



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Outdoor Soccer Rules

Designed to encourage participation and having fun, kids are taught basic game skills such as dribbling, passing and shooting as well as sportsmanship.

INTERESTED IN COACHING!

The involvement of the community, parents and family volunteers is greatly appreciated and is an integral part in the success of our youth sports leagues.

Become a volunteer coach today!

Register to coach at ymcatricities.playerspace.com

Outdoor Soccer	
Ages	3-10 <i>(must be 3 yrs. old by season start date)</i>
Season	June 15-July 30, 2020
Coach Registration	April 27-Until full
Y-Member Registration \$32	May 4-24 online or in office
Community Registration \$48	May 11-24 online or in office

Richland Y: 1234 Columbia Park Trail, Richland | Ph: 509.374.1908

Kennewick Y: 741 S. Dayton St. Kennewick | Ph: 509.374.1109

YMCA Volunteer Coach

PLEASE READ THOROUGHLY:

Volunteer Coach Sign-ups and requirements have changed

The safety of our volunteer coaches, participants and families is our top priority and that is why we are updating the volunteer coach application to include a national background check and child abuse prevention training. Please see below the steps you need to take to be eligible to coach.

The volunteer requirements must be completed within 2 weeks of registering as a volunteer. You will not be assigned to a team until they are completed.

- If you need help or access to a computer, the YMCA can help. Please call to set up a time to come in to complete the volunteer requirements.
- Once you have completed your background check and all the prerequisites, you are eligible for 2 years to coach YMCA youth sports and will only need to register to coach each season by logging in to your [Playerspace account](#) and selecting the sport you wish to coach and completing the sport specific volunteer form. There may be additional information needed (ie age division, game field etc) for each sport to assure you get assigned to the correct team.

How to register to coach:

Step 1: Go to ymcatricities.playerspace.com and select "Apply to Volunteer"

Step 2: Select the sport you wish to coach, sign in or create your account.

- Be sure to use your legal name as this is the name that will be used for the background.

Step 3: Register a new account or Validate your Identity for returning users.

Step 4: Complete "Questionnaire for Background Checks".

- If you have already completed the background check, skip to step 6

Step 5: Sign "Background check Disclaimer"

Step 6: Complete the listed prerequisites.

- Click on the orange button to take you to your profile page.

To access the prerequisites

- From your profile page select "Coach, Volunteer & Staff"
- Then select the prerequisites tab to show the list of prerequisites required to be eligible to coach.

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 as well as the correct age division and site. 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.

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

- Y All changes (i.e. adds or drops) to the roster need to be communicated to the YMCA.
- Y Turn in the Volunteer Coaches Forms.
- Y Review the Rules
- Y Attend the Coach's Meeting
- Y You will receive your roster at the coach's meeting. Rosters can be found on Playerspace.com
- Y Game Schedules be posted on Playerspace.com
- Y 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

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

Contact Players

- Y 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
 - Jerseys to be given out by 1st practice
 - Dress Comfortable

1st Game

- Contact parent's via playerspace 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

Coach's Information

Our rules are designed to teach the basic fundamentals of the sports offered. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Everyone plays, everyone wins!

Use of School and Public Facilities

The YMCA of the Greater Tri-Cities uses elementary school grounds in and around the community. **Use of these facilities is contingent upon good conduct and cooperation by our sports teams.** The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. **There must be adult supervision at all times.** Coaches are responsible for supervising the activity of their players. The Y's Child Abuse Prevention standards specify that a Y volunteer coach should never be alone one-on-one with a player (of either sex). There should always be two adults waiting with a child. By no means should you ever drive one of your players home if it's only the two of you in the car.

2. There will be a **Sports Site Supervisor** at each game. The Site Supervisors are Y employees and should be treated with respect. It is their job to ensure the schools and people are safe. Sports Supervisors are NOT responsible for the behavior of the players or their siblings; they are not babysitters. Please listen to them when they ask you to remember a rule; it's their job!

3. **First Aid kits** will be provided at each game by the Site Supervisor. The kits will be stocked with Band-Aids, cold packs, gauze, and rubber gloves.

