

LWYA BULLFROGS STANDING RULES AND PARENT MANUAL



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WHY SPORTS

One of my friends asked "Why do you pay so much money and spend so much time running around for your kids to do sports?" Well I have a confession to make: I don't pay for my kids' sport lessons. Or their equipment. Or their uniform.

So, if I am not paying for sports, what am I paying for?

- · I pay for those moments when my kids become so tired they feels like guitting but doesn't.
- I pay for the opportunity that my kids can have and will have to make life-long friendships.
- I pay for the chance that they may have amazing coaches that will teach her that sports is not just about certain techniques and skills, but it's about life.
- I pay for my kids to learn to be disciplined.
- I pay for my kids to learn to take care of their body.
- I pay for my kids to learn to work with others and to be a proud, supportive, kind, and respectful team member.
- I pay for my kids to learn to deal with disappointment, when they don't get that win they hoped for, or made a mistake during a game on a skill they have practiced a thousand times, but still get up and are determined to do their BEST next time.
- I pay for my kids to learn to make and accomplish goals.
- I pay for my kids to learn that it takes hours and hours and hours and hours of hard work and practice to create a champion, and that success does not happen overnight.
- I pay so that my kids can be in the gym or on the field instead of in front of a screen.

I could go on but, to be short, I don't pay for sports, I pay for the opportunities that sports provide my kids to develop attributes that will serve them well throughout their life and give them the opportunity to bless the lives of others. From what I have seen for many, many years, I think it is a great investment!

-Paraphrased from an Author Unknown







WWW.LWYASPORTS.ORG



Dear Parent(s) and Legal Guardian(s),

Welcome to the Lake Worth Bullfrogs Youth Association. We are so excited you've joined the Bullfrog Nation! The Bullfrogs strive to make our programs a fun, rewarding, and positive experience for each of our athletes. We truly care about developing our athletes past sportsmanship by instilling leadership values, a teamwork mentality, problem-solving skills, self-confidence, and character. We truly believe that it takes a village to teach children and help them build a solid foundation that will carry them through the rest of their lives.

We are a 100% volunteer 501(c)(3) organization who rely on the generosity of our volunteers who give their time to the kids in our community, established in 1977. All donations and sponsorship money goes directly to our kids. We offer the following youth sports programs for ages 4 to 12 years old- Baseball and Softball (Spring and

Fall), Football (Fall), Basketball (Winter), Cheerleading (Fall). Child safety is our number one priority. All coaches, team parents, and board members undergo annual background checks. Coaches are also required to take concussion, sudden cardiac arrest, and bullying knowledge-based training through the National Alliance of Youth Sports.

We believe that sportsmanship is an understanding of and commitment to fair play, ethical behavior, integrity, respect of officials and coaches, and general goodwill toward an opponent. It is an declaration that an athlete is disciplined enough to have perspective, maintain self-control, and do what is best for his or her teammates. Parents, coaches, and team leaders are an essential part of maintaining group sportsmanship and composure.

Sincerely,

The Lake Worth Youth Association Executive Board of Directors

LWYA Bullfrogs Mission Statement:

The Lake Worth Youth Association's purpose is to create and maintain athletic programs based on the ideas of good sportsmanship, honesty. Loyalty and courage taught through organized activities for the youth of our community.

LWYA Bullfrogs Vision Statement:

We would like to create an inviting, family-like atmosphere where parents and players feel at home when they are with the LWYA Bullfrogs organization. Our goal is to create other programs past sports to help our Bullfrog families like tutoring and parents' night out while providing a safe, supportive, and friendly atmosphere for children to play recreational sports.



BOARD OF DIRECTORS

OUR TEAM



Crystal Cantu President



Cortney Dixon Vice President



Michele Smiser Secretary



Khris Bunkley Interim Treasurer



Wendi West Interim Public **Relations Director**



OPEN Baseball Commissioner



Vincent Jordan Basketball Commissioner



Chris Anderson Assistant Basketball Commissioner

OPEN POSITION



April White Cheerleading Commissioner



OPEN **Assistant Cheer** Commissioner



Steve Flores Football Commissioner



OPEN Assistant Football Commissioner



Robert West Softhall Commissioner



Alicia Casey **Fundraising** Director



Amber Flores Events Director



James Smiser Concessions & **Gate Director**



Jose Padilla Social Media Director



OPEN Volunteer Director

STANDING TOGETHER TODAY TO HELP BUILD TOMORROW'S FUTURE!



