



Flag Football & Cheer

Dear Parents:

15 April 2019

The Child & Youth Services (CYS) Sports & Fitness staff welcomes you to the 2019 Summer Flag Football & Cheer Program. This letter will answer some general questions you may have about the program. Any further questions may be addressed to the Sports Program Director/Sports & Fitness Director. We encourage parents to become involved in our program by being a coach, team parent, or offering assistance to staff on game days.

Ages & eligibility: A child must be 5 yrs & no older than 14 yrs by **14 June 2019** in order to play.

Current sports physical: Sports physicals with the doctor's medical stamp are good for 12 months and must be current through the end of the sport season, **26 JUL 2019**. Parent Central will accept a copy of the medical form you may have obtained for school, provided it has the required documentation on it & you sign, date & attach it to one of the *CYS Sports Physical forms*.

Placement Requests & Practice Day/Time Request: For flag football & cheer placement requests, please stop by the *CYS Sports office* and let us know if you prefer Monday/Wednesday or Tuesday/Thursday practice. Upon your request, every attempt will be made to place your child on the day or time requested. **We will do our best to accommodate but cannot make guarantees.**

Parent Meeting = Friday, 31 May 2019
SPORTS GYM, 12TH & BITAR, JBLM LEWIS
FFB 5-9 yrs = 5:00pm
FFB 10-14 yrs = 6:00pm
CHEER 5-15 yrs = 6:00pm

This is the time you will meet your coach and discuss administrative issues such as practice times, dates etc...



PRACTICES

Your **COACH** will **DETERMINE THE PRACTICE TIMES**. The days and times are usually 2 times per week between 1700 and 1900. **IF THE PRACTICE TIME DOES NOT FIT INTO YOUR SCHEDULE, YOU WILL NEED TO WORK IT OUT WITHIN YOUR TEAM.** CYS Sports is limited to three hours per week including practices and games.

League Play: Games will be played during the week on Friday's beginning the week of **14 June 2019** and will continue through the week of **26 July 2019**. There will be **NO** games for the Independence Day Holiday Weekend.

Snacks: A list of acceptable snacks will be provided to your coach. Please adhere to the suggestions as we are trying to encourage healthy habits at a young age. Snacks should be nutritious in content. Please dispose of snacks in designated trash cans located near the bleachers.

Fees: Your registration fee is regulated by Department of the Army (DA). This fee covers medals, certificates and a team photo for all players posing in the photo. This fee also helps offset costs for field maintenance, labor and officials fees.

Pictures: The picture dates are June 17 - 20, 2019. Your team's specific date and time will be given to your coach approximately two weeks before that time frame so that you may plan for your picture day. Pictures will be outside on the fields at COWAN Stadium unless we have inclement weather, which will then require them to be taken at the Sports Zone or MWR Tent. That call will be made on picture day.

Volunteers: In order to coach or assist a team, a background check and a coach's certification training is **mandatory**. CYS Sports Coaching Vouchers are available for coaches and assistants, once the background checks are complete and cleared.

Please contact the CYS Sports Office, at 253-967-2405 if you are interested.

Sports Refunds: The sports activity fee is **NON-REFUNDABLE**, including **AFC/Deployment Funds**, unless a doctor's note is received stating why the child can no longer participate in the sport.

Uniforms: Uniforms must be turned into your coach by the day of the last game or your CYS account will be charged \$25 for jersey, skirts or pom-poms. If we have a sponsor on the back of the jersey or shell top, your child will get to keep that item only. Cleats are highly recommended but are **not** required for FFB.

Appropriate Conduct: Parents and coaches are reminded that comments should be kept to a minimum and foul language will **NOT** be tolerated at the games. Adherence to the Parents Code of Ethics will be enforced. Incidents of inappropriate behavior will be reviewed and corrective action will be taken. Remember to role model Pursuing Victory with Honor - Character Counts both on and off the field.

The CYS Sports & Fitness team thank you in advance for your support.



