



**YMCA**

# **Buffalo Bills Flag Football**

## **Parent Handbook**



Table of Contents

Our Team ..... 3

Volunteering Opportunities..... 3

Essential Information..... 4

Skills Assessment..... 4

Practice/Game Scheduling ..... 4

Rosters..... 4

Jerseys ..... 4

Bills Tickets ..... 4

Inclement Weather Situations..... 4

YMCA of Buffalo Niagara Mission..... 5

The 7 Pillars of YMCA Sports ..... 5

Player Expectations ..... 7

Parent Code of Conduct ..... 7



## Thank You Parents!

YMCA Buffalo Niagara wants to first thank you for enrolling your child into one of our youth sports programs. We hope your experience is as meaningful and rewarding as it is for all the YMCA staff. This packet will direct you to all pertinent information that you may need for the Jr. Cavs Basketball League. Listed near the end of the document is our Code of Conduct that every parent should read. If you have any further questions, please contact:

### Our Team

**Greg Larson**

**VP of Sports and Outreach**

**Cam Daugherty**

**Sports Director**

[cdaugherty@ymcabn.org](mailto:cdaugherty@ymcabn.org)

**Brandon Andersen**

**Sports Coordinator**

Independent Health YMCA

[bandersen@ymca.org](mailto:bandersen@ymca.org)

**Matthew Suffoletto**

**Sports Coordinator**

Southtowns YMCA

[msuffoletto@ymcabn.org](mailto:msuffoletto@ymcabn.org)

**Dave Bowes Jr.**

**Sports Coordinator**

Lockport YMCA

[dbowes@ymcabn.org](mailto:dbowes@ymcabn.org)

**Cydney Adams**

**Sports Coordinator**

William-Emslie/Kenton/ Delaware YMCA's

[cadams@ymcabn.org](mailto:cadams@ymcabn.org)

### Volunteering Opportunities

If you or anyone you know is interested in volunteering to help with the Jr. Cavs program, please contact the individuals listed above or simply click [here](#) to sign up. Throughout the years, committed and talented volunteers have impacted the lives of many children within our community through our youth programming. We welcome you to join in our efforts to promote safe and fun play for all our program athletes. The primary positions we are looking for as of now are Coaches, Referees, and Scorekeepers/Scoreboard operators.

### **Skills Assessment**

All participants in the program are invited to join us for our skills assessment. This assessment will help our staff create evenly skilled teams so that all players can enjoy the same experience equally. If your child has participated in our program in a previous season, you are not required to attend the assessment. If this is your first time with the program, we strongly recommend your child attend this assessment. Information regarding when the skills assessment is being held will be delivered to you in the weeks prior to the start of the program.

### **Practice/Game Scheduling**

All practices and games will be scheduled by each branch coordinator. Each team will receive one practice time before their games each week. Games will be held on Saturday mornings unless told otherwise by our coordinators. Practice times for the program vary for every family. Practice and Game schedules will be sent out shortly after the skills assessment.

### **Rosters**

Rosters will be formed directly after the skills assessments. If you have any personal requests for a specific coach or if you want two players to be on the same team, please contact your branches' coordinator. We will try to accommodate every request we are given but we cannot guarantee the requests will be honored at this time.

### **Jerseys**

Every participant off the program will receive a YMCA and Basketball co-branded football jersey as part of the registration fees. Sizes for your child will be entered during the online registration process. Jerseys are anticipated to arrive the week leading up to the first game. Coordinators will hand out jerseys at practices or before the first games on Saturday.

### **Bills Tickets**

Every registrant will receive two tickets to a Bills preseason home game for their upcoming season.

### **Inclement Weather Situations**

There may be delays or cancellations during inclement weather. For updated Youth Sports Game information, the following may occur:

- 1) If games are cancelled or times have changed, an email notice will be sent to all parents who have a child enrolled in the program.
- 2) Coaches will be notified first and will also attempt to notify all parents associated with their team.

# YMCA of Buffalo Niagara Mission

*“YMCA Buffalo Niagara is a charitable, community-based organization committed to providing programs designed to build a healthy spirit, mind, and body for all.”*

The YMCA has a long history of providing quality sports programs to area youth. Children, regardless of ability, learn the fundamental rules and skills needed to succeed in their new sport of choice. Good Sportsmanship is practiced, and participants have fun while learning new skills and making new friends.