RULES AND EXPECTATIONS FOR COACHES

Many people who get into coaching youth sports do so because they want to make a difference in young lives. Coaches have an important role in developing character and encouraging discipline in children. Communication is key to being a successful coach. Open and clear communication will help in almost all personal and professional relationships, and the coach-parent relationship is no exception. Once rosters are finalized, your commissioner will give you access to your parents' contact information through the Team Sideline app or website. Before your practices or season begins you are required to hold a parent meeting to go over your expectations for your team. These expectations include, but are not limited to, behavior, what sportsmanship means, calendar of events, practice times, 24-hour contact rule for concerns or complaints, no texting or calling after 9pm (times will depend on what each coach is comfortable with, but a boundary should be set so you are not burning yourself out), disciplinary actions, and let them know that coaches are required to send out a weekly text or email through Team Sideline to your parents with information for the week. Explain the basic rules of the game and the rarity of injuries. Please let them know you are required to keep a first aid kit on hand at any Lake Worth Bullfrogs Youth **Association event.** Most importantly, take this opportunity to explain your coaching philosophy, emphasize your intentions to give every player a fair shot, and your rules during practices or games (attendance, uniform, jewelry, behavior, etc). Please be sure to also explain your rules regarding parental involvement. This might include asking parents not to shout directions to their child during the game. Let them know that if they have a suggestion or notice a problem, they are free to come up in private to discuss it with you. Confrontations between coaches and parents in front of the Bullfrogs players are not allowed. Holding this meeting and touching on these specific topics should help you reach the goal of open communication and help parents better understand decisions you make at practices or on game days. You need to encourage positive behavior from the parents, so that they can in turn encourage the players. Express it by leading by example. Stay positive and express that you're excited to be coaching their kids. The parents meeting will not only give you a sense of what kinds of parents you're dealing with, but it will give you a chance to establish a good relationship with parents. The best way to do this is to make sure to open the floor for parents' questions and concerns. This will reiterate to them that you care, even if you disagree with them.

As a coach, no matter the age and/or skill level, you cannot be their friend. You should be friendly, but as the coach, you belong on a higher level in the social order of things, so you need to act that way. If not, your team will see you as an equal and will not follow your directions. Under no circumstances should you be talking negatively about the organization. If you have an issue then you need to bring it to the Commissioner's attention and if goes unresolved then you should take your issue to the Executive Board of Directors. You need to be firm with you players and parents about who is the boss. You also need to be very clear from the beginning about the rules and the consequences for breaking them. Example: sit out for 3 minutes, do ten push-ups and ten sit-ups, run



a lap, or whatever is age appropriate. Consistency is the key. If you don't follow through with the consequences, you are sending an unclear message about what is and is not okay. You are also sending the message that it's okay to ignore the rules. Be prepared for sulking, crying, foot stamping and so forth, but don't tolerate it. Calmly remind them of the rules for behavior and leave it at that.

Remember, these are children who can only handle so much instruction time being still and listening; one minute per year old they are at most, or you will lose their attention so keep it clear and concise. You can work longer with them when they are physically participating, but since they are young, they are only so strong and coordinated. Create a special call, chant, or whistle so that they know it is time to focus on the coach. Watch their faces closely when they are working. You don't want meltdowns and you don't want a child to go home hating the sport then giving up. With some younger kids, you may need to physically show them what you are wanting them to do until they get it on their own. You want each kid to have fun and be successful, so don't set them up for failure by not explaining things in an age-appropriate way then leaving them to think it's their fault they aren't getting it. If you find yourself in that position, please let the child know that they can always ask questions for clarity. Not every child learns the same way so you might have to find another way to explain a concept so that all the children on your team understand what is going on. Please also watch out for a need to constantly correct them. Children can only take in so much information at one time so quickly giving them a list of things that need to be fixed can be overwhelming. Please only give them one or two things to correct, and follow up with something they are good at, even if it's, "I love your enthusiasm", "You're such a hard worker!", "You are so tough!", or "You are so kind!". Also, please be aware that kids tend to take criticism very personally. You can plant a seed for learning to take criticism more confidently with this story: "If your shirt was on inside out and I told you about your mistake so you could fix it, would that make you mad? Would it make you cry? Probably not, you might be happy I told you so you could fix it! So, if I or another coach gives you advice on how to correct a mistake you're making, please don't take constructive criticism personally or that you're doing a bad job. We want to be able to listen to others correction and learn from it."

