

2016 Summer Parent Information Sheet

Youth Sports Mission Statement

In pursuit of excellence in youth sports,
we are committed to creating a positive environment
for our youth's participation in and enjoyment of recreational sports.

Program Philosophy

The City of Colorado Springs Parks, Recreation and Cultural Services Department Youth Sports Program philosophy is to instill a positive attitude, sportsmanship, basic fundamentals, confidence, and high moral standards.

Youth Sports Programs develop the physical, psychological, and social aspects for youth.

Our programs emphasize participation, fun, sportsmanship, and promotes a non-competitive, recreational approach to sports.

Participants, parents, and coaches are expected to support this value system.

FREQUENTLY ASKED QUESTIONS

How are divisions formed?

PR&CS Youth Sports follows Colorado school guidelines in structuring its divisions. Children registering for the 2016 summer leagues will be placed in a division based on their grade as of October 1, 2016.

Notes:

- Players must be 4 years old at the start of the program May 16, 2016.
- Players who are 19 years old or older as of October 1, 2016 are NOT eligible to participate.

| Divisions Based on Grade | Division Name | Game Days |
|---------------------------------------------------------------|-----------------|------------------------------|
| PRE K & Kindergarten Coed T-Ball | HANK AARON | Mondays Wednesdays Fridays |
| 1 st & 2 nd Grade Coed T-Ball | RICH GOSSAGE | Tuesdays Thursdays Saturdays |
| 3 rd & 4 th Grade Boys - Coach Pitch | WILLIE MAYS | Tuesdays Thursdays Saturdays |
| 5 th & 6 th Grade Boys - Baseball | PEE WEE REESE | Mondays-Fridays |
| 7 th -8 th Grade Boys - Baseball | SANDY KOUFAX | Mondays-Fridays |
| 9 th -12 th Grade Boys - Baseball | MICKY MANTLE | Mondays-Fridays |
| 3 rd -5 th Grade Girls - Softball | MINORS | Tuesdays Thursdays |
| 6 th -8 th Grade Girls - Softball | JUNIORS | Mondays-Fridays |
| 9 th -12 th Grade Girls - Softball | SENIORS | Mondays-Fridays |

Changing to a different division based on grade is not recommended. A child may move up one grade level only if the parent signs a waiver acknowledging that they are aware their child may be playing with children up to two years older. A player may move down one grade level by providing a signed statement from a physician describing a condition or disability that would prevent the child from playing within his/her division. *NOTE: The medical statement must be submitted to the PR&CS Sports Office for approval.* If a child is held back a grade, a letter from the school will need to be provided with the registration. Players may not waive into the program.

How are leagues organized?

1. The leagues are based on the number of teams in each division and the number of players at the practice locations.
2. Practice sites that do not have enough players to make a team will be relocated to the nearest available practice location needing players. Relocated players will be notified.

What if this activity is not for my child?

- PR&CS will issue a full refund|credit if the activity is canceled by the City.
- Once the activity has started but is not yet 50% complete, the individual withdrawing can be refunded|credited 50% of the registration price.
- No refund|credit will be issued for a withdrawal if 50% or more of the activity is completed.

What equipment does my child need?

What equipment do participants need?

- **Uniforms:** Youth Sports provide shirts and caps/visors. Your coach will distribute uniforms.
- **Shoes:** Tennis shoes or molded-sole baseball shoes are the player's responsibility.
- **Baseball glove:** Players will provide their own gloves. Bats, balls, batting helmets, and catcher's equipment will be furnished by Youth Sports and maintained by the coach.
- **Jewelry:** Rings, watches, bracelets, necklaces, or other hard objects are prohibited. Medical identification bracelets or chains are allowed if taped down.

When and where will my child practice?

Practice may begin the week of May 16. Your coach will inform you of the location, time, and date of your first practice. Each team may participate (practice or game) up to four times per week. A practice may last up to two hours and is organized by the coach. *NOTE: Coaches have the option to move the practice location within a 2-mile radius of the practice site you have chosen.*

When are games played?

Games will begin the week of June 6 and end on or before July 22. The Hank Aaron, Rich Gossage, Willie Mays, and Minors games will start at 5:45 or 6:45 p.m. The Pee Wee Reese and Sandy Koufax games start at 5:45 p.m. The Junior and Senior girls games start at 6:00 p.m. Mickey Mantle teams will start at 5:45 or 7:45 p.m. Saturday games will be scheduled in the mornings. In most cases, teams will have two games per week. We will not schedule any games on Monday, July 4. Game nights may be changed to accommodate divisions that have too many or too few children.