CYNTHIA A. WILLIAMS-PATNOE
CYS Sports & Fitness Director



1. Our **CYS NFL Flag Football Program** is a true recreational league for any player whether a beginner or a more talented player. Our guidance is for our players to **learn the basics** of the game and to have **FUN!!** These rules are designed to allow all participants equal opportunity to have fun in modified forms of flag football which match the capabilities of the youth.
 2. Parents and coaches are **expected to render positive support** to all youth in the program, as well as to other coaches, officials, staff, and program volunteers. Your coaches will be giving you a Parents Code of Ethics that will need to be signed in order for your children to participate.
3. **Coach's & Parents** are also Teachers and role model good sportsmanship to our children. Please review your signed code of ethics.
- **Do NOT argue with the Officials, Sports Director, or Staff on Duty.** Questions, concerns, and suggestions can & will be handled later away from the children.
 - You may be asked to leave if disrespectful or unruly.
 - **Remember, that children are watching and that you are a "Role-Model"!**
 - The referee's decision is **final and not to be questioned.** **Parents are not authorized to approach an official before or after the game.** Please see your coach if you have any questions regarding officials and their calls. You may **write up your concern & email it to the Sports Director for follow-up.** Our email address can be found at the bottom of these rules.
 - **Unruly, unsportsmanlike behavior** will **NOT** be tolerated and you "may" be asked to leave.
 - **If a parent receives Ejection**, then **ONLY the Parent**, not the coach will be asked to leave the vicinity. You have 1 minute to leave, or a team forfeit will result. We do not want to punish the team or coach for inappropriate adult behavior. Please avoid this by remembering that this is a recreational league and that **no profanity or inappropriate behavior will be tolerated.**
 - **Should an official eject a coach, parent, or player**, the CYSS Staff will be responsible for ensuring the person is escorted off the field.
 - The official should return to the center of the field and remain a neutral party until the removal is completed.
 - We play in a "Recreation" league so please emphasis safety, sportsmanship, team play, and good attitudes.
 - Please help us to **provide a safe, positive, and fun environment** for our youth.

I. GAME RULES

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.

II. Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS)an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
Downs (1-2-3)	The offensive team has three attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official’s whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
Shovel Pass	A legal pitch attempted beyond the line of scrimmage.
Lateral	A backward or sideway toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language.

III. Uniforms & Equipment

8. The CYS Sports league provides each player with an official flag belt and NFL FLAG team jersey. Teams will use footballs provided by CYS Sports.
9. Players must wear shoes that are safe and secure to play in. Cleats are preferred. However, cleats with exposed metal are never allowed and must be removed.
10. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
11. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
12. Players’ jerseys must be tucked into shorts or pants if they hang below the belt line.
13. We recommend players wear shorts or pants that do not have pockets. **Flag belts**

cannot be the same color as shorts or pants.

IV. FIELDS

14. The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards.
15. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
16. Stepping on the boundary line is considered out of bounds

V. TEAM PLAY

17. Home teams wear dark color jerseys. Visiting teams wear light color jerseys.
18. Teams must consist of at least five players with a maximum of 10 players.
19. Teams must start games with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four.

VII. Timing & Overtime

20. Games are played on a 40 minute continuous clock with two 20 minute halves. Clock stops only for timeouts or injuries.
21. Halftime is one minute. (This time may need to be adjusted with the official according to game day circumstances.)
22. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
23. Each team has one 30-second timeout per half.
24. Officials can stop the clock at their discretion.
25. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
26. If the score is tied at the end of 40 minutes, the score will remain. **No overtime play will take place.**

VIII. Live Ball/Dead Balls

27. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
28. The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone.
 - b. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
29. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
30. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
31. Substitutions may be made on any dead ball.
32. Any official can whistle the play dead.
33. Play is ruled "dead" when the ball hits the ground. If the ball hits the ground as a result of a bad snap, the ball is then placed where:
 - a. The ball-carrier's flag is pulled.
 - b. The ball-carrier steps out of bounds.

- c. A touchdown, PAT or safety is scored.
- d. The ball-carrier's knee or arm hits the ground.
- e. The ball-carrier's flag falls out.
- f. The receiver catches the ball while in possession of one or no flag(s).
- g. The 7 second pass clock expires.
- h. Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball-carrier's feet were at the time of the fumble.

- 34. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage.
- 35. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

XI. Running

- 36. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball-carrier has the ball. Forward progress will be measured by the player's front foot.
- 37. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- 38. A "Center sneak" play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
- 39. Absolutely NO laterals of any kind.
- 40. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD). Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 41. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 42. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
- 43. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 44. No blocking or "screening" is allowed at any time.
- 45. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- 46. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

XII. Passing

- 47. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.