4. **Facilities/Fields will be left in the same or better condition than which they were found before the activity.** Please be respectful of the gyms, fields, and parks that the YMCA uses. Remember to pick up any belongings and garbage.

5. **Equipment** will be checked out by the head coach and must be returned at the end of the season.

6. **Cancelled games due to weather** (outside sports only) will be up to the coach to decide if a game or practice should be cancelled due to rain or extreme heat. If there is lightning during practice or a game it will be cancelled. The coach will determine the time and day of a rescheduled game. Please check with the YMCA for field space and availability

* follow us on Facebook and Twitter to get YMCA updates.

7. **Remember, games are for fun! No official scores, stats or standings!**

THANK YOU FOR YOUR COOPERATION!

Equipment

Shin guards are required for practice and games. Cleats are not required for practice or games. If your child wears cleats, they must be soccer cleats, not baseball. Toe pick cleats will not be allowed for play. Each player is encouraged to bring a ball to practice. Coaches will be able to check out 3 soccer balls and cones provided by the YMCA. The appropriate sizes are listed below. Please put your child's name on every piece of equipment. The YMCA is not responsible for lost or stolen items. Jerseys are ordered during open registration and will be given out during the week before the first game by your coach. Any players who registered late are not guaranteed their jersey for the first game. Shirt exchanges are \$5 and must be submitted no later than No July 1. Jewelry is allowed during play.

General Rules:

- The team designated as "home team" may choose to kick off or defend the goal of its choice.
- The referee (coach) will blow the whistle to begin the game.
- Team cheers and handshakes are included at the end of the game.
- Each team is encouraged to a parent volunteer to officiate and help facilitate the game so coaches can focus on coaching.
- YMCA Site Supervisors may call a game at any time due to darkness or weather conditions.
- A match may be rescheduled under the following conditions: Games that have been called by the Site supervisor due to adverse weather or field conditions, or games called off by the Youth Sports Director for whatever reason. Under the above conditions, a match will be rescheduled after the normal season.
- YMCA Site Supervisors are responsible for setting up the field for play. Coaches or volunteers will keep the time for the games.
- **No score is kept to de-emphasize competition.**
- All players present and in uniform will play an equal amount of time during the game except for health or disciplinary problems.
- Rotate the players in different positions each game so they become familiar with the whole field.
- Each team must have the minimum number of players to start a game (see below). If there is a shortage of players, coaches shall have the option to trade players to come up with an equal number of players.
- No team may add players on the roster without permission from the Youth Sports Director.
- The clock will run continuously except for injuries.
- During normal conditions each game will be played under one hour.

Terms

- Corner kick – given if defensive team causes the ball to go out on their goal line. The kick shall be made from the nearest corner to where the ball went out.
- Indirect kick – awarded for other violations (see below) made by the opposing team. The kick is taken from the point of the foul. At least two players must touch the ball before a goal can be scored.
- Penalty kick – awarded for any personal foul that occurs in the penalty area. The kick is made from 12 feet out. The goalie must have both feet on the goal line, and cannot move until the ball is kicked.
- Goal kick – given if offensive team causes the ball to go out on the defensive team's goal line. The kick shall be made from the corner of the goal box.
- Throw-in – given if the ball is out of bounds. The throw must be made with both hands over head, and with both feet on the ground.

Team Fouls: (Indirect Kick)

- Dangerous play such as high kicking or slide tackling. Charging in a dangerous manner.
- Obstruction or screening off players.
- Goalie infractions such as throwing past midfield, and delaying the game by holding the ball too long.
- Misconduct such as unsportsmanlike conduct, constant breaking of the rules, or obscene conduct or gestures
- Pushing with any part of the body, tripping with no intent to play the ball, Striking or swinging the arms or legs.
- Kicking an opponent deliberately, Holding with the hands, arms, or legs.
- Intentional handball – accidental touching or movements to protect oneself are not penalized.

