



# GROWING STRONGER TOGETHER

## Flag Football Rules

### 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.

#### How to register to coach:

#### *If you have coached in the past and have completed the requirements in playerspace*

- Email [megan@ymcatricities.org](mailto:megan@ymcatricities.org) to be added to the season in playerspace.
- Once you have been added to the season, login to your [playerspace account](#) and go to "participation requirements" there you will be able to complete the volunteer form and renew any expired requirements.

#### *If you are new to coaching at the YMCA of The Greater Tri-Cities:*

- Go To [ymcatricities.playerspace.com](http://ymcatricities.playerspace.com) and select "Volunteer to Coach" and follow the directions to register.
- Select the sport you wish to volunteer for and complete the following.
  - Criminal Background Check
  - Heads Up Concussion Video
  - Abuse Risk Management for Volunteers
  - Sport specific volunteer form

*The Heads up concussion video, abuse risk management and volunteer form can be found by going to participation requirements under your playerspace profile.*

- 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 the above tasks and your background check has been approved, 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. There may be additional information needed (ie age division, game field etc) for each sport to assure you get assigned to the correct team.

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### 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.**

#### The YMCA registration offices

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

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

### 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 Playyerspace.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
  - 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!

# YMCA Flag Football Rules

**Purpose - To give youth an opportunity to learn and develop football and life skills in a safe and fun environment.**

## 1. Players

- Each player should play equal time in every game.
- Each player must wear the YMCA team shirt or shirt of a similar color.
- Each player shall demonstrate sportsmanship and good character in all games and interactions on and off the field.

## 2. Games

- Each game must start on time. Please encourage parents and players to be on time to games.
- Games will be played 8 on 8. If a team is short players, they may borrow players from the opponent in order to field 8 players.
- Each game will consist of two, 25 minute halves. With no clock stoppage.
- There will be 10 minutes at the half. Coaches may choose to shorten this time.

## 3. Field Requirements and Equipment

- Field size will be 50 yards long by 35 yards.
- The YMCA will provide flags and footballs for coaches to check out during the season. Coaches may provide their own as long as they conform to the standard of provided equipment. All equipment appeals will be taken to the field monitor.
- Required equipment
  - YMCA shirt or shirt of same color. Shirt must be tucked in or under the player's flags
  - Shoes or rubber cleats
    - Flags
      - Flags of contrasting colors to the team shirt
      - Flags that are clearly visible on both hips.
      - Flags may not be tied or wrapped around belt loops or the belt.
      - Every player must wear a flag belt.
- Prohibited equipment
  - Metal cleats
  - Hard braces or casts (unless sufficiently padded as per field monitor judgment)
  - Shorts with pockets and or loops
  - Towels or anything hanging from the belt that may cause confusing or a safety concern.
  - Any item meant to distract or confuse the opposing team.

## 4. General Game Play

- The game begins with two captains playing paper/scissors/rock. The winner gets to pick offense or defense. The other team will choose which end to defend. There is no deferring to the second half.
- The offensive team starts with the ball on their own 10-yard line. They have 4 downs to cross the first down marker (taller cones). If they do so they receive 4 new downs to cross the next
- first down marker or the goal line. If they fail to do either they must give possession of the ball to the opposing team.
- The new offensive team takes possession at the last line of scrimmage or on their own ten-yard line whichever the new offensive team chooses.
- All offensive plays begin at the midline of the field.
- Possession alternates to start the second half and teams switch ends to defend.

## 5. Player Positioning

- An offensive team must have 5 players on the line of scrimmage, and may have as many as 7
- The defensive team may align up to 4 players 1 yard from the ball all others must be 3 yards from the offensive line of scrimmage.
- Offensive players may be split to any width on the field.
- There must be no more than four defensive players on the line of scrimmage. All other players will start three yards back from the line of scrimmage.

## **6. Play**

- The center “snaps” the ball to the quarterback to begin play. The center may snap the ball between their legs but is not required to as long as the ball starts on the ground.
- Players on the offensive line must be set for at least one second prior to the center snap.
- The offensive team must snap the ball and begin play within 45 seconds of the end of the last play or half.
- There are no off side penalties. Replay the down if the defense is off sides or if there is a false start by the offense.
- There must be a verbal snap count. No “silent” count. The ball must be snapped with a definite word or sound from the quarterback.
- Play ends when a player is de-flagged, steps out of bounds, makes contact with the ground with any part of their body other than their feet or hands, penalty or when a player crosses the end zone.