- b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
48. Shovel passes are allowed but must be received beyond the line of scrimmage.
49. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect. If the QB is standing in the end zone at the end of the 7-second clock, the play will be considered a safety and the ball will become the opposing team's ball.

XIII. Receiving

50. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
51. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
52. A player must have at least one foot in bounds when making a reception.
53. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
54. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
55. Interceptions are returnable but not on conversions after touchdowns.

XIV. Rushing the Passer

56. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
57. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
58. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
- a. A legal rush is:
 - b. Any rush from a point 7 yards from the defensive line of scrimmage.
 - c. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - d. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.
 - e. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.
 - f. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offside (5 yards from line of scrimmage and first down).
 - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).
 - g. Special circumstances:
 - i. Teams are not required to rush the quarterback with the seven second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
59. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.

60. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.**
61. A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball is placed where the quarterback’s feet are when flag is pulled. A safety is awarded if the sack takes place in the offensive team’s end zone.

XV. Flag Pulling

62. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
63. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
64. It is illegal to attempt to strip or pull the ball from the ball-carrier’s possession at any time.
65. If a player’s flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
66. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
67. Flag guarding is an attempt by the ball-carrier to obstruct the defender’s access to the flags by stiffarming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

PLEASE KEEP THE MOST CURRENT COPY OF THE RULES WITH YOU AT ALL TIMES FOR REFERENCE AND REMINDERS.

Any questions, concerns, problems, injuries, or positive suggestions please email the JBLM Sports & Fitness Director at cynthia.a.williams-patnoe.naf@mail.mil or call our JBLM sports office at **253-967-2405**. We are looking forward to a safe, fun, positive, and memorable season. Thank you for your participation!

Please be a “Volunteer” & Thank a VOLUNTEER!

Our Amazing CYS Sports STAFF: (253)-967-2405

Cynthia Williams-Patnoe: JBLM Sports & Fitness Director, cynthia.a.williams-patnoe.naf@mail.mil
 Todd Melton & Steven Wartella: Equipment & Facilities Assistants
 Sports Specialist: Chuck Williams, Nakia Pruitt, Aisha Vandessppool, Alex Diaz
 Fitness Specialists: Steva Brown, Justin Graham, Genia Stewart
 CYMS Tech: Gino McDuffy
 Website: www.JBLMMWR.com/CYS

Please see the Sports & Fitness Director or Sports Program Director for any questions, problems, concerns, or suggestions to improve our program.

Thank you.

