to January 27, 2012

Summer Baseball / Tball / Softball / Basketball '12
March 6, 2012 to April 27, 2012

Fall Soccer / Flag Football / Tackle Football / Volleyball '12
June 5, 2012 - July 27, 2012

Winter Basketball '12/'13
August 14, 2012 - October 12, 2012

* dates subject to change

Visit www.quickscores.com/edmondymca for more information



FALL 2011 TENNIS LEAGUE

Registration Periods- Early registration will be from Tuesday July 12th through Friday August 5. There is not a late registration offered for Tennis.

Costs-

Early registration: Free with a family membership

\$45.00 with youth membership

\$65.00 without a membership

To receive member rates, the membership must remain current the entire season

Age Specific Leagues- The Tennis League is available for children ages 7-14. YMCA sports leagues are divided by the age of the participants. We will use the same date cut-off as the Edmond Public Schools to avoid any confusion. A valid birth certificate must be turned in for each child; we will keep all birth certificates on file for future leagues. Age is how old the child is as of August 31, 2011.

Dates- Practices & Matches will begin the week of September 5th. Matches will be held on Saturdays. Practices will be held on Tuesday or Thursday. An introduction & skills clinic will be held on August 29,30, & September 1, from 6:30 PM to 8:00 PM.

Coaches Needed- The YMCA uses volunteer coaches to provide leadership to the community through structured athletic activities. We are always interested in new coaches, if you are interested we would certainly appreciate your help!

Coaches Meetings- The coaches meeting for all tennis coaches will be held August 20th, from 9:00AM-12:00 PM at the YMCA. The meeting will be conducted by a United States Tennis Association (USTA) Representative. They will be covering many areas, including running practices & matches.

Parents / Info. Meeting- All Parent's are required to attend a information meeting on August 20th. The meeting will be held at 1:45 PM, at the Edmond YMCA.

[www.quickscores.com/ edmondymca](http://www.quickscores.com/edmondymca) - This is the website we will be using to post game schedules, as well as other helpful information. Please visit the site occasionally to keep up with things that are happening in the Edmond YMCA Sports Department.

YMCA Mission- To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Financial Assistance- It is the policy of the YMCA of Greater Oklahoma City and the Edmond Branch that no person be denied membership or program participation due to the inability to pay. Funds for financial assistance are provided through the United Way and the YMCA's Strong Kids Campaign.



Participant Information

Please print legibly!

Childs Name: _____ Age: _____ Birthdate: _____ Sex: M / F

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____ Grade: _____

Parents Name: _____ Emergency Contact #: _____

HOLD HARMLESS: By my signature, and of my own free will, I do agree to indemnify and hold harmless the YMCA of Greater Oklahoma City from any and all claims and demands, costs, or expense arising out of any injuries, damages, or other losses, Whether personal or property, sustained by me or any party to whom I am responsible.

Signature: _____ Date: _____

Volunteer Coach Information

() I am willing to coach () I am willing to be an assistant coach

Name: _____ Work/ Cell Phone: _____ Email: _____

Program Information

Circle only one

Fall Tennis

7 Year Old

10 Year Old

13 Year Old

8 Year Old

11 Year Old

14 Year Old

9 Year Old

12 Year Old

Have you participated in YMCA Youth Sports before: Yes / No

Would you like to be contacted about our Annual Strong Kids Campaign: Yes / No

School Request: _____ Coach Request: _____

We try very hard to honor, but cannot guarantee requests

Player Requests must be turned in at the same time stapled together

For Office Use Only

Member #: _____ Member Type: _____ Receive Jersey: Y / N

Amount Paid: _____ Date: _____ Initials: _____

*** Please read and sign the form on the reverse side***

Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit and Raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Ice cold water - no need for sugar packed sport drinks

GRAB & GO - THE PRICE IS RIGHT!

- >> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25 each

Total = \$10.25



www.advocatesforhealthinaction.org



YMCA of Greater Oklahoma City Parents Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well being of each child ahead of a personal desire to win.

I will support the implementation of the YMCA's four character development values-caring, honesty, respect and responsibility. When my child is required to have a Super Sports Manual, I will help read to him/her or encourage my child to read if they are able to read it on their own.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all YMCA youth sports events.

I will remember the game is for youths – not for adults.

I will do my very best to make the youth sports experience for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.

I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.



