

MCAS MIRAMAR



YOUTH SPORTS PROGRAM

“Miramar Youth Sports is the Place to be!”

PARENT HANDBOOK

2700 Moore Ave
San Diego, CA 92145
(858)307-6530 Office

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CONTACT INFORMATION

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MISSION STATEMENT

Welcome to MCAS Miramar Youth Sports! MCAS Miramar is under the command of MCAS Miramar, MCCS Division Miramar Youth and Teen Center. Our purpose is to provide our military youth the opportunity to participate in an organized sports program fostering a stress-free learning environment. All sports divisions within the Miramar Youth Sports League, except where noted, are non-competitive. Each participant has the right to experience and gain proficiency in a variety of positions during practices and exhibit those skills in every game.

PROGRAM PHILOSOPHY

The Program Philosophy for Miramar Youth Sports provides expectations for parents, coaches, officials, and players. MCAS Miramar Youth Sports Program provides the youth of our Miramar Military Community a place to learn everyday life fundamentals, advanced skills in a variety of sports, and a place to stay healthy and active with friends and family, while meeting new friends in a stress-free environment. Each participant has the right to experience and gain proficiency in a variety of positions during practices and exhibit those skills in every game. The fundamental values of our program are FUN, TEAMWORK, and SPORTSMANSHIP while emphasizing SAFETY, FUNDAMENTALS, and RECREATION. The convenience aspect of this program applies to coaches as well as parents and kids. Life is stressful and busy for all of us; this is a low maintenance experience designed so everybody has a good time.

PROGRAM OVERVIEW

Miramar Youth Sports is open to all eligible Active Duty, Retired, and DOD personnel, and Veterans of the U.S. Armed Forces with valid military ID. Our program offers a variety of team and individual activities for youth ages 3-17 years of age. The primary focus is to develop specific sports abilities and social skills in every participant that will provide maximum fun in a stress-free environment. Uniforms and a picture package are included in the participation fee. Teams are co-ed and are organized in a fair and impartial manner. All practices and games are held at MCAS Miramar except for teams in older divisions that may travel to other military and civilian youth centers for competitions. Miramar Youth Sports coaches undergo background checks and are certified through the National Alliance for Youth Sports. They are taught the philosophy of coaching youth sports, how to recognize child abuse, how to avoid injury to their players, sportsmanship, and fair play. Opportunities are available for those who wish to apply for Youth Sports Coach, Co-Coach or Team Parent.

REGISTRATION PROCESS

Miramar Youth Sports Registration is required for each child prior to participating in any Youth Sports League. Registrations can be submitted online through LeagueApps at www.mcasmiramaryouthsports.leagueapps.com. The registration and participation fee are non-refundable. Completed registration, including payment, are accepted online through LeagueApps, prior to the last day of sign-ups. It is highly encouraged that parents register their children in advance of the last sign-up day as space is limited. For more information, please contact the Youth Center at 858-307-6530. Late registrations are accepted with a late fee of \$10.00 on a case-by-case basis and in no way guarantees a child's ability to be placed on a team. Payment will not be taken for children placed on a waitlist; payments will be accepted once a child is placed on a team. If a child is called from the waitlist, Miramar Youth Sports will accommodate that child's uniform size to the best ability possible.

PROGRAM GOALS

- Teach each participant the rules and skills necessary to play the game
- Teach each participant good sportsmanship and appropriate social skills through positive guidance and examples
- Train volunteers in the appropriate, professional methods of coaching youth sports
- Help participants enjoy team play, social interaction with peers, physical activity, and encourage lifelong participation in a variety of sports programs
- Help each participant increase his/her confidence and self-esteem as a player and a citizen
- To make sure our children are treated fairly and not bullied.
- To have fun!
- It is mandatory for coaches to wear there provided T-shirts and closed toes shoes (Shoes: at all times during games and practice).