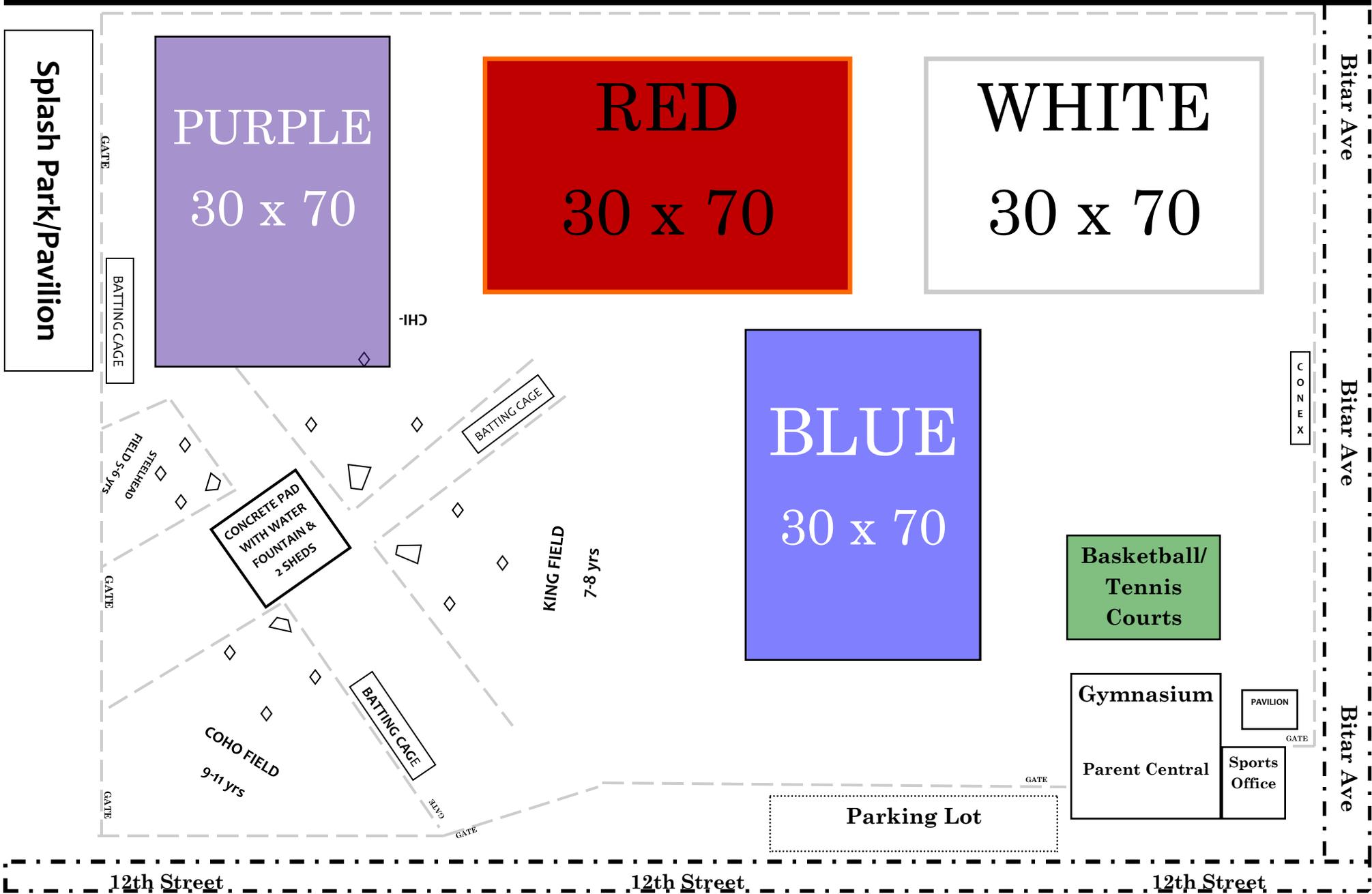
Cynthia Williams-Patnoe
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 CYS Sports & Fitness Director

CYS FLAG FOOTBALL FIELDS 2019

41st Division Drive

41st Division Drive

41st Division Drive



Splash Park/Pavilion

PURPLE
30 x 70

RED
30 x 70

WHITE
30 x 70

BLUE
30 x 70

CONCRETE PAD
WITH WATER
FOUNTAIN &
2 SHEDS

KING FIELD
7-8 yrs

COHO FIELD
9-11 yrs

Basketball/
Tennis
Courts

Gymnasium
Parent Central

Sports
Office

Parking Lot

12th Street

12th Street

12th Street

Bitar Ave

Bitar Ave

Bitar Ave

C O N E X

GATE

BATTLING CAGE

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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 pledge:

- 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.

Player Signature

Date

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

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
- Just not "feeling right" or is "feeling down"

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

JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

Healthy Snack Ideas

The key to healthy snacking is in providing a balance of food choices that the children can enjoy. Make it a point to read the Nutrition Facts Label that now appears on most processed or prepared food products. These labels provide useful information about serving size, total calories and calories from carbohydrates, protein and fat along with information on the other nutrients contained in the food. In addition to the nutrition facts label, food manufacturers are now required to list on the label, in descending order, the weight of all ingredients in a food product. Try to select snacks that do not have sugar, salt or oils listed as the prime ingredients.

Guideline and Suggestions for Healthy Snacks:

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables offer them in bite size portions. Some fruits and vegetables such as apples, pears and carrots can be cut up into sizes that children can easily manage. Try to prepare snacks in advance.
2. Select only juices that are 100% juice. All fruit drinks are now required to have a list of the ingredients on the label. Many products that advertise themselves as fruit juices contain no more than 10% juice. Avoid soft drinks.
3. Limit cookies, doughnuts, brownies and other baked goods. Instead serve bagels or rice cakes. Children also enjoy mixing several types of ready to eat cereals together for a snack.
4. Limit chips and other salty, high fat snacks. Instead, offer baked pretzels, air popped popcorn, dried fruit, dry cereal, granola and whole grain crackers.