What rules apply to my child's division?

TBALL

Hank Aaron (Coed: PRE K & Kindergarten)

- No official score is kept.
- A legal game is 3 innings or one hour.
- One full inning consists of all players from both teams batting. After the last player in the batting line-up hits a fair ball, the player will continue to run around the bases until he/she reaches home base.
- An adult "tee-tender" must be provided by the batting team.
- A batter will continue until a fair ball is hit.
- The batter-runner or base runner will stay on the base path even if he/she is put out or tagged out.

"When Thunder Roars Go Indoors"®
*Colorado weather changes quickly,
know what to do and the safest location to be
if your team gets caught in a storm!*

Boys Baseball

Willie Mays (Boys: 3rd & 4th grade)

- Umpires are not used; head coaches must meet before the scheduled game to review any special ground rules.
- A legal game is one hour and fifteen minutes of play.
- A half inning consists of three outs or the offensive team batting their maximum number of players.
- Ten players play on defense - 4 outfielders and 6 infielders.
- Every player will be in the batting line-up. Note: Both teams will use the same number of players in the batting line-up. If one team has fewer players, they will continue in the batting order until an equal number of players have batted.
- A maximum of 5 pitches will be thrown to the batter. The batter is out after 3 non-contact swings or five pitches. Exception: Batters can't take a base on balls. *Note: Coaches must pitch from the distance designated in the Willie Mays division (40 feet).*
- Pitching Rule: The head or assistant coach from the offensive team pitches to his or her own team. If the pitching coach intentionally interferes, either verbally or physically with the defensive team, the batter-runner or nearest base runner to home plate will be called out.

Pee Wee Reese (Boys: 5th & 6th grade)

- Two umpires are assigned per game.
- A legal game is 6 innings or two hours.
- If the home team is ahead by 12 runs after 4 innings or 3 1/2 one-half innings, a 12-run rule applies.
- Every player will be in the batting line-up. Note: Both teams will use the same number of players in the batting line-up. If one team has fewer players, they will continue in the batting order until an equal number of players have batted.
- Pitching Rule: A pitcher may pitch up to 3 innings per game.

Sandy Koufax (Boys: 7th & 8th grade)

- Two umpires are assigned per game.
- A legal game is 7 innings or two hours.
- If the home team is ahead by 10 runs after five innings or 4 1/2 innings, a 10-run rule applies.
- Nine players play on defense - 3 outfielders and 6 infielders.
- Pitching Rule: A pitcher may pitch up to four innings per game.

Mickey Mantle (Boys: 9th-12th grade)

- Two umpires are assigned per game.
- A legal game is 7 innings or two hours.
- If the home team is ahead by 10 runs after 5 innings or 4 1/2 half innings, a 10-run rule applies.
- Pitching Rule: A pitcher may pitch up to four innings per game.

Rich Gossage (Coed: 1st & 2nd grade)

- No official score is kept.
- A legal game is 3 innings or one hour.
- One full inning consists of all players from both teams batting. After the last player in the batting line-up hits a fair ball, the batter-runner will continue to run around the bases until he/she reaches home base.
- Ten players play on defense - 4 outfielders and 6 infielders.
- An adult "tee-tender" must be provided by the batting team. The "tee-tender" shall remove the tee from the plate before players reach home base.
- Every player present will be in the batting line-up. A batter will continue until a fair ball is hit. If the batter-runner or base runner is put out or tagged out, the player must leave the base path.
- Batter's Option: The player has the option of having three pitches thrown during his/her turn at bat. If the batter has not hit a fair ball during the three pitches, the player will use a tee to hit a fair ball.

Girls Softball

Minor Fast Pitch (Girls: 3rd-5th grade)

- Umpires are not used; head coaches must meet before the scheduled game to review any special ground rules.
- A legal game is one hour and fifteen minutes.
- A half inning consists of three outs or the offensive team batting their maximum number of players.
- Ten players play on defense - 4 outfielders and 6 infielders.
- Every player will be in the batting line-up. Note: Both teams will use the same number of players in the batting line-up. If one team has fewer players, they will continue in the batting order until an equal number of players have batted.
- A maximum of five pitches will be thrown to the batter. The batter is out after three non-contact swings or five pitches. Exception: Batters can't take a base on balls. *Note: Coaches must pitch from the distance designated in the Minor division (35 feet).*
- Pitching Rule: The head or assistant from the offensive team pitches to their own team. If the pitching coach intentionally interferes, either verbally or physically with the defensive team, the batter-runner or nearest base runner to home plate will be called out.

