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# **Dubuque Community Y**

## **DUBUQUE Y SPORTS ASSOCIATION**

**Storm Volleyball League—2<sup>nd</sup> -6<sup>th</sup> Grade**

**PARTICIPANT PACKET**

### **YMCA-YWCA MISSION**

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### **LEAGUE MISSION**

This league exists for the youth of our community, providing them with the opportunity to experience and develop volleyball skills. The primary objective of the DCY is to develop people, not professional athletes. Coaches are volunteer parents who we encourage to be dedicated to developing youth by emphasizing the values of caring, honesty, respect and responsibility.

### **PLAYER PLEDGE**

I pledge win or lose, to play my best, to play fair, to be a good sport, to listen to my coach, to help when asked, to be honest, to be caring, to take responsibility, and to be respectful to all.

### **OFFICIALS**

An official's duties are to facilitate the game by giving each team equal opportunities within the limits of the rules of the game. Please cooperate with the officials in creating and maintaining an environment in which participants have fun and learn good sportsmanship. Officials may stop play on occasion for instructional purposes, and to give allowances for violations based on the ability of the group. In all cases, the "spirit of the rule" shall take precedence over the "letter of the law". The officials are in charge of the game and their decisions are final.

### **BILL OF RIGHTS FOR YOUNG ATHLETES**

Right to participate in sports.

Right to participate at a level commensurate with level of maturity and ability.

Right to have qualified adult leadership.

Right to play as a child and not as an adult.

Right of children to share in the leadership and decision-making of their sports participation.

Right to participate in a safe and healthy environment.

Right to proper preparation for participation in sports.

Right to an equal opportunity to strive for success.

Right to be treated with dignity.

Right to have fun in sports.

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## **DRESS CODE**

DYSA Y Storm t-shirt

Comfortable athletic shorts / pants (no jeans)

Athletic shoes – NO street shoes (Change of shoes during in climate weather)

Knee pads – recommended (league does not provide knee pads)

Underwear should not be seen

Hats, bandannas, barrettes and jewelry should not be worn in any game

Keep hair secured

Fingernails trimmed and filed

Do not bring toys, jewelry, valuables, electronic games, weapons, tobacco, drugs, and alcohol.

League is not responsible for lost or stolen items.

## **SCOREKEEPING / TIME KEEPING**

Each team is required to provide a scorekeeper / timekeeper for each game.

## **LOST & FOUND**

All items found at game sites will be delivered to the lost & found area at Roosevelt Middle School. Please contact Ron Jacobsmeier prior to contacting the school for lost items. These items will be held until May 31, 2011. Items left after May 31st will be donated to local charities.

## **PRACTICES**

Practices are scheduled by each individual coach of a League Team. The League does not provide gym space or practice schedules.

## **PARENT'S GUIDE**

### **Dealing With Your Young Player**

For parents of young players there is one guiding principle: **If you want your young player to develop a love for volleyball, they must first develop a passion for the game.** To do that, they must enjoy the game and see volleyball, particularly at a young age, as an activity that comes with a smile.

### **What do you do during these early formative years?**

For the most part, just sit back and share the experience with your child. Sometimes grown-ups have forgotten that volleyball is just a game.

### **What advice should you give to your budding volleyballer?**

That's simple. Just tell them to play hard, and to have fun. If they keep a smile on their face, they will most likely give a strong effort. And by playing hard they will get better in the process.

### **Play volleyball with your child**

Volleyball affords parents genuine on-court interaction with their child.

But try not to use the opportunity to engage in competition with your child. If your daughter is 12, compete against her as though you were 12, not a full grown adult. Get in the habit of acknowledging a great set or pass by your child. Make them feel good about their actions. Everybody responds to positive reinforcement – especially kids. And remember children imitate the actions of their parents. If you show them how to respond to a good play, they'll follow your lead.