SAFETY

The safety of your children, while participating in the Miramar Sports Program, is a top priority. To ensure safety:

- Equipment is inspected before & after each season, as well as before being issued to coaches for practices and games
- Daily inspections of practice & game fields are performed and, any discrepancies or hazards are reported for repair
- Soccer goals
 - netting uses small openings to prevent choking hazards and net entanglement
 - chained and locked when not in use
- Youth Sports Complex includes emergency phone, restaurant facilities, water access, and connection between housing community and Youth Center
- Extensive background checks are conducted on ALL Volunteer Coaches including National Sex Offender Public Website
- All Volunteer Coaches are mandated to complete National Alliance of Youth Sports Coaches Training
- All Volunteer Coaches are mandated to be CPR Certified or have completed the CPR Community Course will Miramar Youth Sports
- Volunteer Coaches promote stretching and proper hydration at all practices and games

EVACUATION PLAN FOR ACTIVE SHOOTER AND BOMB THREAT

Coaches gather the children and families together to move indoors to the Youth Center Multi-Purpose Room, entering the room from the Youth Sports Office. Once inside the MPR room, coaches will count the children according to their roster matching face to name. If a coach is missing a child, they will report the missing child to the Youth Sports Staff. Everyone will remain inside until all clear is reported from PMO.

EVACUATION PLAN FOR EARTHQUAKES

If inside the building please use the drop, cover, and hold on method. When shaking begins instruct children, youth, teens, and adults to drop to the floor and take cover beside a sturdy desk or table OR against an interior wall crouch on knees and cover head. If no tables or desks are available, stand or sit by a doorway or next to a support wall; avoid exterior walls, tall furniture, and hanging objects. DO NOT: Remain near glass windows, stay under areas where lights may drop or debris may fall. If outdoors, move to a clear area if you can safely do so. Avoid power lines, trees, signs, buildings, vehicles, and other hazards. After the Earthquake, remain where you are, DO NOT move. Try to calm children with soothing voice. Tell them we are having an earthquake and to remain in their places and that there may be more shaking due to aftershocks. When shaking stops, inspect the children and report any injuries immediately to Program Lead/Supervisor on Duty; ask for assistance from CYP Nurse if necessary. DO NOT leave the building unless instructed by Emergency Personnel or Emergency Response Team member.

In case of an emergency, 911 will be called immediately and Parent/Guardians will be notified.

MEDICATION FOR RECURRING CONDITIONS

Children with chronic conditions (such as asthma or allergies), the parent/guardian must be always with the child and have medication on hand. If a parent leaves the facility, the child must leave as well. Players who are prescribed emergency medication (*ie.* Inhaler, EpiPen), Youth Sports must have an Emergency Act Plan on file prior to participation.

INJURIES AND CONCUSSIONS

In the event where a serious injury is sustained, to include broken bones or symptoms consistent with a concussion, players will be removed immediately from play or practice. Following a serious injury players must have written permission from a physician in order to return to play. Players who have sustained a serious head injury or concussion may only return to play/practice after an evaluation and written clearance from a licensed medical physician can be provided to Miramar Youth Sports staff.

CHILDREN REQUIRING ACCOMMODATIONS

“MCCS Youth Sports welcomes people of all abilities.”

Miramar Youth Sports is inclusive and strives to provide a safe, positive, learning environment for each child, youth, and teen. References to age, sex, religion, race, ability, etc. will only be used if relevant and not in a way that negatively labels individuals or groups of people. Miramar Youth Sports expects all its children, parents, staff, coaches, volunteers and officials to offer all other participants courtesy and respect.

Inclusion information (I.A.T. Form) and any Emergency Action Plans (E.A.P. Form), will be available for each coach in a written and verbal form from the Parent and Youth Sports Staff. All coaches are required to have the forms attached to their roster and always held on person. If we cannot accommodate a child, we will refer them to an outside organization and the Exceptional Family Member Program (E.F.M.P.).

GOOD SPORTSMANSHIP

MCAS Miramar Youth Sports relies upon its Staff, parents, officials, and coaches to model good sportsmanship. All parents are required to read and acknowledge the Parent Code of Ethics.

