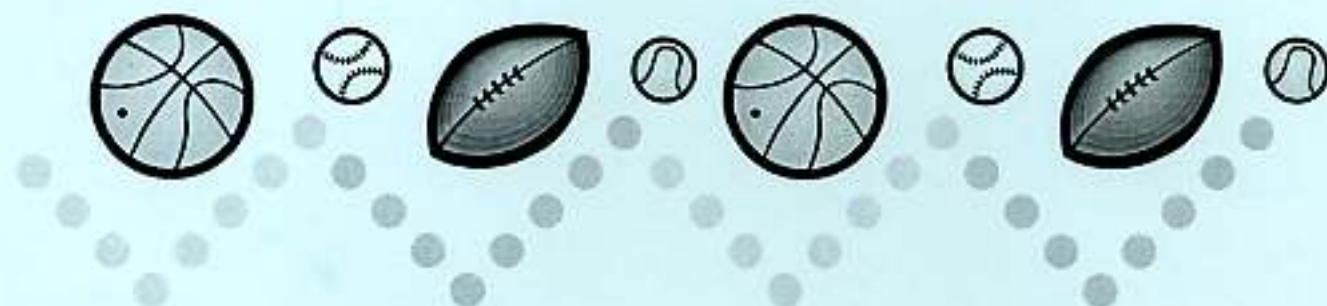


**FORT JACKSON
YOUTH SPORTS & FITNESS**

PARENT HANDBOOK



YOUTH SPORTS, FITNESS & HEALTH

LOCATION: The Youth Sports Office is located at the Youth Center, Building 5975 Chesnut Road. Adjacent to the Youth Center is the sports complex with baseball, football, and soccer fields.

CONTACT INFORMATION: Craig Plowman, Director, 751-5040
Toni Harris, Assistant Director, 751-5610
Youth Sports Complex, 751-3807
Youth Center, 751-6387

ELIGIBILITY: Youth of parents that are active duty military, Department of Defense civilians, on post contractors, Reserve and National Guard while on active duty or retired military are eligible to participate in the Youth Sports, Fitness & Health Program. Reserve and National Guard not on active duty may participate on a space available basis.

SPORTS REGISTRATION: Sign up for sports is handled by the Child & Youth Services Central Enrollment Office at the Joe E. Mann Community Center, Building 3392, Magruder Avenue. Youth must first be registered with Child & Youth Services to sign up for sports. To make an appointment to register or sign up for a sport, please contact the Central Enrollment Office at 751-4865/. Walk-in registrations /sign up are taken on a first come first serve basis between scheduled appointments.

Central Enrollment Office

Hours of Operation

Monday, Wednesday and Friday, 7:30 am to 4:30 pm

Tuesday and Thursday, 7:30 am to 6:00 pm.

All youth sports participants are required to have a physical examination less than 12 months old. Some sports require submission of a copy of the child's birth certificate for proof of age. Parents are required to sign a Parent Code of Conduct at the time of enrollment.

OUR PHILOSOPHY

Our Sports, Fitness & Health program is based on the following premises:

Each youth is a unique person with an individual personality.

Every participant matters and should be given the opportunity to have fun, learn and improve his/her knowledge and skills in a positive atmosphere.

Every youth should be given the opportunity to become physically fit and engage in activities designed to support a healthy lifestyle.

All adults in the program teach, enforce, advocate and model good character.

Staff and volunteer coaches create opportunities for youth to compete with honor, practice good sportsmanship and be gracious in victory and defeat.

PROGRAM OPTIONS

TEAM SPORTS

Fall: Soccer, Flag Football, Cheerleading and Volleyball
Winter: Basketball and Cheerleading
Spring: T-Ball, Coach Pitch, Baseball, Softball and Soccer
Summer: Basketball

INDIVIDUAL SPORTS

Fall: Cross Country
Winter: Double Dutch
Spring: Track
Summer: Swimming

OUTREACH SERVICES

Youth Sports provides motor development and fitness programs for the Hood Street CDC, Scales Avenue CDC, School Age Services Program, Middle School and Teen, FJ Home School Association, FCC Providers and Children and the Soldier and Family Readiness Play Group during the school year. During the summer month, sports provides fitness games and activities as a part of the Child & Youth Services Mobile Recreation Program which takes recreational activities to 3 on post playgrounds and 1 off post playground. In addition, there are a number of special events offered throughout the year to the entire community such as Pepsi Pitch, Hit and Run and NFL Punch Pass and Kick.

