



GIVE A LITTLE, GET A LOT! BE A YOUTH SPORTS COACH TODAY.

PLEASE READ THOROUGHLY: LEAGUE DIVISIONS AND TEAM REGISTRATION HAS CHANGED

BASEBALL DIVISION CHANGES

- **Tiny T-Ball:** PreK (*must be 3 by the start of the season*)
 - Teams will have a 20-minute practice followed immediately by a 40-minute game.
 - There are no additional practices during the week.
- **T-Ball:** Kindergarten
 - Teams may have an optional weekly practice.
 - Practice location/day/time will be determined by the volunteer coach
 - Will play at least one game per week. (*if there are an uneven number of teams, you may be scheduled for 2 games in 1 week*)
- **Coach Pitch Baseball: 1st-4th Grade** (*1st and 2nd grade league is a combination of T-ball and Coach Pitch*)
 - Teams will practice once per week.
 - Practice location/day/time will be determined by the volunteer coach
 - Will play at least one game per week. (*if there are an uneven number of teams, you may be scheduled for 2 games in 1 week*)

FLAG FOOTBALL DIVISION CHANGES

- **Pee Wee Flag Football:** PreK and Kindergarten (*must be 4 by the start of the season*)
 - Teams will have a 20-minute practice followed by a 40-minute game each Saturday.
 - Teams may have an optional weekly practice.
 - Practice location/day/time will be determined by the volunteer coach
- **Flag Football: 1st-4th Grade**
 - Teams will practice once per week.
 - Practice location/day/time will be determined by the volunteer coach
 - Games held on Saturdays.

COACH REGISTRATION

Head Coach Incentive

We appreciate all the time and effort you put into volunteering with the YMCA and we would like to give a little back to show you our appreciation for your efforts. Your child's sport will be free as a thank you for coaching. This discount applies to each team that you are coaching where your child is on the team. If you are unable to fulfill your coaching obligations, you will be charged for the sport.

What you'll need with you to register

- Completed Volunteer Form and a copy of your Driver's license.
- Your Child's Registration if applicable.

Team Roster

We will no longer be accepting team rosters. If you have players that you want on your team, please be sure to let them know that you have signed up to coach and for which day and age division. When they register during member registration or community registration, it is important that they request you as their coach. Teams are created based on registration dates so it is important that if a player wants to be on your team, they need to register in a timely manner. If a player signs up after the registration deadline they are not guaranteed a spot on your team. The coach request does not guarantee a player will be placed on your team if they register late.

Please follow up with your team to make sure they register in a timely manner.

Fall Baseball Meeting: This meeting is required for all new YMCA coaches.

- Time: Monday, July 30th @ 6:30pm
- Location: Richland YMCA, 1234 Columbia Park Trail, Richland

Flag Football Meeting: This meeting is required for all new YMCA coaches.

- Time: Monday, August 20th @ 6:30pm
- Location: Richland YMCA, 1234 Columbia Park Trail, Richland

PLAYERSPACE

We are pleased to announce that the YMCA of The Greater Tri-Cities has partnered with Playerspace for electronic communication and league management.

- **What does this mean for you?** Playerspace gives you convenient, 24/7 online access to league information such as schedules, team information, and event specifics. You will receive emails from Playerspace with updates on important sports program information, including access to team roster, schedule changes, and new league registration announcements. You will have convenient access to your private Playerspace email where all league communication can be viewed at any time.
- **What does this mean you need to do?** Add Playerspace to your email service's Safe Sender list. After you have registered for a sports program, you will receive a link to log into your new Playerspace account at www.playerspace.com. Make sure to edit your password and other information as you see necessary.

COACHES' PLAYERSPACE FAQ

- **What information will I be responsible for posting on Playerspace?** As a coach, you will be responsible for posting your contact information and practice cancellations. You will also be responsible for communicating with your team via the message center. Game schedules will be posted by your Sports Director.
- **How do I get on Playerspace?** When you sign up to coach a team, you are automatically registered with a Playerspace account. There is no need to create a new account. You will receive an email with your username and password prior to the start of the season. From there, you can visit www.playerspace.com and click "Sign In" at the top right corner.
- **What if I'm not receiving emails from Playerspace?** Be sure to check your junk, trash and spam folders for Playerspace. You will need to add notifications@playerspace.com to your safe sender list. If you are still not receiving emails, please contact your Sports Director at your local YMCA.
- **Where will I go to use Playerspace as a coach?** Just visit your team's site and your click on "Coaches Corner" There are three essential tools that you can click on to utilize Playerspace;
 - Settings- ability to change you team name once season begins
 - Rosters- View and download team roster, email parents "fans" and add additional fans to your roster
 - Messaging-send emails and text to your team.