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## **Teaching the Basics of Sportsmanship**

One of the most common myths in sports is that teaching and enforcing sportsmanship is the sole responsibility of the coach. Not true. In fact, when it comes to behavior, the coach's job is to observe players during games, and to enforce the basic guidelines of sportsmanship. **The real job of teaching good sportsmanship starts with Mom and Dad. It's up to you as the parents to lay the foundation, not the coach.** Be prepared to sit down at appropriate times and have a "teachable moment" with your child. Winning and losing are fundamental elements of any sport, and volleyball is no exception. Explain that in volleyball there is a right way and a wrong way to behave prior to, during, and after the game, regardless of the outcome. These principles apply on and off the court, and during practices, as well. Usually, the older the child, the more difficulty the player has in dealing with losing. Make it clear to your child that if they want to be a member of the team, they must abide by the rules of good sportsmanship. Make it clear that every game has a winner and a loser (and sometimes, events transpire that may seem unfair) but that defeat --no matter how emotional --is not an excuse for acting out. Explain that blaming an official for a bad call (or the coach or a teammate for a bad decision or play) is unacceptable. Even in victory, good sportsmanship is important -- bragging or making fun of an opponent after a win cannot be tolerated. The real test of character is always more apparent in times of difficulty. Help your child through your own responsible leadership. They will benefit, over the long-term, from the lessons they learn, both in volleyball and in life.

## **Parental Do's and Don'ts**

As a parent of a young volleyball player, it's your job to foster a positive environment for your child — and that takes discipline on your part. Here's a quick checklist to help you do just that:

**1) Avoid the P.G.A. (Post-Game Analysis)** Within minutes following the end of a game; players are usually in the family car heading home. It's during the ride home that some well-meaning parents provide a post-game analysis of what the youngster did well, or not so well, during the game. "Why didn't you spike harder?" "You need to work on your serve." "It looked like the other team's defense had you flustered a bit." "You didn't keep your eye on the ball."

From the parent's perspective, these observations seem like very valid points to discuss. "Besides," says the concerned parent, "It's important to go over what my child did in the game while the game is still fresh in his or her mind."

The problem is that these P.G.A.'s can quickly ruin the fun for your volleyball player. After all, who wants to be analyzed or criticized moments after leaving the court (and if friends are in the car, it can be even more demoralizing)? That's the coach's job. Mom and Dad give your youngster a break — save your "constructive criticism" for later on in the evening or the next day and bring them up in a two-way conversation about the game. After the game is the time to be positive and brief.

**2) Don't position yourself as the "perfect example."** "Here, let me show you how I used to play the game." Have you ever said something like that to your child? Did you notice them roll their eyes, as in "Oh-uh, here we go again." Relax. If you're like most parents, you want to help teach your child the basics through the benefit of your own experiences. But how do you do that without sounding like a know-it-all old-timer? In the mind of most children, there's a fine line between teaching them the basic skills and trying to show off. Always remember that you're supposed to be there for your child — not the other way around. Next time, wait until your youngster comes to you and asks for guidance. That's the most effective approach for you and the child.

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## **CHARACTER COUNTS – VALUES TO LIVE BY for DCY Youth Sports**

### **CARING – Putting others before yourself**

Be thoughtful, considerate and helpful to others on your team

Thank your coaches and officials

Tell your family you appreciate their support

### **HONESTY – To tell the truth**

Follow the rules

Always set a good example by what you say and do

Be fair to players on the other team

### **RESPECT – To treat others as you would have them treat you**

Appreciate your coach

Be considerate and polite to the officials

Be a good listener & always be thoughtful of others

### **RESPONSIBILITY – To do what you should**

Be on time to practices & games

Always give your best effort

Keep your practice and game site clean and free of litter

## **FIRST AID REMINDERS**

Recreational volleyball is a relatively safe sport to play. Most of the injuries will be minor and involve mostly the extremities of the body. The purpose of this information is to help with on the court management. It is not to replace formal training nor does it prescribe treatment.

### Head Injuries

Head injuries occur when head hits head, body, ground, equipment or the ball.

#### A. If unconscious

1. Check the airway, clear if necessary
2. If not breathing, begin CPR
3. Send for help
4. If breathing, do not do anything until help arrives, except stabilize the neck so it does not turn.
5. When consciousness returns, proceed with the following.

#### B. If conscious

1. Check alertness
2. Ask questions, first general, then specific, to determine mental condition.
3. If the questions are answered correctly, they may leave the field, provided they have had no numbness or tingling and can move all extremities. Have them slowly get to their feet. If dizzy, or faint, or unable to stand on their own, have them lie down again. Check for slurred speech, confusion, numbness, ringing or fullness in the ears or memory loss. If any of these occur, they need to be checked immediately.

