

# IMPORTANT DATES

*\*All dates are tentative and subject to change.*

## **SEASON DATES**

**Co-ed and Girls Specific Sports**  
**March 23<sup>rd</sup> – May 11<sup>th</sup>**

## **Beginner Sports**

**March 30<sup>th</sup> – May 4<sup>th</sup>**

*Please contact all players by Friday  
March 8<sup>th</sup> with team information!*

## **PRACTICE EQUIPMENT**

### **Tball, Baseball, and Flag Football Teams:**

Equipment is needed for both games and practices. To reserve a set of practice gear, simply email your request to [info@nysonline.net](mailto:info@nysonline.net) and we can put together a set for you and arrange pick-up at our storage facility!

All other sports, game equipment will be provided, practice equipment provided by the registrants!

## **PLAYER CERTIFICATION**

Any divisions in which teams will participate in playoffs, will require each player to certify prior to playoffs! This can easily be done from the parent portal by uploading a birth certificate and player photo to your account!

## **UNIFORM PASSOUT**

*One representative to pick up for team*  
**Saturday March 16<sup>th</sup>**

Uniforms will be available to be picked up at our Cube-Smart storage anytime after 12 PM! Coach will be emailed location and access information the week of pick-up!

## **SCHEDULE RELEASE @ [www.nysaz.com](http://www.nysaz.com)**

**Tuesday, March 19<sup>th</sup> @ 5 PM**

# NATIONAL YOUTH SPORTS SPRING 2019 SEASON

602-863-5003 | [www.nysaz.com](http://www.nysaz.com)

14050 North 83rd Ave. Suite 290 Peoria, AZ 85381  
(Located on second floor of MYOffice complex building – NW corner)

Office Hours: BY APPOINTMENT ONLY  
Phone and Email Hours: 9 AM – 4 PM (Monday – Friday)

 <http://www.facebook.com/nysphoenix>  
 <http://twitter.com/NYSAZSPORTS>

## **NYS REPRESENTATIVES:**

Shawn Connors – NYS Director – [sconnors@nysonline.net](mailto:sconnors@nysonline.net)  
LisaAnn Connors – NYS Admin. – [info@nysonline.net](mailto:info@nysonline.net)

# WELCOME COACH!

NYS would like to thank you for volunteering to coach this season! Coaching youth sports can be a very rewarding experience. Your time and dedication will greatly benefit all the members on your team, their families, and our organization.

Coaching is key to developing character in children. Youth sports can help its young players to achieve better grades, live healthier through fitness, and be less likely to engage in dangerous behavior when they adhere to the good examples set by responsible coaches.

Coaching is all about helping players achieve their dreams. Every coach is a role model. Your team will be more apt to achieve their goals and become great athletes when given the proper direction.

The mission of all of our programs is to strengthen the individual, the family, and the community through participation in youth sports. Each program is centered on sportsmanship and emphasizes fun and the importance of fair play.

Our goal is to be able to provide you with all the necessary resources to make your job as a coach successful. We strive for excellent customer service and look forward to working with you this season. On behalf of all the NYS staff, "Thank you!" for taking the time to volunteer to help the great kids within our organization

*Thank you Coach from NYS!!*





## NATIONAL YOUTH SPORTS

# FREQUENTLY ASKED QUESTIONS

### **ARE ALL COACHES VOLUNTEERS?**

Yes. NYS does not ask teams to fundraise or volunteer on game days. All NYS asks parents to do is volunteer with their child's team. There are many vital roles to play on a team and those positions are filled by volunteer parents. NYS offers a pre-volunteer section on the registration form, but many times we utilize the parent team meeting to assign coaches roles, once we have teams put together! NYS NEVER assigns coaches, all coaches are parent volunteers! Any team with a coach on our parent team meeting date is a result of a parent indicating on their child's registration form their willingness to help!