Dealing with parents can be tough because we all have different personalities. If a parent confronts you and is angry about your coaching style, kindly remind them about the 24 Hour No Contact Rule then ask them to meet with you the next day or the Monday following the game. This will allow for a cool down period. Don't let your emotions get to you when dealing with an angry parent. Let the parent vent at this meeting and listen to them without arguing. If the parent is still aggravated, then let them know you will consider their suggestions and do your best to incorporate them. If you can learn from these complaints, you can help avoid future incidents. Please remember that at the end of the day the child's best interest is most important.

If you need any additional support to successfully coach your team, please reach out to your commissioner. If needed, they will bring your concerns to the Board of Directors for additional help.

As a coach, you may not represent the Lake Worth Bullfrogs Youth Association in any business matters whatsoever. If you would like to partner with a local business or arrange to



members to do so. Our Public Relations Director is responsible for approving all official flyers (paper or digital) and our Fundraising Director is responsible for scheduling all fundraising efforts for the association. If either one of these positions are vacant, another designated Board Member will be working with you. Your commissioner will be able to let you know who to reach out to. All coaches are required to keep a budget of funds raised, donations, and funds spent for the season. All money collected in the Lake Worth Youth Association name must be reported and turned in to the commissioner for proper documentation for the IRS.

Planning Practice: Always come prepared with a written plan. Each sport has their own playlist on YouTube for suggested warm-ups, drills, and conditioning. Please get with your program commissioner for access to these videos. Teach the fundamentals about your sport- How is the game played? What skills are important? What are the different positions and their responsibilities on the team? Always end the practice with a team meeting and a hands-in call out. Great things to go over during your meeting are- Did they learn anything new today? Did they do well with something? What is something you need to work on? Don't let them run out on you at the end. You and your team are required to clean up your area so please make sure you are holding them responsible for it.

Practice is extremely important! Please understand that if a child(ren) is unable to make practice they will fall behind and ultimately hurt the team. We have a "No practice, no play" rule to be set by each program Commissioner. The child(ren) must arrive to practice ready to practice. They must come in workout clothes, with tennis shoes or cleats as designated by the coach – no sandals or flip flops allowed. Hair must be out of eyes. No soda is allowed. This is primarily because the carbonation makes little stomachs upset. Water or sports drinks only. Children must use the restroom prior to arrival, coaches do not have time to take a 10-child potty break. Children need to be on time and ready to practice.

Heat index rule:

If the heat index is below 104 degrees according to the WeatherBug app:

- Practice sessions will proceed as usual with full pads and no restrictions.
- If the heat index reaches 104 degrees or higher according to the WeatherBug app:
 - Head coaches have the discretion to determine whether to hold practice or not.
 - In such cases, it is crucial to prioritize player safety and increase the frequency of water breaks.
 - Parents are entitled to make an individual decision regarding their child's attendance at practice, but they must communicate if their child will be missing practice due to heat prior to the start of practice to the coach directly.
 - If a parent chooses not to bring their child to practice on such days, the child will be exempt from worrying about losing playing time in the upcoming games due to their absence.



 It's important to note that this exemption applied specifically to practices affected by extreme heat and does not grant the ability to miss practice at other times without consequences.

Please remember that player safety remains our utmost concern, and any decisions made during hot days will be made with the well-being of the athletes in mind.

Thank you!! It truly takes a village to raise kids and we are excited to have you apart of the Bullfrog Nation. The world is raising up the next generation and they need you as mentors! Coaching is a powerful way to impact and to shape the future of our community. Coaching connects you to others, can help reduce stress by increasing your happiness hormones, it gives the coach a sense of purpose, and sets an example to the children to get involved in volunteering. We sincerely appreciate your willingness to coach and positively influence these children.