Junior Fast Pitch (Girls: 6th-8th grade)

- Two umpires are assigned per game.
- A legal game is 7 innings or one hour and thirty minutes of play.
- If the home team is ahead by 10 runs after 5 innings or 4 1/2 half innings, a 10-run rule applies.
- Nine players play on defense - 3 outfielders and 6 infielders.
- Pitching Rule: A pitcher may pitch up to four innings per game.

Senior Fast Pitch (Girls: 9th-12th grade)

- Two umpire are assigned per game.
- A legal game is 7 innings or one hour and thirty minutes of play.
- If the home team is ahead by 10 runs after 5 innings or 4 1/2 half innings, a 10-run rule applies.
- Pitching Rule: A pitcher may pitch a maximum of ten innings per week and sixty-three regular season innings.



For ages 16 & younger
April 16, 2016; 6-9 p.m.
at the DoubleTree by Hilton
Registration begins February 1.
Questions? (719) 385-7940

Code of Ethics

“Ethics is a code of values which guide our choices and action and determine the purpose of our lives.” -Ayn Rand

Players' Code of Ethics

I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following this Players' Code of Ethics:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco, and alcohol, and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the 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 a 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 I will refrain from their use at all youth sports events.
- I will remember that the game is for youth and not adults.
- I will do my very best to make youth sports fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

Coaches' Code of Ethics

I hereby pledge to live up to my responsibilities as a coach by following the 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 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.

The Players', Parents' and Coaches' Code of Ethics was developed by the National Alliance For Youth Sports, A program of The Academy For Youth Sports Administrators.

Try one of these programs too!

CHALLENGER BRITISH SOCCER CAMP

The British coaches make learning fun, and challenge players to improve with maximum participation, maximum touches on the ball and maximum fun. Camp dates are June 6-10 and/or July 11-15. Registration began January 4. *NOTE: Registration taken only on www.challengersports.com*

EXPLORE ARCHERY DEVELOPMENT

This official club of USA Archery will provide beginner, intermediate, and advanced archery instruction from USA Archery certified coaches. Explore Archery offers recurve, compound and barebow archers the opportunity to learn range safety and proper shooting techniques in an environment that also fosters focus, increased self-confidence and team-building skills. Classes are offered on a monthly base, for more information contact the Sports Office.

JUDO

Youth, ages 6-14, will be taught from Olympians under Head Coach, Eddie Liddie, Olympic Bronze Medalist and four-time Olympic Coach. Classes are Tuesdays & Thursdays; 6:30-7:30 p.m. at the OTC. Register for one or all 2016 sessions February 4-March 29; March 31-May 24; May 26-July 21; August 23-October; and/or October 18-December 13.

NATIONAL FLAG FOOTBALL

Partnering with the City, NFF will provide boys and girls, ages 4-14, the best football experience while emphasizing the fundamentals in a fun and safe way. The season will run Sundays, mid April-mid June, in Memorial Park. Individual or team registration accepted. For more, visit www.nationalflagfootball.com or call (720) 360-1600.

ONE SPRINGS YOUTH BOXING

For ages 8 and up who want to learn about boxing and wish to develop skills using proper training techniques. USA Boxing certified instructors provide daily leadership and structure. Program runs year-round Mondays-Fridays; 5-7 p.m. at the Memorial Park Recreation Center. Register anytime!

PIKES PEAK LACROSSE

The City and PPL join forces to provide youth in Colorado Springs access to America's fastest growing youth sport. Participants can expect to be in an environment that teaches skills, builds character, encourages and values team play, and promotes good sportsmanship. Register for either the spring league or summer Learn-to-Play Camps at www.pikespeaklacrosse.com; Code PPL2016

SKYHAWKS SPORTS CAMPS

Skyhawks sports programs emphasize fundamental skill development by utilizing small group activities in a fun and positive environment. Camps accommodate both beginner and experienced players. Each camp is scheduled for one-week, Monday-Friday, for three hours each day. Fee: \$115/person/camp (*exception is Golf at \$130/person) Registration began January 4. Details at www.skyhawks.com

FALL SOCCER AND FLAG/TACKLE FOOTBALL

Enjoy the warm days ahead, but don't get left behind! Registration runs May 9-July 15. Practices start early August and seasons runs late August to late October!

Know the Policies of PR&CS

Warning Statement

Although participation in supervised athletics and activities is one of the least hazardous in which any person will engage, and serious injuries are not common, it is impossible to eliminate every risk. Participants have a responsibility to help reduce the chance of injury. Players must obey safety rules, report all physical problems to their coach, follow a proper conditioning program and inspect their own equipment daily. By registering, you acknowledge you have read and understand this warning. Those who do not wish to accept the risk described in this warning should not register or participate.