3 to 4 Age Division

Ball Size	3
Time Of Play	(4) 6 Minute Quarters
15 minute practice	Before each game there will be a warm up/practice. This time is included in your hour of field time.
Number of Players on Field	4 v 4 (no goal keeper)
Minimum to Play	3
Field Size	25 x 35 yards
Goal Box	4 yards wide and extends out 3 yards
Substitutions	Coaches Discretion
Kick Off	Center of the field. Center of the field. A goal cannot be scored directly from the kick-off. It must touch another player before it passes the goal line.
After a goal is scored	The game is restarted by a kick off at center field, by the team scored upon.
Referee	Coaches act as referees
Direct Kicks	No
Indirect Kicks	No
Overtime	No
Off Sides	No
Breaks Between Quarters	1 minute
Break Between Halves	5 minutes
Throw In	No
Kick In	Yes, from closest spot
Goalies	No
Guarding the Goal	Each team must remain outside the goal box until the ball is within 5 feet of the box. If it is a corner kick If it is a corner kick or kick in then the opposing teams players may stand on the line of the box (not inside the box) until the ball is in play.

***Only one coach from each team may be on the field to make calls**

5 to 6 Age Division

Ball Size	3
Time Of Play	(4) 8 Minute Quarters
10 minute warm-up	Before each game there will be a warm up. This time is included in your hour of field time.
Number of Players on Field	5 v 5 (including goal keeper)
Minimum to Play	3
Field Size	25 x 35 yards
Goal Box	4 yards wide and extends out 3 yards
Substitutions	Coaches Discretion
Kick Off	Center of the field. Center of the field. A goal cannot be scored directly from the kick-off. It must touch another player before it passes the goal line.
After a goal is scored	The game is restarted by a kick off at center field, by the team scored upon.
Referee	Coaches act as referees
Direct Kicks	No
Indirect Kicks	No
Overtime	No
Off Sides	No
Breaks Between Quarters	1 minute
Break Between Halves	5 minutes
Throw In	No
Kick In	Yes, from closest spot
Goalies	Yes (must wear goalie vest given by the Y staff)
Guarding the Goal	Each team must remain outside the goal box until the ball is within 5 feet of the box. If it is a corner kick If it is a corner kick or kick in then the opposing teams players may stand on the line of the box (not inside the box) until the ball is in play.

***Only one coach from each team may be on the field to make calls**

7 to 8 and 9 to 10 Age Division

Ball Size	4
Time Of Play	7 to 8 Division: (4) 12 min quarters 9 to 10 division: (2) 25 Minute Halves
10 minute warm-up	Before each game there will be a warm up. This time is included in your hour of field time.
Number of Players on Field	6 v 6 (including goal keeper)
Minimum to Play	5
Field Size	35 x 50 yards
Goal Box	The goal box is 10 yards wide and extends out 5 yards.
Substitutions	Coaches Discretion
Kick Off	Center of the field. A goal cannot be scored directly from the kick-off. It must touch another player before it passes the goal line.
After a goal is scored	The game is restarted by a kick off at center field, by the team scored upon.
Referee	Coaches act as referees
Direct Kicks	No
Indirect Kicks	Yes; Hand ball, tripping, pushing, striking, or swinging with the arms or legs results in an indirect kick
Overtime	No
Off Sides	No
Breaks Between Quarters	1 minute
Break Between Halves	5 minutes
Throw In	2nd throw in if 1st is foul
Kick In	Yes, from closest spot
Goalies	Yes (must wear goalie vest given by the Y staff)
Guarding the Goal	Each team must remain outside the goal box until the ball is within 5 feet of the box. If it is a corner kick If it is a corner kick or kick in then the opposing teams players may stand on the line of the box (not inside the box) until the ball is in play.

***Only one coach from each team may be on the field to make calls**

EMERGENCY PROCEDURES/RESPONSIBILITIES

As a volunteer coach you are responsible for the health and safety of your players. Therefore, you should be aware of any issues that may affect you or them. In spite of precautions, injuries will occur. When an injury does occur, chances are you may be in charge. So let's look at how we can be prepared.