LWYA BULLFROGS GENERAL CODE OF CONDUCT

LWYA Bullfrogs General Conduct

- The Executive Board of Directors may adopt, change, amend, and/or delete the organization's standing rules at its discretion and as it deems necessary in carrying out the mission and vision of this organization by vote in accordance with the bylaws with notification to the members.
- The Board of Directors has the right to interpret and/or discipline a player, parent/guardian of a player, a spectator, a coach, or any member of the organization, by paid participation or by association, as it deems appropriate and reasonable for violations of its Rules and By-Laws including but not limited to probation, suspension, or dismissal. All decisions made by the Board of Directors in this regard are final and shall be documented and communicated to the party upon effect.
- No coach, player, parent, legal guardian, official, or regular member may represent the
 Lake Worth Bullfrogs Youth Association in any business matters whatsoever. If you
 would like to partner with a local business or arrange to pass out flyers or schedule
 fundraisers, you will need to collaborate with the proper board members to do so.
- Our goal is to create a positive, family-like atmosphere for our players and parents.
 Under no circumstances should you be talking negatively about the organization. If you have an issue then you need to bring it to the head coach, if the head coach does not resolve the issue then your next level of communication should be to reach out to the Commissioner. Then if the issue still goes unresolved, you should take your issue to the Executive Board of Directors. The organization cannot fix issues that it is not informed of.
- All coaches, players, parents and spectators are expected to behave in a sportsmanlike manner.
 - Sportsmanship is an understanding of and commitment to fair play, ethical behavior, integrity, respect of officials and coaches, and general goodwill toward an opponent. It is an declaration that an athlete is disciplined enough to have perspective, maintain self-control, and do what is best for his or her teammates. Parents, coaches, and team leaders are an essential part of maintaining group sportsmanship and composure.
 - **FOLLOW THE GOLDEN RULE Always treat others (coaches, parents, officials, and players) the same way that you would want you and your child to be treated.
- Any violations of the rules of conduct may result in being removed from the game and/or park grounds up to and including dismissal.
- Anyone removed from any practices or games will be subject to discipline.
- Every Coach, Board Member, Concession Stand Worker, Scorekeeper, etc. is a volunteer. They are spending their time dedicated to these youth programs to help the kids. Both players and parents should treat them with courtesy and respect at all times.



All funds raised on behalf of the Lake Worth Bullfrogs Youth Association or any LWYA
Bullfrogs team must go through the Fundraiser Director and Executive Board Members for a
501c3 donation receipt for tax purposes. The Lake Worth Youth Association Inc. is not
responsible to claim any funds in our financials that are raised which go unreported to the
Executive Board.

Representing the LWYA Bullfrogs Organization

- When you're in an LWYA Bullfrogs uniform or fan apparel, your behavior should be exemplary!
- Your behavior reflects on this organization.
- You represent the LWYA Bullfrogs and we are proud of this organization. You should be as well.
- Participants should behave well even when at school or out in public at any time because you still represent athletes of youth sports and you should be proud of that.
- Not following the LWYA Bullfrogs code of conduct will result in disciplinary action which CAN result in probation, suspension, or dismissal of a participant, coach, volunteer, or board member.

LWYA Bullfrogs Prohibited Behaviors

The LWYA Bullfrogs recognizes that the conduct of its members reflects not only on the individual, but also on the entire program. The following are prohibited:

- General Misconduct.
- Being Disruptive.
- Inciting and/or engaging in unsportsmanlike conduct.
- Abusive or profane language.
 - First Violation: A Verbal Warning
 - Second Violation: One game suspension. Participants must come to the game dressed in their uniform and sit on the bench to support their team.
 - o Third Violation: Removed from program.
- Any participant or parent using profanity or obscene gestures TOWARDS any member of LWYA Bullfrogs will be disciplined as follows:
 - o First Violation: 2 Game suspension.
 - Second Violation: Removal from the program.
- Fighting.
- Bullying of any kind towards teammates, other participants, coaches, volunteers, or officials.
- Tobacco, alcohol consumption or illegal drug use at any LWYA Bullfrogs events, practices, games, or meetings.