Snack Ideas

Apple Chips/Baked Chips

Ritz/Wheat Thins

Fruit Juices

Whole grain crackers

Muffins

Bagels

Cheese Sticks

Dried Fruit

Rice Cakes

Fresh Fruit Slices

Trail Mix

Bread Sticks

Ready to eat cereal mix

Baked Pretzels

Real Fruit Roll-ups

Animal Crackers

Granola Bars

Cheese & Crackers

Raw Vegetables

Beef Jerky

Fruit Bars



Facts About Lightning

Safety Tips for the Mariner

Factsheet Vol. 1

May 16, 2001

MESMERIZING BUT DEADLY

Lightning kills more people in the United States in a year than tornadoes. Mariners are particularly at risk. Marine vessels are often the tallest objects in a large open space. Seeking the tallest objects, lightning has blown out the bottom of boats and caused millions of dollars in damage to navigational equipment.

WHAT IS LIGHTNING?

Lightning is the result of the buildup and discharge of electrical energy. The air in a lightning strike is heated to 50,000 degrees Fahrenheit. It is this rapid heating of the air that produces the shock wave that results in thunder.

A cloud-to-ground lightning strike begins as an invisible channel of electrically-charged air moving from the cloud toward the ground. When one channel nears an object on the ground, a powerful surge of electricity from the ground moves upward to the clouds and produces the visible lightning strike.

The danger of lightning poses a major threat to mariners. A direct lightning hit can damage or destroy vessels, overload navigational and other electronic systems, and electrocute crew and passengers.



Multiple cloud-to-ground lightning strikes during a nighttime thunderstorm

How Do You Know if You Are in Danger?

Lightning is a threat whenever:

- You see lightning or hear thunder
- You hear loud static on your AM radio
- You hear buzzing sounds on radio antennas
- Mastheads begin to glow

St. Elmo's Fire

The glow on a masthead produced by an extreme buildup of electrical charge is known as St. Elmo's Fire. Unprotected mariners should immediately move to shelter when this phenomena occurs. Lightning may strike the mast within five minutes after it begins to glow.

The principle lightning safety guide is the 30-30 rule. The first "30" represents 30 seconds. If the time between when you see the flash and hear the thunder is 30 seconds or less, the lightning is close enough to hit you. If you haven't already, seek shelter immediately.

The second "30" stands for 30 minutes. After the last flash of lightning, wait 30 minutes before leaving your shelter. More than one half of lightning deaths occur after a thunderstorm has passed.

How Close Is The Lightning And Is It Coming My Way?

You can tell how close you are to a lightning strike by counting the seconds between seeing the flash and hearing the thunder. For every five seconds you count, the lightning is one mile away. If you see a flash and instantly hear the thunder, the lightning strike is very close. Take shelter immediately.

A hand bearing compass can be used to determine if you are in the path of a storm. By observing the storm's ground flashes and using a series of bearings, you can plot the approach of a thunderstorm. If the bearing of the flashes doesn't change, the average storm is heading toward you. It is time to alter your course.

What To Do When Lightning Threatens?

Before Setting Out on the Water

Before setting out to sea know what conditions to expect. Listen to a NOAA Weather Radio for weather information and plan your trip accordingly. If severe weather is approaching or forecast, the best bet is to stay ashore.

When thunderstorms threaten, mariners should stay away from the water, get to shore if already underway, get out of their vessels and seek shelter immediately inside a sturdy, closed building, vehicle or below decks.

Even when conditions look good, mariners should still leave a float plan with a marina or someone ashore and make sure they have an escape route planned in case a thunderstorm cuts off the original course back to land. Conditions can change from good to bad very quickly.

Out on the Water

If a thunderstorm catches you while you are at sea, follow these safety guides:

- Keep away from metal objects not grounded to the vessel's protection system. Contact with them during a direct hit can cause electrocution.
- Stay out of the shower. The electrical charge often travels along and through plumbing.
- Wear a life jacket at all times. A victim struck by lightning can be rendered unconscious and fall overboard.
- Stay tuned to NOAA Weather Radio for the latest warnings, watches, advisories, and forecasts from the local National Weather Service office.

Remember...

Lighting occurs in all thunderstorms, preparedness can reduce the risk of lightning hazard.

For more striking facts about lightning check out the following Web site:

lightningsafety.noaa.gov



Parents' Code of Ethics



I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this PAYS 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 will refrain from their use at all youth sports events.

I will remember that the game is for youth - not for 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.

Parent Signature

Date

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