Examples of expected behavior include:

- Displaying good sportsmanship
- Stand when opposing players have fallen and encourage ALL to do their best
- Display honest and fair play at all times
- Participate in NAYS surveys at the conclusion of each season

Youth Sports Participants Pledge to be Good Sports

All Youth Sports Participants learn and recite pledge before each practice and game:

“Today is my day to play fair and show respect for myself, my team, my coach, the officials, and my parents. I will show good sportsmanship and honor our team. I will do my best at Miramar Youth Sports. GO TEAM!”

SUPERVISION OF CHILDREN

1. Child Supervision Guidelines: Every parent, guardian, and caregiver is responsible for providing a safe and healthy environment for children. While all children must be supervised, different degrees of supervision are required depending on the ages and maturity level of the child. The guidelines below provide specific requirements. When direct parental supervision cannot be provided, suitable alternative childcare should be used; i.e., a Child Development (CDC), Family Childcare (FCC), babysitter, or adult friends/neighbors. When a reasonable suspicion exists that the responsible adult(s) did not properly consider and apply these relevant factors, the Provost Marshal'
 - a. Supervision is required: All children, under eleven years old, must be directly supervised by responsible person when playing outdoors or walking (within sight and sound). Children are not allowed to be left in vehicles unattended.
 - b. Children over twelve years of age may be left without direct supervision. Depending on the level of maturity of the child, this guideline may vary. Children should be carefully rehearsed in procedures in the event of an emergency, including having contact information for the parent, police, and fire department.
 - c. Maturity of the child must also be taken into consideration. Children babysitting other children aboard MCAS Miramar are encouraged to complete the American Red Cross Baby Sitter Course.
 - d. Children with special physical, mental, or emotional needs must be supervised consistent with their development level. Guidance on the degree of care and supervision requirements may be obtained from the Exceptional Family Member Program (EFMP). EFMP may be contacted at 858-307-6585

PLEASE REFERENCE STATION ORDER 1710.7, HOME ALONE REGULATIONS FOR CHILDREN ABOARD MARINE COPRS AIR STATION MIRAMAR.

CHILD ABUSE POLICY

The MCAS Miramar Youth Sports staff, volunteers and coaches are mandated by law to report any form of suspected child abuse. All youth employees are trained in child abuse and neglect prevention techniques, identification, and reporting procedures. Suspected child abuse in any form: physical, emotional, neglect, or sexual is required by law to be reported to proper authorities. Substantiating a case of child abuse is the role of child welfare experts, police investigators, and/ or the court.

If you suspect child abuse or neglect, you should report it immediately to the proper authorities.
MIRAMAR FAMILY ADVOCACY (858) 307-6585
SAN DIEGO COUNTY CHILD ABUSE HOTLINE 1-800-344-6000
DEPARTMENT OF DEFENSE CHILD ABUSE HOTLINE (877) 790-1197

APPROPRIATE TOUCH

Youth Sports Coaches are trained to respect the personal privacy and space of others. Touching will be limited to a pat on the shoulder, a brief holding of a hand, or a brief hug if initiated by a child. It is inappropriate to allow a child to hang on a person or engage in horseplay involving tickling, wrestling, or play fighting, pulling/yanking a child's arm, intentionally making a child cry, yelling out of frustration, and holding a child against their will.

SOCIAL MEDIA

Parents/Guardians can provide written permission for their child to be photographed and/or videotaped and that this may be presented on any electronic media and/or published in an outlet used to promote or publicize the MCAS Miramar Youth Sports Program, including our website and all social media platforms. Youth Sports Staff has access to the permission forms for reference.

NO SMOKING POLICY

The Youth Sports Complex is a smoke-free environment. No smoking is permitted within 100 feet of any entrance to the facility and sports fields. This includes the use of smoking (e.g., e-cigarettes, cigarettes, cigars, pipes) and smokeless tobacco (e.g., spit, plug, leaf, snuff, dip, and chew).