The YMCA Jr. Cavs program represents a united community of dedicated teams, coaches, parents, and players who share a common goal – supporting the positive benefits attained through the game of basketball.

The focus for our youth basketball leagues is to help develop young athletes to be more active, play together against their peers in a competitive and positive environment, and to provide opportunities for them to achieve higher levels of skill development through the game of basketball.

In all the YMCA's programs, we strive to teach **four core character values**:

- **Caring:** To be sensitive to the needs and well-being of others.
- **Respect:** To value the worth of every person and treat others as they would like to be treated.
- **Responsibility:** To do the right thing and be accountable for one's behavior and obligations.
- **Honesty:** To tell the truth, have integrity and making sure actions match values in all we do.



## The 7 Pillars of YMCA Sports

- ❖ **Everyone Plays** – In YMCA Sports, there are no tryouts, and no one gets cut from teams. Everyone who registers is assigned to a team and all players have the opportunity for equal playing time in games. Teaching participants valuable social and teamwork skills and contributing to a healthier community is a vital part of this pillar.
- ❖ **Safety First** – Safety in YMCA Sports is a primary concern, and we do all we can to prevent injuries from occurring. Sports are modified and taught at age-appropriate levels, and constant supervision ensures that training levels are gradual and that no unsafe activities occur.
- ❖ **Character Development** – participants work together in a team atmosphere, they learn how to make decisions, communicate, work on teambuilding, trust and build character. Youth Sports teaches kids to play by the rules, respect the game, and maintain an attitude of good sportsmanship.
- ❖ **Positive Competition** – In sports, the pursuit of victory is kept in perspective at the YMCA. Coaches and officials make decisions that are always in the best interest of the participants, and the participants are more important than winning the game.
- ❖ **Family involvement** – Parents benefit from participation in Sports as volunteer coaches, officials, and time/scorekeepers. Family participation in the programs creates an environment conducive to open communication, volunteer work opportunities, positive role modeling, and relationship building.
- ❖ **Sports for All** – Sports are welcoming to all, regardless of race, gender, age, or ability. They teach participants to respect and appreciate all their teammates. YMCA Sports encourages all those who participate – coaches, players, and families – to appreciate diversity.
- ❖ **Sports for Fun** – Sports strive to be fun and engaging, helping participants discover the enjoyment of learning and mastering skills, participating with friends, and competing.

*Throughout the league, we hope our participants, coaches, officials, parents, and spectators to emulate these core*

## Parent Code of Conduct

- There will be no arguing with any sports officials.
- Applaud all skillful plays whether they are made by your team or the opponent.
- Respect the rights of all participants regardless of their gender, ability, cultural background, or religion.
- Speak in respectful tones; refrain from the use of vulgar or derogatory language; and dress appropriately.
- Resolve conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
- Resolve conflicts in a respectful, honest, and caring manner; never resort to physical contact or threatening gestures.
- Respect others by refraining from intimate behavior in public; abstain from contact of a sexual nature.
- Respect the property of others; never engage in theft or destruction.
- Create a safe, caring environment; never carry firearms or devices that could be used as a weapon.

## Player Expectations

- Follow and play by YMCA Rules
- Participation and Attendance are vital to the success of team play and the development of players.
- Players are expected to attend all practices and games and will inform their coach if they cannot attend.
- If there is a disagreement on a call, please have your coach respectfully approach the official
- Work hard for yourself and your team.
- Be a good sport and team player.
- Treat all participants in your sport as you wish to be treated.
- Cooperate with your coach, teammates, and opponents to better yourself and others.

***YMCA Buffalo Niagara does not anticipate anyone to act in this way. But, if the situation arises where someone is acting against this code of conduct, YMCA staff have the sole discretion to ask the player, spectator, or coach to vacate the premises.***

# **YMCA SPORTS PLEDGE**

**“I pledge to play the game, the best I can, to be a team player, to respect my opponents, the rules and officials, and improve myself in spirit, mind and body.”**