## **7. Blocking**

- Players may block with Arms fully extended from the body.
- Closed fists, forearms, head butting and shoving are illegal.
- No pushing a ball carrier that is running near the sidelines for the purpose of knocking the ball carrier out of bounds.
- No three or four point stance allowed by offensive or defense players.

## **8. Advancing The Ball**

- The ball may be advanced by carrying it across the line of scrimmage.
- All players are eligible to receive a pass.
- When passes are dropped the ball will return to the original line of scrimmage for the next play in that series.

## **9. Turn Overs**

- The defensive team may take possession of the ball by preventing the offensive team from crossing the first down marker in the allowed 4 downs.
- They may take possession of the ball by intercepting an offensive pass.
- There are no fumbles. A ball that touches the ground is down and may not be advanced, a ball that is lost but caught in the air by a defensive player becomes an interception.

## **10. De-Flagging**

- Removing the flag from a ball carriers flag belt.
- If a players flag falls off without contact from a defender they will be determined to be down when a defensive player makes any contact with them.
- Flags may only be removed from the person who has the ball
- Players may not impede the runner in any physical way.
- No holding or tackling is allowed.

## **11. Spotting the Ball**

- Snap from center not cleanly handled, spot at line of scrimmage.
- Snap from center handled and dropped later, spot at point of drop.
- Forward pass dropped, spot at line of scrimmage.
- Backward pass or lateral dropped, spot at point of drop.
- Pulled flag, spot at the point of the ball at the time of the pulled flag. Where the defender drops the flag has no bearing on the spot of the ball.
- Ball carrier goes out of bounds; spot at the point the sideline was crossed.

## **12. Punts**

- The offensive team must announce to the other team if they decide to punt.
- A free punt is given with the offense not permitted to leave the line of scrimmage until after the kick.
- If the snap from center is dropped, the punter may pick up the ball and still kick it without a rush from the defense.
- If a punt crosses out of the end zone, the ball is dead and placed at the ten yard line.
- If a punted ball hits the ground it is dead. If a punt is caught it can be returned.

### 13. Scoring

- Crossing the end zone with the ball is a "Touchdown" and is worth six points.
- After a touchdown an "Extra Point" is attempted; the ball is placed on the three yard line and the offense is allowed one down to score. One point will be awarded for a run into the end zone and two points for a pass.
- De-Flagging an offensive player in his own end zone results in a safety and is worth 2 points and offensive possession of the ball on their own ten yard line.

### 14. Tie Games

- No overtimes will be played as no official score is to be kept.

### 15. Man-in-motion

- There is to be no movement by any players in this age group.

### 16. Coaches

- One coach may be present on the actual playing field to assist players in positioning themselves in huddles, directions, etc... Coaches may not interfere in any way with the actual play.
- Additional volunteers may be on the field to help with officiating and field management
- Coaches may not touch or guide players during play

### 17. Infraction Definitions and Penalties

#### DEFENSIVE:

- Encroachment – A defensive line man crosses the 1 yard defensive line of scrimmage or a linebacker/defensive back cross the 3 yard defensive line of scrimmage before the ball is snapped. Penalty – 5 yards and replay the down
- Pass Interference – Making contact with the recipient of a pass. Incidental contact is allowed if the defensive player makes contact with the ball first or is attempting to deflect the passed ball. Penalty – 5 yards and automatic first down.
- Illegal De-Flagging – Pulling the offensive players flags before they have the ball in their possession. Penalty – 5 yards and automatic first down.
- Illegal Contact – Holding or physically impeding the forward progress of the runner or pushing the runner out of bounds. Penalty – 5 yards and replay the down.

#### OFFENSIVE:

- False Start – Movement from the offense after they have come set and before the ball is snapped. Penalty – 5 yds and replay the down
- Illegal Contact – Holding or grabbing defensive players to impede their pursuit of the ball carrier – Penalty – 5 yards from the line of scrimmage and replay the down.
- Illegal Forward Motion – Ball carriers may not leave their feet by diving or jumping. Penalty – 5 yards from the spot of the foul, resulting spot will determine down and placement.
- Charging – Ball carriers may not run through or make contact with defensive players that have established a defensive position. Penalty – 5 yds from spot of Infraction and loss of down
- Illegal Equipment – Having flags tied or wrapped around the flag belt to prevent de-flagging. Penalty – 5 yds and loss of down
- Illegal Forward Pass – Attempting more than one forward pass per down or crossing the line of scrimmage before passing the ball. Penalty – 5 yds from line of scrimmage and loss of down.
- Flag Guarding – Using the arms or head to block a defender access to a ball carriers flags. Penalty – 5 yards from the spot of the foul and loss of down
- Illegal Block – Any contact above the shoulder and below the waist from an offensive player to a defensive player. Penalty – 5 yards from line of scrimmage and loss of down
- Clipping – Contact or blocking to the back of a defensive player. Penalty – 5 yards from spot of the foul and loss of down.