FITNESS & HEALTH

Youth Sports offers a wide variety of health and fitness programs throughout the year. Many of these activities are offered in conjunction with other MWR activities and are a part of a larger initiative called the MWR Wellness Team. The MWR Wellness Team is a joint effort between Recreation Division and Child & Youth Services Division to address childhood and adult obesity and to encourage everyone in the community to adapt a healthy lifestyle. These events are publicized as MWR Wellness Team events and are generally offered monthly. In addition, other health/fitness programs are offered throughout the year and included on the preteen and teen calendar of events published by the School Age Services Program and the Middle School/Teen Program or publicized through the Leader or flyers in the community.

START SMART SPORTS DEVELOPMENT PROGRAMS

Start Smart Programs help kids get ready for sports. They were created by the National Alliance for Youth Sports by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skills tasks that help children build confidence while they are having fun. Youth Sports offers the following Start Smart Sports Program throughout the year: Skill Development, Golf, Baseball, Soccer and Basketball.

SUMMER CAMPS

Youth Sports offers camp options through the *SKIESUnlimited* School of Sports each summer. Camp options are publicized in the spring for the upcoming summer.

BEHAVIOR ISSUES

We encourage youth to become responsible, caring individuals; to express their own feelings in a positive manner; and, to respect others. Our guidance and discipline techniques are geared to fostering self-respect, developing healthy interpersonal relationships and developing problem solving skills. Staff and coaches make every attempt to redirect inappropriate behavior and to otherwise engage youth. In most cases, a discussion with the youth is sufficient. If the youth does not respond, the staff member or coach involved will contact the parent.

PARENTS' CODE OF ETHICS

Each parent is asked to sign the following Parents' Code of Ethics when registering their youth for a Sports, Fitness & Health Program.

PARENTS' CODE OF ETHICS

I hereby pledge to provide positive support and encouragement for my child participating in youth sports by following this 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 my child ahead of my personal desire for the team to win.

I will insist that my child play in a safe and health environment.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

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

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

I will remember that the game is for youth - not adults.

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

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

VIOLATIONS OF THE PARENTS' CODE OF ETHICS

Parents are an integral part of our Sports, Fitness & Health Program. Parents who model positive behavior set the standard for youth to display similar behavior. We encourage you to become familiar with the Code of Ethics, which you signed when you registered your youth. Consequences for a parent violating the Code of Ethics are based on the seriousness of the infraction(s). Normally, for a first incident, management will address the issue with the parent(s) and remind the parent(s) of the Code of Ethics which they signed. For more serious infractions, management will notify the parent in writing of the seriousness of the infraction, the action the parent must take to resolve the issue and the possibility of being banned from the sporting activity for a designated period of time. For any unlawful behavior, the parent will be asked to leave the sporting event and be suspended from returning for a designated period of time pending a full investigation into

the incident. Military Police will be contacted if the parent refuses to cooperate.

DRESS CODE

Youth should be dressed in comfortable clothing that is appropriate for the type of sport activities in which they are involved. Sagging pants with visible boxers, tight or suggestive clothing and do-rags (head wraps) are not allowed. Appropriate sports footwear must be worn at all times in the facility and on the fields. Shoes must be laced up for safety reasons.

PERSONAL ITEMS

Youth should not bring personal items to the program unless requested by staff for a specific program activity. Personal items such as headphones, radios, game boys, CD's/DVD's and other electronics may get lost or stolen. The Sports, Fitness & Health staff are not responsible for lost, stolen or broken items.

HEALTH ISSUES

For health reasons, youth with any contagious illness or symptoms of a contagious illness will not be allowed to participate in sporting activities. If a child does not feel well enough to participate and is unaccompanied, a coach or staff member will notify the parent(s). If a parent cannot be reached, staff will attempt to reach the designated emergency contact. The child will be supervised in an area away from the other children until the parent or release designee arrives to pick up the child.