### **WHAT ROLE DO I PLAY ON GAME DAYS?**

NYS does not ask coaches to do anything other than educate and coach the children on their team! NYS will set up all gyms and provide Site Directors and Referees.

### **DOES NYS PROVIDE PRACTICE LOCATIONS?**

NYS partners with local school districts and parks & recreation departments in relation to practice facilities each season. We encourage ALL teams to utilize daylight hours, HOA parks, and neighborhood green areas to conduct practices to avoid additional costs.

### **DOES NYS PROVIDE PRACTICE EQUIPMENT?**

NYS values the importance of having resources to be able to conduct practices. Practice equipment for T-ball, Baseball, and Flag Football (since these sports require specialized items on game-day) can be reserved by emailing us at [info@nysonline.net](mailto:info@nysonline.net) and we will coordinate a set of practice gear for your team. For all other sports, since NYS does not require fundraising, we just ask for each player to bring a ball to practice!

### **WHY DO WE GET OUR GAME SCHEDULES THE WEEK OF OUR FIRST GAME?**

NYS strives for perfection and wants to ensure that when we distribute a schedule, that the information is up-to-date and accurate. Our organization works with many local school districts and local parks & recreation departments that may host various other activities at their locations. We release schedules the week of the first game to ensure that everyone has the most accurate information for the season!

### **HOW OFTEN SHOULD MY TEAM PRACTICE?**

Typically, teams practice up to 2 times per week prior to the start of the season, and then reduce to once a week after games have started. NYS does not restrict the amount of practice time, so teams can practice as little or as much as they desire.

### **ARE WE REQUIRED TO FUNDRAISE OR PAY ANY TEAM ASSESSMENTS?**

NO! NYS does not require parents, players, or teams to fundraise or pay any additional fees to participate in our programs. Any fundraising is done solely by team discretion.

### **CAN PLAYERS SWITCH TEAMS?**

There are times when players may switch to another team during the season, either as a result of moving to a different area or it's an NYS error. Switching teams can only be done by the request of the player's parent or guardian.

### **IS A UNIFORM INCLUDED WITH THE REGISTRATION FEE?**

NYS provides a uniform top for all sports, with the exception of tackle football. NYS allows members that register during our regular registration period, a uniform size can be entered when registering! Any players registering in the late registration period, will be offered a "cookie-cutter" size for the particular sport and age division. If a player needs a bigger or smaller uniform after receiving one, NYS can swap out the uniform for the appropriate size after the initial uniform pass-out (depending on inventory).



# NATIONAL YOUTH SPORTS IMPORTANT INFORMATION

## UNIFORM PASSOUT EVENT

Appoint 1 person to pick up your teams uniforms on the date indicated on the first page!  
NYS will supply the head coach information to our photo/equipment vendor, All Year Sports, and he or she will receive a mailed packet containing all the information about these additional accessory items! On our website at [www.nysaz.com](http://www.nysaz.com), we also have a direct link on our webpage to All Year Sports (just scroll down to the bottom of the homepage and click on the All Year Sports Quick Link on the left of the page!)

## ADDITION OF NEW PLAYERS

NYS reserves the right to add players to your team until the roster limit is met, late registrations may be added at any point until divisions fill.

## ROSTER LIMITS

11-Man Unweighted Tackle..40 Players	Soccer: 3-year-old..... ..8 Players
Baseball: T-Ball..... 12 Players	Soccer: 4-5 year-olds.....10 Players
Baseball: Coach Pitch..... 12 Players	Soccer: 6-7 year-olds.....14 Players
Baseball: Kid Pitch..... 15 Players	Soccer: 8-12 year-olds..... 16 Players
Basketball ..... 10 Players	Volleyball..... 12 Players
Flag Football ..... 14 Players	

## GAME OFFICIALS

Referees, Umpires, and/or Site Directors are in complete authority at all game sites. It is very important that ALL coaches and players show respect to game officials at all times.