YMCA of Greater Oklahoma City Coaches Creed

I pledge myself to uphold the high standards of the YMCA in all my associations with team members, coaches, spectators and opposing teams.

I will exemplify all the principles of good sportsmanship and instill them in the youths under my care. I will not permit any unsportsmanlike conduct from players or spectators representing the team I am coaching.

I will, by personal example, display the qualities of leadership that will inspire youths to strive toward the goal of good leadership and sportsmanship.

In accordance with the YMCA principles, I shall make fair play and good sportsmanship the primary objective of all competition.

My primary aim as a YMCA coach shall be the development of youth, spiritually, mentally, and physically.

I will abide by and uphold the rules and regulations governing athletic contests, as established by the YMCA. I will follow the YMCA coach's manual guidelines. If issued a Super Sports Manual. I will follow the fitness concepts & character concepts. I will also ask the parents to read the Super Sports Manual for players with their children or encourage their children to read it if they are old enough to read material on their own.

I will, before any athletic contest is started, line up all my team players and coaches together with the officials and recite the YMCA Pledge or a prayer.

I will, after any athletic contest is completed, line up my team facing our opposition and lead them in shaking hands with each member and coach of the opposing team.

I have read the Coaches Creed and fully agree with the conditions of the creed. I fully understand the team I am coaching is not my team, but as a YMCA team, and I understand that I will be relieved of my duties as a coach if found guilty of any major violation.



Outdoor Sports Hot Weather Guidelines

We want to take every precaution that we can to provide a safe environment for everyone involved in the YMCA Sports Programs. Here are some of the recommendations that we are asking to be implemented during extremely hot conditions:

- Make sure each player drinks 4 to 8 ounces of water 15 minutes prior to practice or competition.
- Make sure that each player brings some type of beverage that can provide electrolytes that can be lost during this extreme heat. They should replenish these fluids every 15 minutes during practice or competition.
- It is recommended that each team bring extra ice water and possibly cool towels to help cool off participants.
- Coaches please keep an eye on each of your players to look for signs of heat-related illnesses such as: flush face, irritability, nausea and or vomiting, and lack of sweat. If any of these symptoms occur please address appropriately.
- It is recommended that no shirts be worn under the player's jersey.
- The YMCA will be providing ice water for each field to replenish participant water bottles.
- We will be asking officials to communicate with each coach prior to the game to get consensus and establish awareness of the risk of heat-related injuries.
- Time modifications will be allowed with consensus from the coach and participants of each team.

If the temperature is 105° F or higher, games and practices should be postponed or cancelled. Temperature means either ambient (still air) or heat index.

The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 30 minutes prior to your scheduled game time. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations. We want to re-emphasize that we are here for the children and we want to try and ensure that they have the safest environment possible. Please contact your sports director with any other questions that you might have related to the above topic.



Outdoor Sports Cold Weather Guidelines

46° and higher - No Change / Games played as scheduled

45° and lower – Additional Clothing Beneath Uniform Suggested
(Long Sleeves / Long Pants / Additional Socks / Gloves/ Stocking Caps)

40° and lower – Shorten Games
(6U & Below – Four, 6 minute Quarters, with a 1 minute Half Time)
(8U & Above – Two, 15 Minute Halves, with a 1 minute Half Time)

35° and lower – Suspend Games
Temperature means either ambient (still air) or wind chill index.

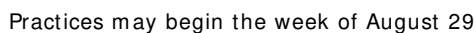
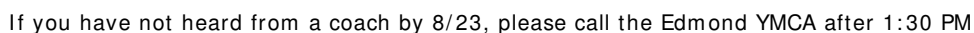
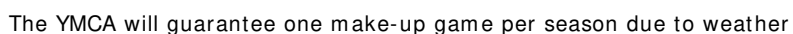
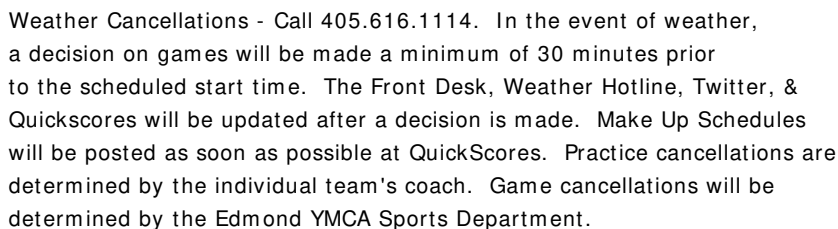
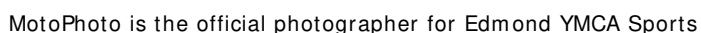
The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 30 minutes prior to your scheduled game time. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations.