The City of Colorado Springs carries no insurance for players, coaches or spectators.

The Emergency Medical Service will be called for any medical emergencies.

Parents are responsible for all charges resulting from a medical emergency.

American with Disabilities Act (ADA)

The City of Colorado Springs complies with the ADA and will make reasonable accommodations to enable people with disabilities to participate in and enjoy recreation programs. If you require an auxiliary aid or service for participation (e.g. sign language interpreter, Braille format, adaptive equipment) please contact the Sports Office at (719) 385-5981 at least two weeks prior to program start date to help us serve you better.

Large Type Brochures

A copy of this brochure is available in large type upon request. Please contact the Sports Office at (719) 385-5981, if you would like to receive any portion of the brochure in large type. Three to five days notice is required.

Memories that Last

By registering in Recreation Services activities, you hereby consent to the photographing of your child by the City of Colorado Springs and/or their agents. You hereby consent to the use of these photographs singularly or in conjunction with other photographs or video recordings for PR&CS marketing and training purposes without compensation.

Concussion Awareness and Safety

A concussion is a brain injury.

Concussions are caused by a bump or blow to the head.

Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion.

Signs and symptoms of concussion can show up right after the hit/fall or may not appear or be noticed until days or weeks after the injury.

If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Signs and Symptoms

Appears dazed, confused, or stunned
is confused about assignment or position
forgets instruction

unsure of game, score, or opponent
moves clumsily
answers questions slowly

loses consciousness (even briefly)
shows behavior or personality changes
can't recall events prior to or after hit or fall
headache or "pressure" in head
nausea or vomiting

balance problems or dizziness
double or blurry vision
sensitive to light and/or noise
feeling sluggish, hazy, foggy, or groggy
concentration or memory problems

or

just does not "feel right"

Parents can also take an active approach to learn more about concussions.

Heads Up: Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion.

It features interviews with leading experts, interactive exercises, and compelling storytelling to help one recognize a concussion and know how to respond if they think that their athlete might have a concussion.

http://www.cdc.gov/concussion/HeadsUp/online_training.html

Volunteering "You want ME to coach a youth sports team?!"

If you're feeling intimidated by the thought of coaching, relax, we aren't the pros. Our goal is for our young players is to develop a foundation based on support, encouragement, and skill development. Our Coaching Program is designed so players develop a positive image of themselves, their teammates, coaches, game officials and opponents. It is the goal that every volunteer coach be trained and certified. You can quickly learn the fundamentals by talking to others, reading a coaching manual and attending all the coaches training sessions. Applying those techniques will ensure proper skill development and a satisfying experience for everyone. If more information is needed, please call (719) 385-5981.

PLUS... All Head Coaches will receive a coupon for 50% off a future registration for a youth sports team. Coupon is valid for one calendar year from the time of issue.

Does Sports ever cancel games?

Games will not be canceled due to wind, cold or damp conditions. Dress appropriately. When in doubt... report to the field. If weather conditions do require cancellations, PR&CS will publicize weekday cancellations by 3:30 p.m. on

- call (719) 385-5981; select 5
- Facebook @ Colorado Springs Sports Office
- Twitter @ CSSportsOffice

Cancellations after 3:30 p.m. will be made at the site by the coaches and officials.

Who schedules pictures, trophies and end-of-season parties?

We recommend parents helping the coach plan those season extras like providing game refreshments and helping with scheduling pictures, trophies and/or after season parties. All team costs are the sole responsibility of the parents. Recreation Services does not endorse any photographer or business.

Note: It is a good idea to plan ahead for parties and banquets, as many places require reservations one to two months in advance.

EXPLORE

Parks, Recreation & Cultural Services

Administration & Reservations

(719) 385-5940

Adult & Youth Sports

(719) 385-5981

City Auditorium

(719) 385-5969

Colorado Springs

Pioneer's Museum

(719) 385-5990

Deerfield Hills Community Center

(719) 385-5996

Garden of the Gods

Visitor & Nature Center

(719) 634-6666

Hillside Community Center

(719) 385-7900

Meadows Park Community Center

(719) 385-7940

Rock Ledge Ranch

(719) 578-6777

Sertich Ice Center

(719) 385-5983

Starsmore Visitor & Nature Center

(719) 385-6086

Therapeutic Recreation Program

(719) 385-6958

Volunteering

(719) 385-6532