## GAMESITE RULES

- 1. Unregistered players are NOT ALLOWED TO PLAY.** Unregistered players are not covered by our insurance and are a liability risk. Registration can be done anytime throughout the season, but must be paid in full prior to participating in any game.
- 2. Ensure all players and coaches display good sportsmanship at all times,** concluding each game with a player high five or shaking hands with the opposing team. Each team should recognize the opposition for a job well done.
- 3. NO SMOKING at any game site.** Those who wish to smoke must exit the field and use the parking lot.
- 4. ADVERTISING is allowed on player jerseys.** Banners or advertising on parent shirts is allowed.
- 5. Absolutely NO pets, alcoholic beverages, weapons, and tobacco are allowed at any game site.**

Head Coaches must complete a background check through Protect Youth Sports (\$8), and a concussion course through NFHS (Free). NYS will not charge additional fees for certification. The fees listed above are paid through the certification organization.

### **In order to obtain a coach certification, the following items MUST be completed**

- Complete the NFHS Concussion in Sports Course – Free
  - Access NFHS course website at [www.nfhslearn.com](http://www.nfhslearn.com)
  - Register as a new user or login if you already have an established account
  - Under the Courses tab, Select Free Course
  - Access the Concussion in Sports – What You Need to Know Course
  - Complete the Course
  - Save Certification
  - Upload Certificate to your Team’s Discussion board at [www.nysaz.com](http://www.nysaz.com)!
  
- Complete Protect Youth Sports Background Check – \$8 (valid for one year)
  - Simply visit our website at [www.nysaz.com](http://www.nysaz.com)
  - Scroll down to the bottom of our homepage
  - On the left-hand side of the page you will see a direct link to the background check process.
  - Just follow the steps provided by Protect Youth Sports
  - Results will automatically be sent to our league administrators to update on your coach account.

Protect Youth Sports will provide NYS a “Red Light” or “Green Light” in relation to an individual’s background. Any coach with a “Red Light” will not be able to volunteer coach.



## NATIONAL YOUTH SPORTS

# SAFETY TIPS and CONCUSSION TRAINING

1. Make sure your players check with their family doctors to assess player fitness before they begin any sport programs. The parent/guardian is responsible for a player's health and the league assumes no responsibility.
2. Hydration is a big issue in sports. Ask parents to send their children to practice with water bottles, and as a coach, remind players they should drink water throughout the day.
3. Make sure players wear adequate protective gear and examine all training and field equipment. Teach players to use equipment only for its intended purpose.
4. Ask parents to keep a first-aid kit in their cars to supplement your own first-aid kit. Encourage parents to get certified in first aid and CPR. You can never have enough qualified hands in case of an emergency. A first-aid kit and at least one adult trained and certified in first aid and CPR should be present at all practices and games.
5. Anyone responsible for driving youth athletes to and from practices or games should be licensed and insured. Consider updating your own insurance policy to reflect carpooling care of passengers.
6. Do not leave players alone before, during or after practices! Encourage your players to think safety during all games and practices. Example: Baseball: bat control, throwing the ball.

### CONCUSSION RECOGNITION - SIGNS AND SYMPTOMS

Concussions are a very serious injury. One misconception is that concussions are a football or contact sport related injury. Concussions can occur in any sport or recreational activity.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious.

#### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of 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 hit or fall
- Can't recall events after hit or fall

#### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

You can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.

### ALL COACHES MUST COMPLETE THE FOLLOWING:

ALL COACHES MUST COMPLETE AN ONLINE CONCUSSION COURSE PRIOR TO WEEK ONE OF THE SEASON. UPON COMPLETION OF COURSE COACH MUST UPLOAD CERTIFICATE TO DISCUSSION BOARD ON THEIR TEAM PAGE!

FREE COURSE CAN BE FOUND AT [WWW.NFHSLEARN.COM](http://WWW.NFHSLEARN.COM) AND SELECT COURSE "CONCUSSION IN SPORT."