YOUTH SPORTS COMPLEX FIELD RULES

1. No driving within the Youth Sports Complex
2. No charcoal or open flame grills.
3. Assigned area will be cleared of all trash immediately following a cookout. Complete clean-up will be accomplished prior to the end of the event. If trash containers are full, trash shall be placed in plastic bags and left next to the container.
4. No smoking will be permitted within 100ft of any entrance and on the fields.
5. No alcoholic beverages will be permitted of any kind.
6. No pets of any kind are allowed.
7. No sharp objects or stakes will be allowed to be driven into the ground.
8. No metal cleats or spikes are allowed on the turf fields.
9. No skating, skateboarding, bike riding, or any kind of self-propelled or motorized devices are allowed in the Youth Sports Complex. This is a safety precaution for children and spectators.
10. The military sponsor is responsible for all guests and activities during the event.
11. No heavy equipment is allowed on the turf.
12. If problems are encountered contact the following: MCCS Youth & Teen Center, Bldg. 2700, Moore Avenue (858) 307-4136 Monday – Friday, 0600-1800 or Miramar Youth Sports (858)307-6530 Monday – Thursday, 0900-1730, Saturday 0730-1600
13. No utility boots permitted on the turf.
14. All equipment is to be used for its intended purpose only and is to always remain on the fields in the designated locations

VOLUNTEER OPPORTUNITIES

Youth Sports Coaches

Benefits & Responsibilities include:

- Coach's shirt: It is mandatory for coaches to wear there provided T-shirts for game days.
- National Youth Sports Coaches Association Membership with card
- Letter of Appreciation from Miramar MCCS
- Certificate of Appreciation with Volunteer Hours towards your Volunteer Medals for you Military Service

Team Parents

Benefits & Responsibilities include:

- Team Parent shirt
- Provide support system for teams throughout the season
- Distributes information at practices, games and via email (email addresses will only be used for Youth Sports purposes)
- Is the liaison between families and coaches

SPORTS OFFERED

Miramar Youth Sports offers a variety of sports throughout the year including, but not limited to:
Basketball ❖ Soccer ❖ Cheerleading ❖ E-Sports ❖ Ultimate Frisby
Flag Football ❖ Baseball ❖ Golf ❖ Tennis ❖ Kickball ❖ Pickleball

EMAIL DISTRIBUTION

The Miramar Youth Sports Program utilizes email distribution to keep households up to date on important information such as program changes, announcements, etc. Please ensure that you put a current and active email account when registering for sports.

CONCERNS AND/OR COMMENTS

The Youth Sports Staff are available to discuss any concerns you may have with the program. You are invited to share suggestions/comments/opinions via phone at (858)-307-6530 or email utilizing the contact information listed on page 1. Comment cards are also located in the front desk of the Youth & Teen Center.

PARENT CODE OF ETHICS

I hereby pledge to provide positive support, care, and encouragement for my child participating in Miramar Youth Sports by following this Parents' Code of Ethics Pledge.

I will:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other Miramar Youth Sports event.
- Place the emotional and physical well-being of my child ahead of the desire to win.
- Demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all Miramar Youth Sports events.
- Do my very best to make Youth Sports fun for my child.
- Ask my child to treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.
- 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.
- Supervise all of the children I bring to practices or games. (Children must be in your line of sight at all times).
- Handle any concerns or comments I have in a respectful manner, away from children, whether they involve Miramar Youth Sports staff, officials, coaches, or parents.
- Enforce the Miramar Youth Sports Complex rules with my child(ren) and help ensure that all participants follow the rules.

I HAVE RECEIVED AND READ THE MCAS MIRAMAR YOUTH SPORTS PARENT HANDBOOK. I HEREBY AGREE TO ABIDE BY THE RULES AND REGULATIONS OF THE MCAS MIRAMAR YOUTH SPORTS PROGRAM AND ALL MARINE CORPS REGULATIONS PERTAINING TO THE CARE OF MY CHILD. IF I HAVE ANY QUESTIONS OR CONCERNS, I WILL BRING THEM TO THE ATTENTION OF A MIRAMAR YOUTH SPORTS STAFF MEMBER.