

YOUTH SPORTS PARENT HANDBOOK



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Welcome

Welcome to youth sports programming offered by the City of Lathrop Parks & Recreation Department!

Your role and participation is vital to our programs and we want to do everything we can to ensure that both you and your child have a positive experience. To enhance your child's experience in our programs, please review this handbook in its entirety.



RECREATION SUPERVISOR

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OFFICE HOURS

Lathrop Community Center
15557 Fifth Street
Lathrop, CA 95330

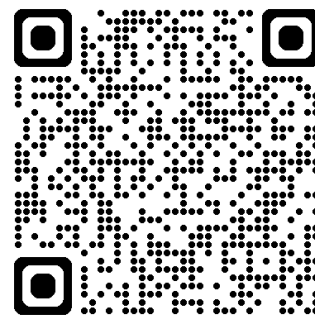
Monday-Thursday 9am-6pm
Friday 8am-5pm
Closed on Holidays and Weekends

 **(209) 941-7370**



REGISTRATION INFORMATION

Registration opens approximately 3 months prior to the begin date. Registration can be completed online at www.lathrop.ca.us/parksrec or at the QR Code. If you are having technical issues, please call (209) 941-7370 for assistance.



Lathrop Residents

ACTIVITY FEE ASSISTANCE FUND



The City of Lathrop Activity Fee Assistance is designed to assist qualifying Lathrop residents with registration fees for Parks and Recreation Department Programs.

Approved residents will be eligible for a maximum of up to \$250 per fiscal year (July 1-June 30) to be used as stated above. Financial assistance will be granted to pay seventy-five percent (75%) of program fees as long as funds are available. Activity Fee Assistance funds are issued on a first come first serve basis.

To apply, fill out an application at the Lathrop Community Center.

Proof of Income Documentation Includes:

- Last year's Income Tax Forms with signature page (1040, 1040A, 1040EZ, 1040 Sched C)
- 3 current employment/unemployment stubs
- Worker's Compensation Payment Verification
- Social Security Insurance Verification
- State Disability Income Verification
- Proof of Residency within the City of Lathrop (ie. Water Bill or PG&E Bill)

Promotion of Upcoming Sports

- Seasonal Activity Guide
- City of Lathrop website
- Social Media Posts @CityofLathrop





RECREATION LEAGUE NOT COMPETITIVE

Recreational sports are those activities where the primary purpose of the activity is participation, with the related goals of improved physical fitness, development of new skills, to build confidence and have fun, and to encourage social involvement within the community.



EQUAL AMOUNT OF PLAYING TIME

ALL players must play at least 15 minutes in each game. No player is allowed to play the full game. Coaches must make sure each player has equal playing time. This rule will be strictly enforced.



PICTURE DAY

Pictures are optional to purchase; however, we encourage participants to attend to be part of the team photo.

Picture day is typically held in the beginning of the season.

Makeup picture day is not guaranteed.

Pictures are contracted with



For questions or concerns about your purchased photos, please contact Reflections Photography directly.

Gabriel Ayala
(209) 456-3051
gabe@reflectionsfoto.com



OUR



PROVIDE QUALITY RECREATION PROGRAMMING

The City of Lathrop Parks and Recreation Department strives to provide quality programming for you and your family. We welcome feedback.

Feedback surveys will be provided at the end of each season.



CREATE A POSITIVE IMPACT ON OUR YOUTH

All players will be treated with respect and importance. Our goal is to help develop character and important life skills (such as hard work, dedication, teamwork, sportsmanship, etc.).

SAFETY FIRST

Staff provide a safe playing environment by inspecting playing fields and equipment regularly. Parents, spectators, and participants should report ANY safety concern they may have to a staff member.



BUILD A TEAM MENTALITY

The concept of “team” rather than “individual” will be instilled. A team whose players understand that they are part of something more important and bigger than their individual considerations, and become unselfish in their thinking, will achieve more and will obtain more satisfaction from the overall experience.



GOALS

COMMUNICATE EFFECTIVELY

Emails will be sent out regularly with league information.

TEACH THE BASIC FUNDAMENTALS

Our volunteer coaches are knowledgeable of the sport and have the ability to teach their team the basic fundamentals.

HAVE FUN

Our programs strive to ensure our participants have fun while learning the basic fundamentals.



CREATE A POSITIVE WINNING/LOSING MINDSET






Our volunteer coaches will focus towards each player having fun and giving a "winning effort" rather than focusing on the "win". Success should be measured by the development of new skills that we have instilled within our youth. Success should not be measured by the number of wins you have.





ATTIRE **JERSEY INCLUDED**

Jerseys are provided by the City of Lathrop Parks and Recreation Department for all participants.

-  Parents may add only names to back of jersey (keep in mind some jerseys are reversible).
-  Jerseys must be tucked in if the jersey falls below the waist.
-  Pants/shoes are not provided.
-  Cleats are recommended but not required for outdoor sports. Metal cleats are not allowed.
-  Jewelry must be removed during practices and games.