SAFETY AND ACCIDENT PREVENTION

The policy of Child and Youth Services is to conduct all operations safely. We cannot consider accidents inevitable. Safety considerations are included in all planning and strictly enforced during sporting activities. Youth are expected to follow all safety rules.

ACCIDENTS AND INJURIES

If a youth is involved in an accident or injury, staff will perform minor first aid. In cases of serious or severe injury, staff will immediately notify parents and transport the youth by ambulance for medical attention. In most cases, the ambulance will transport the child to Moncrief Army Community Hospital. A staff member will stay with the child until a parent arrives at the hospital. Regardless of the seriousness of the injury, staff will complete an Incident Report notifying parents of the circumstances surrounding the accident/incident. Staff will request that a parent sign the report acknowledging they have been notified. In instances of minor injuries, parents will be contacted by phone and the parent will make the decision as to whether medical attention is necessary. All accidents/incidents will be promptly and thoroughly investigated.

CHILD ABUSE AND NEGLECT PREVENTION

Protecting our children from child abuse and/or neglect is a shared responsibility between the program and you, the parent. We take a variety of measures to protect your child and minimize the risk of abuse/neglect for your child while in our programs, such as, conducting background checks on staff and coaches, providing line of sight supervision for individuals who have not completed the background check process and establishing operating policies and procedures designed to provide a safe, secure environment for our youth. We ask that you report any concerns that you may have about the program or program operations to the Sports, Fitness and Health Program management. In addition, Department of Defense has established a toll free number for reporting child abuse/neglect - 800-336-4692.

CHLD ABUSE & NEGLECT IDENTIFICATION & REPORTING

Sports, Fitness & Health staff are legally required to report suspected cases of child abuse and/or neglect. All employees receive training on identification and reporting procedures for suspected cases of child maltreatment annually. Coaches are trained during the coaches' orientation. The training focuses on defining child abuse and neglect, identifying the different types of abuse/neglect, and on identifying the signs and causes of abuse. Any incident of unexplained or unusual bruises, abrasions, burns, and other physical marks will be reported to the appropriate authority in compliance with South Carolina Laws.

PARENT PARTICIPATION

We welcome parents as volunteers and as active participants in our program. Volunteers are critical to the success of the Youth Sports, Fitness & Health Program and we welcome your support and insight. Parents can participate by becoming coaches, assistant coaches, team moms, or volunteer for our Parent Committee which participates on the Child & Youth Services Advisory Council.

ARE CHILDREN WITH DISABILITIES ACCEPTED IN SPORTS, FITNESS & HEALTH PROGRAMS?

Children with special needs are placed in Sports, Fitness and Health Programs on a case-by-case basis after a full assessment of the child's needs and a determination as to the program's ability to meet those needs with reasonable accommodation. If your child has special needs, you will be asked to attend a Special Needs Accommodation Process meeting prior to placement of your child in one of our sporting programs. For more information, contact the Central Enrollment Office at 751-4865 or the Army Community Service Exceptional Family Member Program Coordinator at 751-5256.

TEAM SPORTS POLICIES

EQUAL PLAY RULE

Regardless of age of participant, all players in team sporting events must have an equal opportunity to play. Specifics regarding equal play are addressed with coaches, youth and parents at the beginning of each season and addressed in the Memorandum of Instruction covering the sport, in question.

UNIFORMS

The Youth Sports, Fitness & Health Program provides a basic uniform (top and bottom) for all players regardless of sport. The shorts, pants, skirts and pompoms are only on loan and must be returned at the end of the season. The jerseys may be retained by the youth as a memento of the season.

END OF SEASON CELEBRATION

Certificates of participation and participation trophies are provided for all team members at the end of season pot luck. There are no awards for team standings as our leagues are recreational in nature. Parents are asked to bring drinks, side dishes and desserts to the pot luck. The Sports Program provides paper products, hot dogs, hot dog buns and condiments.