### Face

- A. Stop nosebleeds with direct pressure or pressure right beneath the nose.
- B. Check for angulations of the nose, which may indicate a break.
- C. Check for loose teeth, Dental attention may be needed.

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Abdomen These occur with a blow from the ball, foot or body contact.

- A. Allow the player with the “wind knocked out” to regain breathing on their own. Stooping or lying down may be more comfortable.
- B. If pain from a blow lasts more than 5 minutes, or if it worsens; if the player cannot straighten up or walks without pain; or if there is shoulder pain, further evaluation is needed.

### Sprains and Strains

Often sprains and strains in the young athlete are under treated and under evaluated. While rest, ice, compression and elevation are important in the initial treatment, range of motion, contrast baths, ice massage and strengthening exercises may be part of the rehabilitation. Since ligaments are usually stronger than growth plates, some slow to heal sprains are really growth plate fractures. Youth are just as comfortable evaluating injuries, it is best to treat the injury with I C E (see below, but have the parents assume responsibility for further evaluation and treatment).

- A. Prevent further injury: DO NOT allow weight bearing in getting off the court/field.
- B. If there is any locking, grinding, instability of the knee, it should be examined as soon as possible.
- C. The ankle is most often injured on the outside portion.
- D. Treatment for sprains, strains and contusions.
  1. Rest – no weight bearing
  2. Ice – use one or more layers of material between ice and the skin to prevent frostbite
  3. Compression – wrap with an elastic bandage to minimize the swelling.
  4. Elevate the injured part Fractures usually occur with a fall. When a fracture is suspected in the lower extremity, it should be splinted before the player is moved. The upper extremity fracture may be cared for on the side-line. Ice should be applied as above. Clues to a break include the dynamics of the fall, tenderness along a bone or an obvious deformity.

### Heat Related Illnesses

These are caused by inadequate body water or dehydration. They include muscle cramps, heat exhaustion and heat stroke. With only one hour of practice a week, it would be unlikely for these to develop unless there is unusual water loss through increased sweating or illness. Prevention is easy by practicing in the cooler parts of the day and having frequent enforced water breaks. This helps form the habit of drinking during exercise.

#### A. Heat Exhaustion

1. An emergency
2. Pale, clammy skin
3. Rapid and weak pulse
4. Weak – unable to play
5. May be dizzy or faint
6. Treatment is to have them lie down in a cool place and drink cold fluids.
7. Notify parents to take home

#### B. Heat Stroke

1. This is an EMERGENCY as the body has lost the ability to lose heat
2. Hot, dry, red skin
3. May be dizzy, weak and confused
4. Pulse is rapid and strong
5. May be unconscious
6. Transport immediately
7. Remove player’s clothes, cool body with water, ice, wet towels
8. Cool fluids if able to drink

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**Dubuque Community Y**  
**YOUTH SPORTS PARENT'S CODE OF ETHICS**

**Read carefully and sign to complete registration process.**

I will encourage good sportsmanship by modeling positive support for all players, coaches, and officials every game and practice.

- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will refrain from vocalizing disagreements I have with other adults in the presence of children / teammates.
- I will support the implementation of the YMCA's four character development values, caring, honesty, respect and responsibility by speaking positively of my child and others.
- I will support the volunteer coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will make sure that my child treats our practice and game locations with respect by keeping the gymnasium spaces tidy and free of damage.
- I will remember that the game is for youth – not for adults.
- I will do my very best to make the youth sports experience fun for my child.
- As a parent, I will help my child enjoy the youth sports experience by doing whatever I can. This includes being a respectful fan, helping out with scorekeeping, practicing with my child at home, assisting with coaching, and providing transportation to weekly games and practices.
- I will teach my child to treat other players, coaches, fans, officials with respect regardless of race, sex, creed, or ability.
- I will respect the YMCA Staff and their authority if I am asked to leave due to inappropriate behavior on my part. I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics. I give my permission to use photographs and /or video footage of my child for promotional purposes. I understand that team assignments, game schedules are determined by the DYSA/YMCA Sports Staff and League Committee.

Child(ren)'s Name(s) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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