Cold Weather Tips

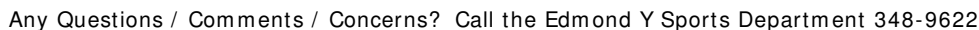
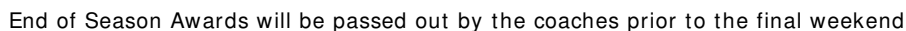
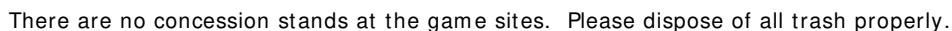
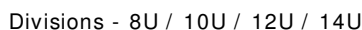
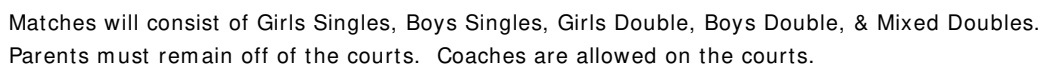
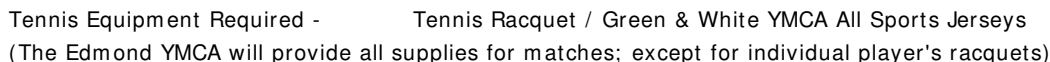
- Safety and health of the players come first.
- Jackets may be worn, but the jersey must be on the outside
- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, due to less running or moving.
- Referees and coaches should discuss weather and fields pre-game.



All Sports Online Coaches Training - <http://training.ymca.net>



Fall Break - October 22 - Make Up Weekend if needed



Chris Berry Sports Director
Lauren Honeyman Sports Coordinator
Norris Williams Sports Department Staff



EDMOND YMCA 2011 Fall Tennis League Rules

1. Line-ups:
 - Write in players' names (first & last) for all individual matches in a team match.
 - 15 minutes before match time, exchange line-ups with the opposing team coach.
2. Warm-up: Five (5) minutes before each individual match
3. Each team match will be played on two (2) or more courts.
4. Order of play:
 - Two (2) courts: Boys and Girls Doubles, then Singles, then Mixed Doubles
 - Start next match on an open court quickly as time is limited.
5. Scoring:
 - No-ad scoring, best 2 of 3 short sets to four (4) with a tiebreak in lieu of a 3rd set.
 - When the score is 3-3 in a game, the receiver can pick the deuce or ad side on which to receive serve. Mixed Doubles - boys serve to boys and girls serve to girls.
 - When the score is 3-3 in a set, play a set tiebreak (first to 7 by 2 points) at 3 games all.
 - Play a match tiebreak (first to 10 by 2 points) in lieu of a 3rd set. Record the match tiebreak as "1-0" for the winning team.
6. The set tiebreak counts as one game; the match tiebreak counts as both one game and one set.
7. Coaching:
 - Coaching is only allowed during the odd-game changeovers and from outside the fence and may not interfere with continuous play.
8. Scoresheets:
 - Both coaches must sign one scoresheet to verify match scores.
 - Turn the signed scoresheet into the YMCA staff after each match.
 - No changes will be allowed (except to correct math errors) after the scoresheet is turned in.
9. Team standings are calculated by total games won, not the win/loss record.
 - In the event of a tie, the team with the least sets lost will be declared the winner. If the number of least sets lost is tied, the team with the least games lost will be declared the winner.



LINE-UP & SCORECARD

DIVISION:	<input type="checkbox"/> 8 U	<input type="checkbox"/> 10 U	<input type="checkbox"/> 12U	<input type="checkbox"/> 14U	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COACH:				VS				
TEAM NAME:				VS				
	PLAYER(S) NAME	GAMES WON	PLAYER(S) NAME	GAMES WON	MATCH SCORE			
BOYS SINGLES								
GIRLS SINGLES								
BOYS DOUBLES	/		/					
GIRLS DOUBLES	/		/					
MIXED DOUBLES	/		/					
		TOTAL GAMES		TOTAL GAMES				
TOTAL GAMES								

Coach Signature: _____

Coach Signature: _____