



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Middle School Invitational

Giving teens a chance to get into the biggest game of all...
The game of life!

The YMCA Middle School Invitational was developed with several ideas in mind. The first was to create consistent inner middle school athletic competition in order to build a team atmosphere to build traits such as leadership, self-esteem, and teamwork. All these qualities fall right in line with the YMCA Core Character Values of Caring, Honesty, Respect and Responsibility. Along with character development we also encourage the student athlete to acquire a 2.0 grade point average. Under our YMCA philosophy, the YMCA Middle School Invitation will provide an environment necessary to develop the skills needed to reach the next level of organized sports, provide positive after school programming at at-risk times of day, and also provide a vehicle to develop our community leaders of tomorrow.

YMCA Mission Statement

"THE YMCA OF SAN DIEGO COUNTY IS DEDICATED TO IMPROVING THE QUALITY OF HUMAN LIFE AND TO HELPING ALL PEOPLE REALIZE THEIR FULLEST POTENTIAL AS CHILDREN OF GOD THROUGH THE DEVELOPMENT OF THE SPIRIT, MIND, AND BODY."

Our Purpose

We are for youth development, for healthy living and social responsibility. Our program is driven to inspire young minds and motivate them in the components of physical fitness, healthy competition and character development. We are bringing the fun back into healthy living.

Health and Fitness Facts

1. According to the American heart Association, children with increased physical activity are more alert, confident and focused at school and at home.
2. Rates of severe childhood obesity have tripled in the last 25 years, putting many children at risk for diabetes and heart disease.
3. 80% of children who are overweight at ages 10-15 are obese adults by age 25



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Character Development

Character Development at the YMCA is at the heart of everything we try to do. It is a key method for accomplishing our mission. Your role will be to instill four core values into everything you do:

- Caring
- Honesty
- Respect
- Responsibility

The combination of the Y-Winners Philosophy and Character Development Program serve as the blueprint by which all programs are based. It is vital that you come and advocate this mission with the intent to achieve our ultimate goal. The YMCA Core Character Values of Caring, Honesty, Respect and Responsibility will be taught and demonstrated by the coaches, staff and administrators. Along with character development, the YMCA encourages an academic component that all student athletes acquire a 2.0 grade point average throughout the season.

The YMCA MS INVITATIONAL will provide an environment necessary for student athletes to develop the skills needed to reach the next level of organized sports, provide positive after school programming, during at-risk times of the day, and be a vehicle for developing our community leaders of tomorrow.

Program Details

The YMCA Middle School Invitation acts as league commissioner. All schedules, games and field locations are organized and provided by the YMCA. Furthermore, the implementation and enforcement of the YMCA Code of Conduct will encourage the student athletes to compete within the rules while displaying sportsmanship.

Practices

- Teams will be asked to practice on their own time with their coaches in their own facility/ school.
- Practices will not be held at the Border View Family YMCA without a special request and approval through the Sports Director.



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Game Days

- Game days and times are set after school.
- All games are played during the school week (M-F) typically after 3:30pm.
- Primary game days are Mondays and Fridays (some variations may occur to accommodate school year calendar and unforeseen circumstances).
- Teams will participate in one game per week.

Schools invited to participate

| | |
|--------------------|----------------------|
| CASTLE PARK | OCEAN VIEW HILLS |
| CVLCC | SAN YSIDRO |
| MONTEGOMERY | SOUTHWEST |
| MAR VISTA | WILLOW |
| OUR LADY MT CARMEL | ST. PUIS X |
| OTAY CHRISTIAN | OCEAN VIEW CHRISTIAN |
| HILLTOP | CHULA VISTA |
| RANCHO DEL RAY | MIDDLE |
| JUNIOR HIGH | |

2014 Proposed Seasons and Dates

| | | |
|---------|------------------------------------|--------------------------|
| Fall: | Boys and Girls Arena Soccer | August 25– October 3 |
| Winter: | Boys Basketball & Girls Volleyball | December 12- February 20 |
| Spring: | Boys and Girls Field Soccer | April 14- May 28 |

Cost per team:

- Arena soccer, boys basketball, girls volleyball will be \$450 per team (two weeks prior to the season start date or later).
- Field Soccer: \$500 per team.

Team Entry Fee Includes:

- 6 games guarantee not including playoffs
- Game Administration
- Referees
- League Awards



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Uniforms:

- Uniforms are not included in the registration.
- Uniforms may be purchased at an additional cost from the YMCA.
- Teams without uniforms will be offered pennies for game play as needed.

Coaches:

- All teams are required to provide their own coaches and assistant coaches and must be present at all practices and games.
- Coaches and volunteers are expected to attend a pre-season coaches meeting with YMCA staff.

Contact Information:

Ray Wu, Sports Director (619) 428-9622 Ext. 105 or rwu@ymca.org

Border View Family YMCA



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THE Y: SPECTATOR'S CODE OF CONDUCT

1. Remember participants play organized sports for recreation and enjoyment.
2. Refrain from using profane language.
3. Do not harass any players, parents, coaches, officials and/or spectators.
4. Show respect for all opponents and applaud efforts of all.
5. Never ridicule or scold participants for making a mistake during a game or practice.
6. Violence in any form will not be tolerated.
7. Respect officials' decisions.
8. Encourage players to follow rules.

We expect all persons using these facilities to act in a manner consistent with the four core values of the YMCA which include Caring, Honesty, Respect and Responsibility. The above rules listed are not an all-inclusive list of behaviors considered inappropriate in our facilities or our programs.

**The Y: We are for youth development,
healthy living and social responsibility.**



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Code of Ethics

I hereby pledge to live up to my responsibilities as a YMCA Middle School Athletic League coach by following the YMCA PHILOSOPHY:

- I will place the emotional and physical well-being of my players ahead of any personal desire to win.
- I will do my best to provide a safe play situation for my players.
- I will recognize my position as an authority figure and role model and will therefore hold myself to a higher standard.
- I will lead by example in demonstrating fair play, sportsmanship, and the YMCA core character values of Caring, Honesty, Responsibility and Respect.
- I will address all officials, scorekeepers, YMCA staff and opposing coaches with respect.
- I will use the coaching techniques appropriate for each of the skills that I teach.
- I will only allow players to compete in games who are on the team roster and who have completed the necessary YMCA registration/release waver.
- I will only allow players to play in the correct age group unless some specific exception is made, in which case this must be communicated prior to the beginning of the game.

| | | |
|--------------|-------------------|-------|
| _____ | | _____ |
| School | Sport | |
| _____ | | _____ |
| Coaches Name | Coaches Signature | Date |