Coaches Checklist

- All changes (i.e. adds or drops) to the roster need to be communicated to the YMCA.
- Turn in the Volunteer Coaches Forms.
- Review the Rules
- Attend the Coach's Meeting
- You will receive your roster at the coach's meeting. Rosters can be found on Playerspace.com
- Game Schedules be posted on Playerspace.com
- If applicable, return all checked out sports equipment to the sport you are coaching.

1st Practice

- Show up early.
- Bring Roster
- Be Prepared. They will know if you are not prepared.
- Give shirts to kids. (If sizes wrong, email me ASAP.)
- Let kids come up with team name.
- Remind them to bring water.
- Ask them about schools, pets, siblings, family.
- Tell them about yourself, keep it short.
- LISTEN to them no matter how off the wall they are.

Team Pictures

- Hand out picture packets prior to picture day
- Call or email your parents to remind them of team pictures
- Remind them that even if they are not purchasing pictures that it is important to show up for the team
- If you need to reschedule, contact the photographers.

Contact Players

- Call at least 1 week prior to the start date.
 - Tell Parents:
 - Who you are
 - Where is Practice
 - When is Practice
 - When are games
 - Where are games
 - Give website
 - Remind them to log in to [playerspace](http://playerspace.com)
 - Jerseys to be given out by 1st practice
 - Dress Comfortable

1st Game

- Contact parent's via [playerspace](http://playerspace.com) to remind them of games every week.
- Show up early; make sure you don't interfere with games that are already being played. Keep kids out of the way.
- Introduce yourself to other coach.
- You ref and keep time for your own games or ask a parent to help
- Don't Stress out, this is not the Olympics.
- Just let them play, and then offer advice on things you see.
- DON'T YELL or grab kids.
- Always be positive to the kids, parents, coaches and staff.

End of Season

- Decide if your team wants to order trophies. This is optional. I will email out certificates to use if you choose.
- Return Pictures and awards to the YMCA if players weren't at end of season party

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for COACHES

To download the coaches fact sheet in Spanish, please visit: www.cdc.gov/ConcussionInYouthSports

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common.¹ Concussions can occur, however, in **any** organized or unorganized sport or recreational activity. As many as 3.8 million sports- and recreation-related concussions occur in the United States each year.²

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.
2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

SIGNS OBSERVED BY COACHING STAFF
<ul style="list-style-type: none">▪ Appears dazed or stunned▪ Is confused about assignment or position▪ Forgets sports plays▪ Is unsure of game, score, or opponent▪ Moves clumsily▪ Answers questions slowly▪ Loses consciousness (even briefly)▪ Shows behavior or personality changes▪ Can’t recall events prior to hit or fall▪ Can’t recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none">▪ Headache or “pressure” in head▪ Nausea or vomiting▪ Balance problems or dizziness▪ Double or blurry vision▪ Sensitivity to light▪ Sensitivity to noise▪ Feeling sluggish, hazy, foggy, or groggy▪ Concentration or memory problems▪ Confusion▪ Does not “feel right”

Adapted from Lovell et al. 2004

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can’t see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
- **Insist that safety comes first.**
 - Teach athletes safe playing techniques and encourage them to follow the rules of play.
 - Encourage athletes to practice good sportsmanship at all times.
 - Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
 - Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.

Check with your youth sports league or administrator about concussion policies. Concussion policy statements can be developed to include the league's commitment to safety, a brief description of concussion, and information on when athletes can safely return to play following a concussion (i.e., an athlete with known or suspected concussion should be kept from play until evaluated and given permission to return by a health care professional). Parents and athletes should sign the concussion policy statement at the beginning of the sports season.

- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called *second impact syndrome*.^{4,5} Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

ACTION PLAN

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
3. **Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. **Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

If you think your athlete has sustained a concussion...

take him/her out of play, and

seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit: <http://www.cdc.gov/ncipc/tbi/TBI.htm>.