- Explicit public display of affection at any LWYA Bullfrogs events, practices, games, or meetings.
- Behavior that is determined to be a detriment to this organization or its vision at any LWYA Bullfrogs events, practices, games, or meetings.
- Making negative or profane comments and/or gestures from the stands or sidelines that may be seen or heard by children, adults, coaches, officials, or opposing teams.
- Making negative or profane comments and/or posts on social media sites that could be considered a determent to the organization.
- Coaching a participant from the sidelines or stands when not a member of the coaching staff.
- Any other activity deemed by a LWYA Bullfrogs Coach, Commissioner, or Board of Directors Member to be detrimental to themselves or others.

Volunteers

All Board Members, Coaches, Team Parents, and Volunteers will be required to register as such on our website at www.LWYAsports.org, submit a copy of their State Approved ID, and pay a yearly \$3 fee for a criminal background check that can be added to your LWYA account.

- We encourage all parents to volunteer as their time allows to help make the programs great for our kids.
- Background checks shall be conducted by LWYA on all coaches, assistant coaches, team
 parents, commissioners, officials, board members, & anyone who wishes to volunteer their
 time to help in our programs.
 - No person convicted of a felony, a sex crime requiring reporting as a sex offender, or a crime against a child shall be allowed to be in continuous contact with participants in an official capacity.
 - No person currently on parole and/or probation and/or convicted within the past two years for any assaultive or alcohol related crime or any crime above a class "C" misdemeanor shall be allowed to be in continuous contact with players in an official capacity.
- The LWYA Bullfrogs organization reserves the right to allow or disallow continuous contact with players in an official capacity to any person(s) requesting to volunteer.
- Any minor who is in continuous contact with players in an official capacity must be continuously supervised by an LWYA Bullfrogs approved adult.



PARENT AND LEGAL GUARDIAN CODE OF CONDUCT

- Practice makes your player better at their sport. Parents will notify coaches at least 2 hours before scheduled practice if they will be absent.
 - We have a "No practice, no play" rule to be set by each program Commissioner.
 This is not to hurt anyone but rather to teach them the importance of belonging to a team.
- Parents will notify coaches 24 hours before a scheduled game that the participant will be absent to allow the coach to arrange other plans.
- Parents will reach out to the participants coaches first if there are any problems on the team. If the coach is not aware of a problem, then the coach cannot help to solve the problem.
 - We ask that you do not disrupt practice to talk to a coach for safety reasons.
 - o Please approach the coaches either before or after any practice or game.
 - All Coaches are required to communicate all problems to the program's Commissioner who will then escalate it to the Executive Board of Directors when necessary.
- Be a positive spectator and supportive parent
 - Encourage all players on the team.
 - Children can only take in so much information at one time so quickly giving them a list of things that need to be fixed can be overwhelming. Please only give them one or two things to correct, and follow up with something they are good at, even if it's, "I love your enthusiasm", "You're such a hard worker!", "You are so tough!", or "You are so kind!". Also, please be aware that kids tend to take criticism very personally. You can plant a seed for learning to take criticism more confidently with this story: "If your shirt was on inside out and I told you about your mistake so you could fix it, would that make you mad? Would it make you cry? Probably not, you might be happy I told you so you could fix it! So, if I or another coach gives you advice on how to correct a mistake you're making, please don't take constructive criticism personally or that you're doing a bad job. We want to be able to listen to others correction and learn from it."
- Disciplinary Action of Players
 - Parents are to respect the Coach's decision regarding any disciplinary action of their participant.
 - A special meeting with the parent regarding disciplinary action of their participant is encouraged should the parent or parents disagree with said disciplinary action. This can be arranged outside of the field and/or practice with the Coach and program's Commissioner.
- 24 Hour No Contact Rule
 - We ask that everyone involved observe the 24-hour rule with respect to any disagreement.



- A Member is not to approach a Coach to discuss a practice, a game, a game incident, or a situation that occurred during a game or practice that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact.
- This allows BOTH parties to cool down and collect their thoughts rationally before anything is discussed.