Your general responsibilities:

- To read and understand all information within.
- Be aware of any situation that may cause an accident and take steps to prevent accidents from happening, including use of proper equipment, playing areas, exercises, etc.
- Be prepared to handle emergency situations as they occur.
- Contact the child's parents in the event of an accident or emergency. Keep your team roster with you at all times.
- Contact the YMCA Program Director, 374-1908 to report any serious accident/incident.
- Turn in an accident report form to the Site Supervisor immediately following the incident.

In case of an accident:

First aid: The YMCA volunteer or staff should immediately administer first aid. Keep the person calm and do not move the victim from the area where they were injured unless it is not safe. Remain calm and inform the child's parents whenever any kind of injury occurs.

Dealing with the most common sports related injuries: (Cut, scrapes, and bruises)

1. Stop the bleeding: apply pressure to the wound.
2. Cleanse the wound: control bleeding, rinse with clean water and soap if possible.
3. Protect the wound: apply a clean gauze or Band-Aid.

Bloody noses: (not associated with serious facial injury) Have the athlete sit and lean slightly forward. Have the player pinch their nostrils shut for several minutes. If the bleeding continues after several minutes or if the player has a history of nosebleeds, seek medical assistance.

Strains and sprains: A strain is an injury to the muscle or tendon, a sprain is an injury to a ligament. When your player suffers one of these, apply the RICE method of injury care:

R- Rest the area to avoid further damage and faster healing.

I- Ice the area to reduce swelling and pain.

C- Compress the area by securing an ice bag in place.

E- Elevate the injury above heart level to keep the blood from pooling in the area.

Emergency calls (911): If any type of injury appears serious or you think you need additional help, call 911. Inform them of the type of injury, who is injured, where you are, your name, and any other information they request. Do not hang up the phone until you are instructed to do so. After contacting medical authorities, you will need to alert the parents if they are not present. Remain calm and give the parents as much information as possible.

Accident reports: For any type of injury that involves more than rinse-off and Band-Aid, an accident report needs to be completed, YMCA staff will have copies at game sites. The person most familiar with the incident should fill out the form. Completed forms must be turned in to the YMCA within 24 hours and reported to the YMCA the following business day.

First aid kit: Site supervisors will have first aid kits on site for games. However, it is highly recommended that coaches carry a first aid kit in the event of an injury. An example of a good first aid kit should contain the following:

- * Ice packs
- * Bandages and gauze
- * Elastic bandages
- * Band-Aids
- * Scissors
- * Athletic tape

YMCA Heat Policy

WHEN IN DOUBT SIT IT OUT

Summer Inclement Weather Policy

The Sports Director will determine the official temperature and inclement weather condition to make a decision on games. Decisions on game cancellations will be made after 4:00pm. Updates will be posted at ymcatricities.org and our Facebook page. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions and cancellations. When determining the temperature the Sports Director will use the website WeatherBug at weather.weatherbug.com

Heat Policy

For the safety of the players, the YMCA will cancel soccer games if the temperature reaches 104 degrees or above. If there is a heat index of 104 degrees or above, activities will be canceled as well. Any combination of the two will result in cancellation.

Tips for Warm Weather Conditions

When warm weather conditions become extreme, please remember the following:

- Take frequent rest and water breaks.
- Drink water before you are thirsty. By the time you are thirsty, you are already dehydrated
- Wear light, loose fitting clothing made of breathable fabric light in color.
- Listen to your body. Stop if you feel chest pain, dizzy, lightheaded, or nauseated.

Heat Index under 95°	<p>All sports:</p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire. • Optional water breaks every 30 minutes for 10 minutes duration. • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action
Heat Index 95° to 99°	<p>All sports:</p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minutes duration. • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action <p>Contact sports:</p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact <p>Reduce time of outside activity. Consider postponing practice to later in the day Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index</p>
Heat index 100° to 104°	<p>All sports:</p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire. • Mandatory water breaks every 30 minutes for 10 minutes duration. • Ice-down towels for cooling • Watch/monitor athletes carefully for necessary action • Alter uniform by removing items if possible • Reduce time of outside activity as well as indoor activity if air conditioning unavailable • Postpone practice to later in day if possible <p>Contact sports and activities with additional equipment</p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. <p>Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index</p>
Heat index above 104°	<p>All sports:</p> <ul style="list-style-type: none"> • Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Dehydration and youth sports: Curb the risk

By Mayo Clinic Staff

If you're sweltering in the stands at a youth sporting event, imagine what it's like for the athletes. Learn who's at risk of dehydration — and how to prevent it.

Anytime children or adolescents play sports or exercise in hot weather, they're at risk of heat-related illnesses. Understand how heat-related problems happen and what steps you can take to prevent them.

Risk factors for dehydration

Your child might be vulnerable to dehydration and other heat-related illnesses in a hot or humid environment if he or she:

- Wears clothing or protective gear that contributes to excessive heat retention
- Rarely exercises
- Is overweight or obese
- Is sick or had a recent illness, especially involving diarrhea, vomiting or a fever
- Is taking certain supplements or medications, such as cold medicine
- Has had a previous heat-related illness
- Has a chronic condition, such as diabetes
- Isn't well-rested

Acclimating to the heat

Heat-related problems are most likely within the first few days of practice in a hot environment. That's why it's best to take it easy at first, gradually increasing the amount of activity — and the amount of protective equipment — as the days pass. Young athletes might need up to two weeks to safely acclimate to the heat.

During hot and humid conditions, coaches are encouraged to:

- Require young athletes to drink plenty of fluids before practice and during regular beverage breaks — even if they aren't thirsty
- Make sure clothing is light colored, lightweight and loose-fitting, or exposes as much of the skin as possible
- Decrease or stop practices or competitions if necessary, or move them indoors or to a shady area

Knowing when to slow down — or call it quits

To determine when heat and humidity make strenuous exercise risky for young athletes, your child's coach might monitor the wet-bulb globe temperature (WBGT) — the standard index of temperature and humidity combined. If the WBGT is too high, outdoor athletic activities might need to be limited or canceled.

Spotting dehydration and other heat-related problems

Even mild dehydration can affect your child's athletic performance and make him or her lethargic and irritable. Left untreated, dehydration increases the risk of other heat-related illnesses, including heat cramps, heat exhaustion and heatstroke.

Encourage your child to pay attention to early signs and symptoms of dehydration, including:

- Dry or sticky mouth
- Thirst
- Headache
- Dizziness
- Cramps
- Excessive fatigue

Remind your child that he or she should report signs and symptoms to the coach right away. Don't let embarrassment keep your child on the field. If dehydration is detected early, fluids and rest might be all that's needed. If your child seems confused or loses consciousness, seek emergency care.

Prevention is key

If your child plays sports in hot weather, encourage him or her to drink plenty of fluids before, during and after practices and games. Teach your child the signs and symptoms of dehydration, as well as the importance of speaking up if they occur. Involve your child's coach, too. Talk to the coach about adjusting the intensity of practice depending on the temperature and humidity on the field — and support the coach's decision to cancel games and practices when it's dangerously hot outside.

Quenchers

Hints for keeping happy, healthy, HOT kids hydrated!

As the kids explode out of doors and indoors, make sure they are prepared. Drink WATER! Water is a vital ingredient for keeping body temperature in check. Water lost as sweat needs to be replaced to avoid dehydration. Thirst doesn't kick in until approximately 2% of body weight is lost as sweat, so make sure that kids are drinking BEFORE they get thirsty! Dehydration, left untreated, can lead to heat cramps, heat exhaustion and very serious heat stroke. Closely watch kids for signs of dehydration – including fatigue; dry lips and tongue; low energy; grayish skin; and lack of tears. Since children's body temperature rises faster than adults, it is essential that kids get plenty of fluids to keep them cool—especially when it's hot and humid!

What you can do to keep kids hydrated

- Make sure that kids drink fluids at every meal and snack time throughout the day, and during every period of physical activity.
- During physical activity (and especially on hot days), make sure that kids drink frequently, even if they are not thirsty. Every 20 min, give younger kids 5 ounces of cold water (about the size of a small juice box—or 10 gulps), and give teens about 9 ounces.
- Offer cold water – it's absorbed faster! Avoid sugar-sweetened drinks – these are absorbed more slowly.

Choose wisely to really beat the heat!

Cold Water!

Sodium-Free Seltzer

Water flavored with fruit slices or frozen fruit

Diluted 100% Juice (4oz water and 4oz juice)

Juice ice cubes

Juice Spritzers (juice and seltzer water)

Why not juice, soda or sports drinks?

- Because they often contain sugar, caffeine, phosphorus and artificial sweeteners.
- Even very small amounts of sugar slow down fluid absorption by the body. The acid in juice can cause stomach upset, especially when combined with heat and exertion.
- Caffeine increases the amount of water lost by the body, and speeds up dehydration.
- Phosphorus in carbonated soft drinks limits the body's ability to use calcium to build bone.
- Artificial sweeteners condition kids to expect "sweetness" in drinks and foods, and kids may reject healthful alternatives that don't provide the same sweet taste. Since their long-term safety is not fully understood, it is best to avoid them.
- Sports drinks are helpful only for highly intense activity that lasts longer than 1 hour, when the ability to keep going is required for competition. In normal play, stopping for a healthy snack and cold drink is a better way for the body to refuel.

Keeping kids energized with snacks

Growing kids, even teens, need a mid-morning and mid-afternoon snack to maintain their energy—this is especially true when outdoor games are the way of the day. A 15 minute rest in the shade for a healthy snack and cold drink is essential on hot days. When kids spend a full 8 hour day away from home, they need at least one good meal and two snacks. A snack or meal every two and a half hours is a good standard.

Drink Sense Tips

Do Select

Water

100% Juice:

- Minute Maid 100% Juice
- Welch's 100% Juice
- OceanSpray 100% Juice
- Northland 100% Juice
- Capril Sun
- Sodium-Free Seltzer
- Zazz Seltzer, all flavors
- Polar Seltzer, all flavors
- Schweppes Seltzer Water
- Apple and Eve
- Mott's 100% Juice
- Libby's Juicy Juice

Steer Clear

Water Soda: regular or diet

Drinks with added sugar and/or artificial sweeteners:

- Fruit Punch
- Junior Juice
- Kool Aid
- Crystal Light
- Minutes Maid Coolers
- Sunny Delight
- Welch's Juice Cocktail
- Ocean Spray Juice Cocktail
- Vitamin Water
- Iced Tea
- Lemonade
- Sports Drinks; Gatorade, Powerade

Snack Sense Tips

Create snacks that include choices from each of the following groups:

Fruits and Vegetables: frozen grapes, berries, or melon chunks; pre-cut orange wedges; apples; pears; bananas; applesauce; pepper strips; carrot sticks or baby carrots; sliced cucumbers or squash; pea pods; green beans or jicama sticks. A quick ranch dressing or plain yogurt and honey dipping sauce make it fun!

Proteins: Peanut or other nut butters; hummus or chick peas; cheese; yogurt; hard-boiled eggs; tuna fish (the new pouch preparation is great!); a handful of unsalted nuts (peanuts, cashews, walnuts or almonds); soybeans (edamame) with or without the pods (find them in the frozen foods aisle; simply defrost and eat!).

Whole Grains: whole wheat pita or flatbread; whole wheat or graham crackers; RyVita crisps; whole wheat toaster waffles; trail mix or granola; oat bran mini muffins; fig bars; or dry whole-grain cereal.

A note about trans fats: Many snack foods tend to be high in unhealthy trans fats, especially crackers and grain-based products. Purchase products that have no "partially hydrogenated oils" or "shortening" present in the ingredient listing. Products labeled "Zero Trans Fats" may have up to .5 g of trans fats per serving, so a quick label check helps to avoid these unhealthy fats.

SNACK/DRINK LIST

Please bring a snack and/or Juice on your assigned day. If you are unable to attend the program on your assigned day make arrangements with another parent to trade days. With your cooperation our season is sure to be a success. Thank you for your help!

Name	Phone #	Date	Snack	Drinks	Food Allergies/ Other Concerns

THANK YOU FOR YOUR SUPPORT!



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