*Mouthguards are required in order to participate for NFL Flag Football. One mouthguard is provided for the season. The parent/guardian is responsible for mouthguard replacements.

EQUIPMENT PROVIDED

Equipment is provided by the City of Lathrop Parks and Recreation Department. Below are the different sizes of sports balls.

BASKETBALL

5-6 Division—Junior Size (27.5")
7-8 Division - Intermediate Size (28.5")
9-13 Division(s) - Official Size (29.5")



SOCCER

5-6 Division - Size 3
7-8 Division - Size 4



VOLLEYBALL

8-10 Division - VolleyLite
11-17 Division(s) - Official



FLAG FOOTBALL

5-7 Division - Peewee
8-10 Division - Junior
11-13 Division - Youth



WEATHER POLICY

Temperatures of 103 and/or above during the time of practice or game will result in cancellation with notification from the department.

Severe storms can produce high winds, heavy rain, hail, thunder and/or lightning. If a severe storm approaches the playing area, the safety of the players is the number one priority of coaches and referees. Games may be suspended.

CANCELLATION POLICY

Cancellations after registration closes will be issued a refund via check minus a \$25 administrative fee. Refunds will be issued via mail which can take 3-5 weeks to receive.

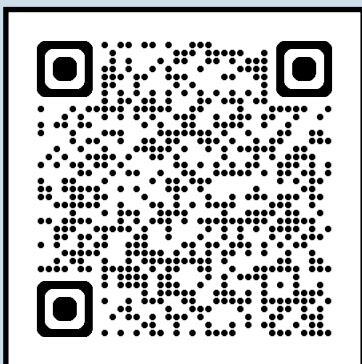
Cancellations after program has begun will result in loss of fees. No refunds will be issued after program begins.

To request a cancellation or refund, please contact the Lathrop Community Center office.



GAME SCHEDULE RESOURCES

LATHROP PARKS AND RECREATION TEAM SIDELINE



The most current game schedules can be found at www.teamsideline.com/sites/lathrop/schedules or at the QR Code. Game schedules will also be emailed out prior to game day. We reserve the right to adjust schedules at any time. Proper notification will be provided should it become necessary to adjust the schedule.

Standings will not be posted as we do not keep track of wins or losses.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

WHAT SHOULD I DO IF MY CHILD HAS A POSSIBLE CONCUSSION?

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.



To learn
more,
go to

cdc.gov/HEADSUP



BECOME A COACH

BENEFITS TO COACHING

- Choose a practice day and time
- Receive a complimentary team photo
- Receive a coaches shirt and supplies
- Lesson plans and coaches clinic provided

HOW TO BECOME A COACH

- Be a minimum of 18 years of age
- Complete a City of Lathrop Volunteer Application and background check
- Commit to coaching 8 weeks of games and 10 weeks of practices (2 hours per week)
- No experience needed

All head coaches and assistant coaches are required to complete and pass a background check. This process is to further ensure the safety and well-being of all players. All coaches and assistant coaches must wear the provided coaches' badge while at practice or at play, so that they are identifiable to all parents and players at all times.

If interested in coaching, please reach out to the department.

"A good coach can change a game. A great coach can change a life." - John Wooden



CODE OF CONDUCT

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the Code of Conduct.



PLAYERS' CODE OF CONDUCT

PLAY to have fun.

WORK HARD to improve your skills. Do your best to listen and learn from your coaches.

BE A TEAM PLAYER—get along with your teammates.

LEARN TEAMWORK, sportsmanship and discipline.

LEARN THE RULES and play by them. Always be a good sport.

RESPECT YOUR COACH, your teammates, your parents, staff, spectators, opponents and officials regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.

BE ON TIME attend every practice and game that you can and if you cannot attend, you will notify your coach.

NEVER ARGUE with an official's decision.

ENCOURAGE GOOD SPORTSMANSHIP from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.

PLAY TIME with expectations to receive a fair and equal amount of playing time.

ENCOURAGE PARENTS to be involved with my team in some capacity because it is important to me.



PARENTS' CODE OF CONDUCT

DO NOT FORCE your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.

ENCOURAGE your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.

DO NOT EMBARRASS your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.

EMPHASIZE skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.

APPLAUD a good effort in both victory and defeat, and enforce the positive points of the game.

RECOGNIZE the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.

REMEMBER that the game is for youth, not adults. These are not professional games. Keep in mind this is a recreation league and not competitive. Place the emotional and physical well-being of your child ahead of your personal desire to win.

DEMAND A SPORTS ENVIRONMENT for your child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.



SPECTATORS' CODE OF CONDUCT

DISPLAY good sportsmanship. Always respect players, coaches and officials.

ACT APPROPRIATELY; do not taunt or disturb other fans; enjoy the game together.

CHEER GOOD PLAYS of all participants; avoid booing opponents.

CHEER IN A POSITIVE MANNER and encourage fair play; profanity and objectionable cheers or gestures are offensive and therefore prohibited.

HELP PROVIDE a safe and fun environment.

