

Welcome to YMCA of Central New Mexico's

YOUTH SPORTS

Fundamental to the YMCA is an effort to provide programs for personal growth, development, and fun for youth through a small group environment and committed adult leadership. YMCA Youth Sports is one way to do this.

We are committed to creating an environment where kids can grow, develop, mature, and have fun. Kids want to feel good about themselves and they want other people to feel good about them as well.

Our program emphasis is on having fun, learning sport skills and how to enjoy the sport as well as life-long character values. We hope this handout will provide you with some insight on what we are attempting to do. If you have questions regarding this program, please call or drop by one of our branches.



YMCA Youth Sports

YMCA Youth Sports provides a wholesome, values-oriented atmosphere for the whole family. While the children play the game, parents and other family members are encouraged to volunteer with coaching, team parent, score keeping, etc.

YMCA Mission

The Mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Youth Sports Program Goals

The goals of the YMCA Youth Sports are to:

- Build self-esteem
- Teach social skills – values, communication, human relations
- Teach physical skills – fitness and health
- Develop responsibility and decision-making skills
- Enhance leadership skills in youth and adults
- Build relationships among peers and between parent and child
- Support and strengthen family life
- Create a fun experience for children and their families

YMCA Program Objectives

To achieve these goals and operate mission-oriented program, YMCA Youth Sports programs are designed to meet the following specific objectives applicable to all YMCA programs:

- **To grow personally** – a means of learning personal goal setting to develop a healthy self-image and increase self-esteem.
- **To clarify values** – basic beliefs about what is good or how people ought to live; serve as guidelines for decision making and actions; emphasize the value of learning and growing and being a “winner in life”.
- **To improve personal and family relationships** – encourage family participation and provide resources for at-home activities.
- **To appreciate diversity** – variety of people in a team-oriented environment.
- **To become better leaders and supporters** – numerous leadership opportunities emphasizing teamwork.
- **To develop specific skills** – sports participation enhances coordination, decision-making, communication, cooperation, goal setting, and leadership.
- **To have fun** – develops a healthy attitude towards physical activity and competition.

Youth Sports Philosophy

The goals and objectives of YMCA Youth Sports are based on certain beliefs about youth sports, a philosophy summarized in these eight concepts:

1. Participation - everyone plays!
2. Fun - we play sports to have fun!
3. Fitness - regular cardiovascular exercise is important for a lifetime!
4. Skills - emphasize the fundamentals!
5. Teamwork - focus on cooperation, not competition!
6. Fair play - involves respect!
7. Family involvement - youth sports is a family program!
8. Volunteers - are the key!

Character Development

Everything you say and do should be consistent with the six core ethical values comprising good character - honesty, respect, responsibility, caring, and faith.

Honesty

To tell the truth, to act in such a way that you are worthy of trust, to have integrity, to make sure your choices match up with your values.

Respect

Treat yourself and others with respect and courtesy. Be polite, positive, and encouraging. Help people get better, be constructive.

Responsibility

Take responsibility for the consequences of your choices. Set a good example in everything you do. Do your best. Keep trying. Remember, your character is shown by how you play the game, not by whether you win or lose.

Caring

Be kind and caring, treat others the way you would want to be treated. Consider other's feelings.

Faith

To develop your relationship with God, to be a seeker of truth, to trust God with your life, to be sure of what you hope for and certain of what you do not see.

Young Athlete's Bill of Rights

1. The right to determine when to participate and in what sports and to what degree of intensity and involvement.
2. The right to play in every game no matter what their degree of physical ability or the relative importance of the game in terms of league competition.
3. The right to be taught the fundamentals of a sport by a teacher or coach and to play with rules that have been adjusted for children.
4. The right to be coached by those who have been trained in or who have been aware of the various stages of emotional and psychological development in children, and to be treated on a level equivalent to their emotional and physical maturity - not by standards of collegiate or professional sports.
5. The right to have a coach who places the child first, the team second, himself or herself third, and winning fourth; to feel free to laugh after a defeat and to have fun participating even while playing on a losing team; to be able to use play as an opportunity to test life; and not to be subjected to adult-imposed pressures to win.
6. The right to have a coach who is patient and supportive, as opposed to one who believes in a harsh, negative, "professional" approach; a coach who takes time to work with each athlete, regardless of ability or potential.
7. The right to be treated as a member of a democracy, not a dictatorship, including the freedom to voice opinions openly to the coach without fear of repercussion.
8. The right to play in a safe and supportive atmosphere.
9. The right to report to a coach or parent any physical pain or emotional concerns such as fear or rejection without fear of ridicule or loss of esteem.
10. The right to freedom from physical and emotional punishment by their parents or the coach. Punishment leads only to fear and inhibition. The purpose of sports should be to help a child grow, feel expansive, and realize his or her potential.