



Great Bend Recreation Commission A Guide For GBRC Youth Sports Parents

Welcome to GBRC Sports! In order to ensure a great season for all, please read this guide for a better understanding of the Great Bend Recreation Commission Youth Sports Leagues. Remember that this game is for kids!



Great Bend Recreation
Commission
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www.greatbendrec.net



Our Promise to Kids

- Provide a fun, safe environment in which to play.
- To play under the supervision of positive role models that will help focus on developing skills, teamwork, and sportsmanship.
- For all children to play regardless of skill or ability.
- To build self – esteem while respecting oneself and others.

About our Volunteer Coaches

We rely on volunteer coaches to run our sports program. We train these coaches through the National Youth Sports Coaches Association. It is mandated that our coaches attend training we offer in order to coach in our leagues. Please insist that our coaches adhere to this code of ethics for the best interest of our children. If this code of ethics is violated, please contact the Sports department to report the problem.

Coaches' Code of Ethics

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

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Our challenge commitment to you

Parents' you can help by pledging to provide positive support, care, and encouragement for your child participating in youth sports by following this Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support 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 youth sports events.
- I will remember that the game is for youth – not adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

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Helpful Tips for Parents

- Get familiar with the rules of your child's sport. Rules are listed on GBRC website:
- www.greatbendrec.net
- Attend games and practices.
Do not try to coach from the stands.
Please do not come to the bench during a game or call their son/daughter (unless it is an emergency) away from the bench.
- Spectators are expected to stay on the spectator sidelines.
- After every game, if there is a team meeting to go over the aspects of the game and to reconfirm the schedule for the following practice/game we encourage you to be involved.
- Cheer for your team and not against the other team.
Remember the ages of the participants and the example you, *the parents*, are setting.
- Be respectful to your coach, do not drop your child off for practice more than 15 minutes ahead of practices times and be prompt when picking your child up from practice. Any child not properly pick up 30 minutes after practice, the authorities will be notified unless arrangements have been made thru GBRC office.

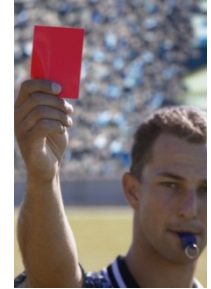
Get Involved

Be a Volunteer Coach
Officiate
Supporter/fan
Statistician
Bring water or snack for practice/ games
Car pooling



About our Officials

The Referee is the ultimate authority during the game. The referee's chief responsibilities are to make the game as fun, fair and safe for the players as possible. The GBRC utilizes high school, college students and adult community members to officiate league games. Many young officials are "in-training" to gain experience.



Equipment Needed

1. Court Shoes– No street shoes for indoor sports.
2. Rubber cleats or athletic tennis shoes for outdoor sports
3. Great Bend Recreation Commission T-shirt
4. Water Bottle (Only water bottles are allowed in the gym. No sports drinks or pop.)



Practice

PRACTICE SET-UP

All teams will be scheduled generally two practices per week. The practices are typically one hour in length. Practices are set up by the coach. Coaches are responsible for providing a practice schedule.

PRACTICE LOCATIONS varies dependent upon the sport.

City Auditorium, 1123 Williams (east side of Recreation Center, 1214 Stone Street)

GBRC Activity Center, 2715 18th

Cavanaugh Soccer Fields, 31st & Washington Streets

Great Bend Sports Complex, 43 McKinley

Elmo Lowry Field, 17th St. Terrace & McKinley

Westfall Fields, Cleveland & Lakin

Park Field, 19th & Williams

Brit Spaugh Ball Fields, 23rd & Morton

Langrehr Ball Fields, 43 McKinley



RESPONSIBILITY

It is your responsibility to have your child at practice on time and picked up on time. If there is a problem, call the coach ahead of time.

Games

GAME SCHEDULES

Each player receives a game schedule at the beginning of the season so plans can be made to attend each game. For all make-up games, the coaches will receive notice in the mail prior to the make-up date (unless time does not permit). Check website for updates. www.greatbendrec.net or Facebook.

SPORTS RULES

Sports rules are listed under the Youth Tab on GBRC website: www.greatbendrec.net .

Game/Practice Cancellation Procedure

INCLEMENT WEATHER

The Sports Department makes inclement weather decisions on a case-by-case basis. If school is cancelled practices will be cancelled.

Cancellation Line: 620-793-3755 ext. 4

Call after 4pm on weekdays and 8:00 am on weekends.

Check website: www.greatbendrec.net

Check Facebook: gbcreation

Hydration/Nutrition

PROPER HYDRATION DURING MATCH

1. 4-8 ounces (one mouthful= 1 ounce) of fluid should be consumed every 15 minutes during the match.
2. Make it a goal to drink between ½ - 1 cup of water during each time – out or each time the player comes out of the game.

SNACKS/FOOD

Try to have your child eat 1 ½ hours before a practice or game. If not, we suggest trying easily digested carbohydrate foods such as fruit, granola bars, yogurt, or whole-wheat foods.

Safety/Emergency/Medical

SAFETY

If you see an unsafe condition, court, equipment or other issues, let your coach or the sports supervisor know immediately. Safety is a number one priority and we are committed to making sure our children remain safe.

EMERGENCY/MEDICAL

We will call 911 for assistance if needed and recommend that you seek medical attention for your child if necessary.

Photography

The GBRC has contracted with Riggs Photography to provide photography services for all of our leagues. Coaches will receive a notice about the time and date their team is to take photos. Coaches will also receive order packets to be distributed. Riggs will take team and individual photos but parents are under no obligation to make any purchases. Please try to make this photo shoot as Riggs uses the team photo to produce a picture for the team/league sponsor and one for the coach. If coaches or parents need retakes, or experience any problems with their photographs, they are encouraged to contact Riggs Photography at (620) 793-7889.