REFERENCES

1. Powell JW. Cerebral concussion: causes, effects, and risks in sports. *Journal of Athletic Training* 2001; 36(3):307-311.
2. Langlois JA, Rutland-Brown W, Wald M. The epidemiology and impact of traumatic brain injury: a brief overview. *Journal of Head Trauma Rehabilitation* 2006; 21(5):375-378.
3. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
4. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the IOM Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academy Press; 2002.
5. Centers for Disease Control and Prevention (CDC). Sports-related recurrent brain injuries—United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-227. Available at: www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

CENTERS FOR DISEASE CONTROL AND PREVENTION

July 2007 Content Source: National Center for Injury Prevention and Control, Division of Injury Response

YMCA Volunteer Registration Form

The YMCA of the Greater Tri-Cities must have a copy of your license/Photo ID in order for you to be a volunteer coach.

Last	First	MI	Birth date
Home Address	City	Zip	Home #
Cell #	Cell Phone Provider		
Email (all coaching materials will be accessible via PlayerSpace)			

Volunteer shirts:

Please mark the number of each size needed. The YMCA will provide up to 2 shirts; 1 Head Coach and 1 assistant coach.

Small	Medium	Large	Extra Large	2XL	3XL	4XI

T-Ball	Coach Pitch
<input type="checkbox"/> PreK: Tiny T-Ball (No additional Weekly Practice) Team will have a 20 min practice followed by a 40 min game Game Day: <input type="checkbox"/> Tuesday <input type="checkbox"/> Thursday <input type="checkbox"/> Kindergarten: T-Ball (optional weekly practice) Game Days: <input type="checkbox"/> Tuesday <input type="checkbox"/> Thursday	<input type="checkbox"/> 1 st grade/2 nd Grade: t-ball/Coach Pitch (Required weekly practice) Game Day <input type="checkbox"/> Wednesday <input type="checkbox"/> 3 rd Grade/4 th Grade: Coach Pitch (Required weekly practice) Game Day <input type="checkbox"/> Wednesday
Practice Information REQUIRED at sign up. Please select a location even if your division does not require a practice. Teams will be sorted based on your practice location. This does not indicate the location of games. Games will be played within the Tri-Cities.	
<input type="checkbox"/> Kennewick _____ <input type="checkbox"/> Richland _____ <input type="checkbox"/> W. Richland _____ <input type="checkbox"/> Pasco _____	
Day/Time: _____	
T-shirt Color (please choose 2): The color you choose is not a guarantee. Color 1: _____ Color 2: _____	

Pee Wee Flag Football – must be 4 years old at the start of the season <input type="checkbox"/> PreK & Kindergarten: (optional weekly practice) Saturday Game Day: Team will have a 20 min practice followed by a 40 min game Flag Football League - 1st -4th grade <input type="checkbox"/> 1 st grade/2 nd Grade (Required weekly practice) <input type="checkbox"/> 3 rd Grade/4 th Grade (Required weekly practice)
Practice Information REQUIRED at sign up. Please select a location even if your division does not require a practice. Teams will be sorted based on your practice location. This does not indicate the location of games. Games will be played with in the Tri-Cities.
<input type="checkbox"/> Kennewick _____ <input type="checkbox"/> Richland _____ <input type="checkbox"/> W. Richland _____ <input type="checkbox"/> Pasco _____
Day/Time: _____
T-shirt Color (please choose 2): The color you choose is not a guarantee. Color 1: _____ Color 2: _____

HB 1824, Zackery Lystedt Law: Managements of Concussion and Head injury

I have received and agree to read information regarding concussions and head injuries in youth sports. I also agree to view the video on Concussions for High School Coaches found at http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm@Video.

Back ground checks are completed on all new coaches and every two years for returning coaches.

As a condition of volunteering, I give permission for The YMCA of the Greater Tri-Cities and its assigned agencies to conduct a background check on me, which may include a review of criminal records maintained by government agencies. I understand that my position is dependent upon receiving no inappropriate information on my background check. I am subject to suspension by the YMCA at any time in the event of inappropriate behavior as outlined in the Code of Conduct and Employee Handbook. The facts set forth in my application are true and complete. I understand that if engaged, false statements on this application will be considered sufficient cause for dismissal.

Except for minor traffic violations, have you ever been convicted of any violation of the law? Yes/No Yes If "Yes," please explain:

Applicant Signature _____ Date _____