

Navy Youth Sports and Fitness Program **P A R E N T F A C T S H E E T**

Welcome to the Navy Youth Sports and Fitness (YSF) Program!

We appreciate your time and effort in enrolling your child in this Navy YSF Program activity. The Navy YSF Program is dedicated to initiating and enhancing lifetime fitness for youth by providing consistent, safe, fun, and developmentally-appropriate programming around youth sports, fitness, health/nutrition, outdoor recreation, and motor skills development.

Through your interest and support of this program, we will do our best to provide your child with an enjoyable, high-quality experience in sports and fitness activities. This program is supported by staff trained in developmentally-appropriate youth activity programming techniques.

PAYS Training:

Prior to your child's participation, you will be required to complete the Parent Association for Youth Sports (PAYS) training course that provides information about your importance in your child's participation. This **free** training is conducted online. At least one parent or designated guardian must (1) complete this training one time, and (2) sign a Code of Ethics annually. Parents with more than one child involved in a YSF activity will only need to complete this process one time.

*Please feel free to contact our staff at your convenience with any questions, comments, or concerns regarding the PAYS training.

To commence your Parents Association for Youth Sports (**PAYS**) training, please log-in to the **PAYS** website: <http://www.nays.org/parents/>



RATE YOUR COACH

The National Youth Sports Coaches Association (NYSCA) would like to encourage you to evaluate your child's coach. Your evaluation serves as a great tool for coaches to attain useful and immediate feedback on how they are performing at any time during the season. Go to: <http://www.nays.org/rateyourcoach/>

Youth Fitness Coordinator Contact Information

Installation:

Name:

Phone Number:

Email Address:

Skills Assessment: Your child's skill level will be assessed prior to his/her team assignment to ensure equitable team compositions and a fun experience.

Date:

Time:

Location:

Your Child Should Wear:

Your Child Should Bring:

Reminders for Parents:

Proper Attire for Your Child:

For practices:

For games:

In the Event Of:

- **Practice and/or game cancellations**, the YF Coordinator will:

- **Inclement weather/emergency:** Navy YSF programs do not allow participation during unsafe conditions, such as lightning storms, darkness, extreme heat/cold, or playing sites in disrepair. In case of sudden inclement weather or other related issues, the emergency action plan is:

- **Absenteeism:** If your child will miss the Skills Assessment, call the YF Coordinator (see contact information on page 1). If your child will need to miss a game or practice session, please contact the coach/instructor. This contact information will be provided at your child's first practice.

Child Release Procedures: If your child will be leaving practice/game without a parent/guardian, a self-release form must be signed before the season begins. Ask about **your** installation's self-care policy to make sure your child is old enough to sign in and out of practice on his/her own.

Proper Hydration is Important!

Make sure to send a bottle of water with your child to the Skills Assessment and to practices and games! Kids should drink BEFORE and AFTER sports participation!

Support a Drug, Tobacco, Alcohol, and Performance Enhancer-Free Environment...

An important role as a parent within the YSF Program is to identify and report signs and symptoms of substance use, as well as to support this requirement through your own positive behaviors during all YSF Programs. For more information, please visit:

<http://www.drugabuse.gov/sites/default/files/preventingdruguse.pdf>

Directory of Opportunities (www.NavyGetFit.com)

To find out more about the available youth sports, fitness, health and nutrition, outdoor, and motor skill development activities for your child, please visit the Navy YSF Directory of Opportunities at www.NavyGetFit.com.