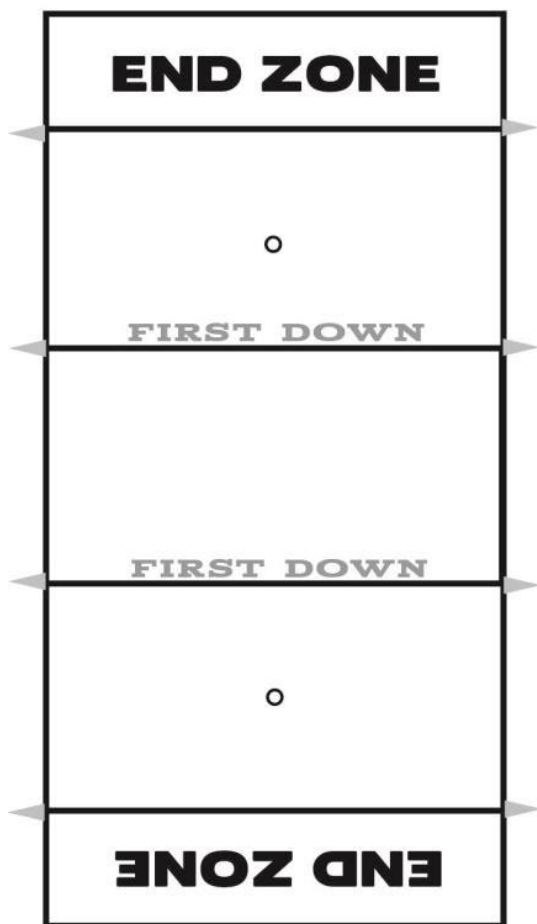
Note: A penalty may never score points. When you are in the last zone; use the lesser of penalty yardage or ½ the distance to the goal.

Unsportsmanlike conduct or aggressive play will not be tolerated Any attempts to hurt or injury another player will result in immediate ejection and the player cannot return to play without speaking to the YMCA office.

#### Additional Rules

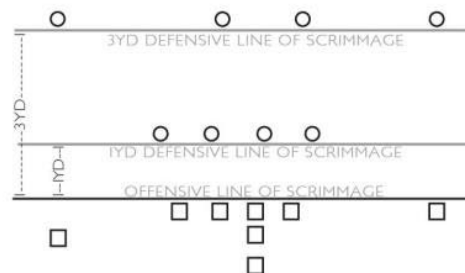
- All other game play and rules not described here will be governed by NFHS rules and the most current rule book.

## FIELD LAYOUT AND MARKINGS

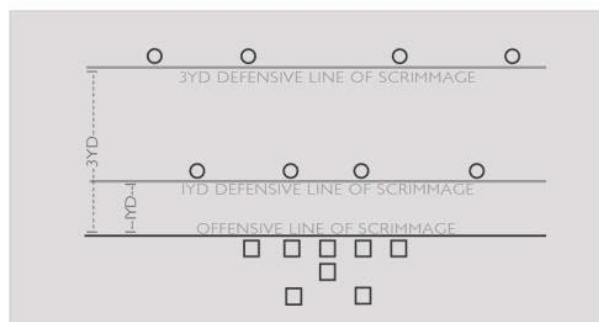


## ALIGNMENT EXAMPLES

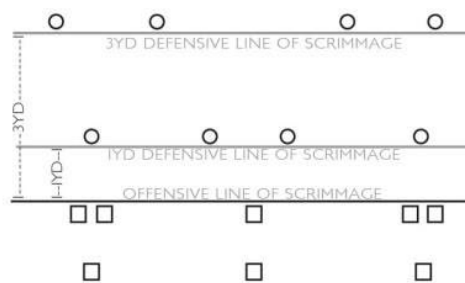
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## EMERGENCY PROCEDURES/RESPONSIBILITIES:

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](http://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](http://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.

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

## 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

**THANK YOU FOR YOUR SUPPORT!**