24 HOUR NO CONTACT AND TEXTING RULES AGREEMENT

Parent or Legal Guardian's Name	agree that if I have a concern or complaint that I will wait until the		
	the Monday morning after a game to contact Coach. This will allow		
everyone time to cool down for resp	pectful discussions.		
·			
I,	_ also agree that I will not text the group or Coaches after 9pm out		
of respect to my fellow Bullfrogs.			
Diamenta Nama			
Player's Name:			
Parent/Legal Guardian Signature:			
Date:			
Phone Number:			
Filone Number.			
Email Address:			



ANTI-BULLYING AND SOCIAL MEDIA POLICY

The Lake Worth Bullfrogs Youth Association is committed to providing a physically and emotionally safe environment for all our participants so they can play sports in a secure atmosphere. Bullying/teasing of any kind is unacceptable on or off the field. This includes behavior during team related activities (e.g. practices and games) as well as interactions outside these activities. It also includes mean-spirited comments through texts and posts on social media. All athletes, parents, and coaches will be held accountable for their actions on and off the field and are responsible for reporting bullying to their head coach.

What is teasing and bullying?

Teasing and bullying are deliberately hurtful behaviors, where it is difficult for those being bullied to defend themselves. The three main types are physical (e.g. hitting, kicking, theft), verbal (e.g. name calling, intimidating, racists remarks) or indirect (e.g. spreading rumors, ignoring, excluding). Additionally, taunts or insults on social media are considered bullying.

Teasing/Bullying Procedures

This policy will be communicated to participants and parents upon registration, through social media, and via our website. The LWYA Bullfrogs will take all reports and concerns seriously and attempt to stop the behavior.

If teasing or bullying behavior occurs, it will be:

- Investigated by a member of the team's coaching staff.
- Addressed by the head coach with the participant.
- Communicated to the parent.
- Depending on severity, it may be reported to the Commissioner and the LWYA Bullfrogs Board of Directors.
- <u>Disciplinary actions will vary depending on the severity and frequency of the bullying incident(s)</u>. With approval of the LWYA Board of Directors, it may include removal from the association.



Social Media Policy

Parent/Guardian Name (Print)

Athletes, parents, and coaches are expected to follow the same rules for good behavior and respectful conduct online as offline. Athletes and coaches are representing the Lake Worth Youth Association Bullfrogs at all times. They should use good judgement when posting comments and images online. They should be particularly mindful with images that include Lake Worth Youth Association Bullfrogs apparel or uniforms. Misuse of social media can result in disciplinary action up to and including removal from the association.

Player: I accept responsibility for my words, actions, texts and social media posts including images. I acknowledge that all forms of bullying must be reported to my coach.

Player's Name (Print)

Player's Signature

Date

Parent/Guardian: I have read the Lake Worth Bullfrogs Youth Association Bullying & Social Media Policy. I understand that my child may be subject to disciplinary actions by the coaches and the league if they or myself are involved in bullying or the misuse of social media.

Parent/Guardian Signature

Date



OPTIONAL SPORTS PARENT PLEDGE





Keeping youth sports POSITIVE!



Headlines and news articles are filled with examples of youth sports gone wrong, from parents kicked out of games for unruly behavior to coaches tripping young athletes from opposing teams. These incidents are occurring every week nationwide and it is evident that many adults have lost focus on what youth sports is all about: learning about teamwork and perseverance; adopting a healthy, active lifestyle; and, most importantly, having fun and making friends. But you don't have to be lumped in with these individuals ruining youth sports.

In fact, you can help turn around these shocking behaviors that are becoming commonplace and representative of today's youth sports culture. Similar to how a drop of water ripples throughout a puddle, acts of positivity in youth sports can affect a team's environment and spread throughout the league - and even the whole community! It only needs one person to start. Will that person be you?

Take the Sports Parent Pledge I pledge to promote positivity in youth sports and act as a role model to my child, as well as other participants and sports parents I meet. I will serve as an advocate for good sportsmanship and to keep fun and learning at the center of the youth sports experience. I will try to improve upon my youth sports knowledge so that I can be an informative leader in the youth sports community. First Name* Last Name* League Name Lake Worth Youth Association, Inc. Parent Signature: Date: