

# Youth Sports



JBLE - Langley AFB

## Orientation



# MISSION & PHILOSOPHY

The Air Force Child and Youth Programs mission is to assist DoD military and civilian personal in balancing the competing demands of the accomplishment of the DoD mission and family life by managing and delivering a system of quality, available, and affordable programs and services for eligible children and youth birth through 18 years of age.

The JBLE - Langley AFB Youth Sports program philosophy is to provide youth, a forum / opportunity to participate in a vast array of individual, team, and leisure sports in a creative, encouraging, fun, instructional, and safe environment for youth to develop physically, mentally, and socially. Our program follows the National Standards for Youth Sports and focuses on what is best for children in their growing and learning years. Through the implementation of these Standards, parents can feel confident that youth sports will be a positive character building experience.

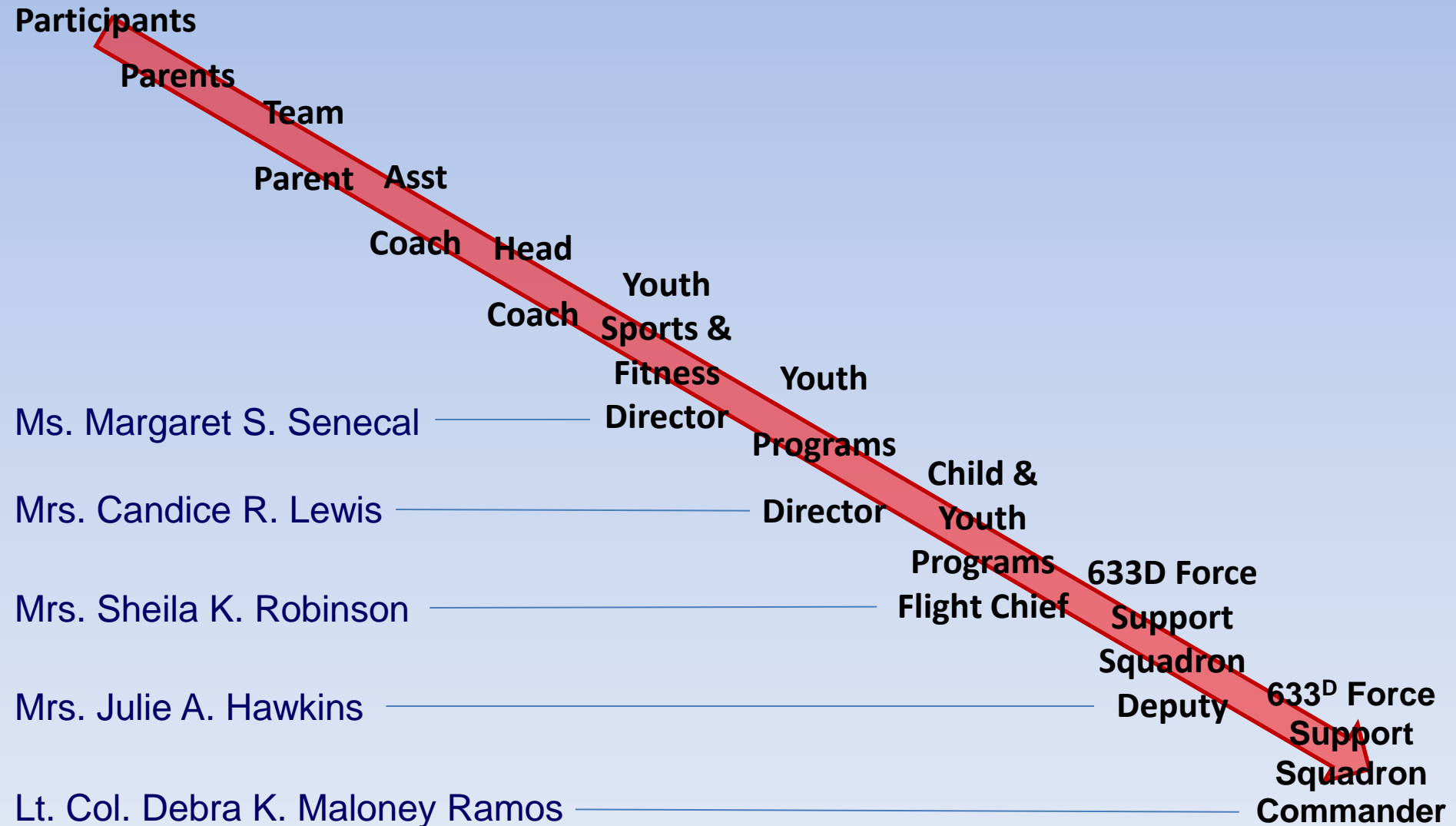


# NATIONAL STANDARDS FOR YOUTH SPORTS

- 1 QUALITY SPORTS ENVIRONMENT** - Programs are developed and organized to ensure and enhance the emotional, physical, social, and educational well-being of children.
- 2 SPORTS PARTICIPATION SHOULD BE FUN & A PORTION OF A CHILD'S LIFE** - Sports are only one portion of a child's life that must be balanced with other social and educational experiences and activities.
- 3 TRAINING & ACCOUNTABILITY** - Adults receive adequate training and are held accountable for their behavior.
- 4 SCREENING PROCESS** - Individuals with regular, repetitive access or contact with children complete a screening process.
- 5 PARENTS' COMMITMENT** - Parents take an active and positive role in their child's sports experiences.
- 6 SPORTSMANSHIP** - Everyone exhibits positive sportsmanship at all times.
- 7 SAFE PLAYING ENVIRONMENT** - Youth sports programs provide safe playing facilities / equipment, healthful playing situations, and proper first aid should the need arise.
- 8 EQUAL PLAY OPPORTUNITY** - Youth are given equal play opportunity regardless of race, creed, sex, economic status or ability.
- 9 DRUG, TOBACCO, ALCOHOL & PERFORMANCE ENHANCER-FREE ENVIRONMENT** - Facilities are drug, tobacco, alcohol and performance enhancer free.



# LEAGUE STRUCTURE





# VOLUNTEER OPPORTUNITIES

Our Youth Sports program is very minimally manned, and depends highly on volunteers to make it a successful program.

Positions available:

- ▶ Coach
- ▶ Assistant Coach
- ▶ Team Parent
- ▶ Field Maintenance
- ▶ Administration



If you are interested in volunteering, please complete a volunteer application and return it to Youth Programs. Volunteer applications can be found at:

<https://jbleforcesupport.com/s/JBLE-YS-Volunteer-Application-Forms-2022-11-04-Fillable-Combined.pdf>



# ELIGIBILITY & INCLUSION POLICY

The JBLE - Langley AFB Youth Sports program is open to immediate family members of active duty, reservist, retirees, and DoD / NAF civilian employees of all the armed forces / military branches of service with base access per AFI 34-101 *Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility* and AFI 34-144 *Child and Youth Programs*, regardless of race, creed, gender, economic status, or ability.

Youth must be at least five (5) years of age prior to participating in league sports. In addition, youth must be currently in grades kindergarten through twelve (12) to be eligible.

Eligibility for Youth Sports programs and / or certain age divisions may be extended to the non-military community on a space available basis when otherwise the activity would not be able to be offered.



# ACCOMMODATIONS

The AF goal of inclusion is to support the participation of children and youth, with and without disabilities, in Child and Youth Programs. Needs may include children/youth with or at risk of disabilities, chronic illnesses or physical, developmental, behavioral, or emotional conditions that require health and/or related services.

In order to serve each child and youth in the best way possible we must be well informed about their specific needs. Additional documentation, such as emergency action plans for medical or other health-related concerns, completed by a medical professional verifying individual requirements will be needed prior to acceptance into the Youth Sports Program.

Each situation will be assessed on a case-by-case basis and may require a meeting with you and the Child and Youth Programs' Inclusion Action Team, a multi-disciplinary group of professionals to include the Langley AFB Medical Advisor, which meets to assess reasonable accommodations for children/youth with identified developmental and/or medical requirements.

Once admitted into the program, a written plan of care may need to be developed jointly by medical, special education, and coaching staff. This plan will be on file and followed for each child and youth requiring additional support.

Feel free to speak to any Youth Programs' staff member if you have any questions.



# TEAM ASSIGNMENTS

The Youth Sports and Fitness Director (YS&FD) will randomly assign youth to teams based on their age and size. Prior to team assignments however, youth may be asked to attend a skill evaluation clinic. The purpose of these evaluations is to assess the skill level of participants in an attempt to better distribute talent equally to each team. These evaluations are extremely important, and each child needs to be present.

A coach who has a child in the program and / or siblings in the same age division will be assigned to the same team, unless requested otherwise.

Youth are encouraged to play in their assigned age division whenever possible. However, a parent may request their child move up to the next age division, if the child is within one year of that age division and it is in the child's best interest. The child's maturity, size, and skill level will be considered before placement into an older age division. It will not be based on convenience, as this could be detrimental to the child and the other children on the team. The child's past and present coach may be consulted before being moved up in age division. Should the child be moved up, the parent assumes all responsibility for the risks and will be required to sign a waiver. Only youth diagnosed with a Special Need requiring accommodations may be placed in a younger age division from their "true" age division. No other request (i.e. to be on a team with a specific coach or child for carpooling purposes) will be granted.

Coaches are not permitted to add players to teams, swap players with another coach, or cut players from teams. The YS&FD is the only one authorized to make roster changes.





# HEALTH AND NUTRITION

Understanding the benefit of developing and maintaining a healthy lifestyle is essential for youth to achieve overall fitness and success. Youth need to establish good habits to perform at their best.

Eating nutritionally balanced meals, getting plenty of rest and exercising is important in preventing illnesses and injuries.

Youth should bring their own water bottles and remember to drink plenty of water especially on hot and humid days.



The practice of rapid weight gain or loss (seen primarily in wrestling and football) solely for the purpose of participating in sports is banned in the JBLE - Langley AFB Youth Sports program.



# PHYSICAL AND SHOTS

A favorable medical clearance (sports physical) from a physician must be on file with the Youth Sports program office prior to a child participating in any Youth Sports activity.

Medical clearances are only good for one year from the date that they were performed by a physician, and must be current through the completion of the specific sport event or season in order for a youth to be allowed to participate.



Immunization records also must be on file with the Youth Sports program office prior to a child registering for any Youth Sports activity. Center for Disease Control recommended shots are required, including the most recent influenza vaccination.



# SUBSTANCE USE

Coaches, officials / referees, parents / spectators, and players must refrain from chewing / smoking tobacco products (including e-cigarettes), drinking alcoholic beverages, or using drugs of any kind while at any activity or function sponsored by the Youth Sports program. Any person found in violation of this rule will be asked to leave the premises immediately. Security Forces will be notified if necessary. The offender may be dismissed from the program and prohibited from attending any future Youth Sports events.

The use of performance enhancing drugs (i.e. steroids), blood doping, or other performance enhancing technique not approved by the International Association of Athletics Federations are strictly forbidden in the Youth Sports program.

Coaches, parents, and players are encouraged to talk about the importance of a tobacco, alcohol, and drug free environment. Discussions should be kept simple and informative with examples of their harmful physical, social, and mental effects on or off the court / field.



# SAFETY

To minimize injuries and ensure the highest level of safety for our youth, equipment and facility inspections are conducted on a regular basis. The equipment and facilities provided by the Youth Sports program are the only ones authorized to be used by a youth / team, unless otherwise approved by the YS&FD.

Coaches must take the time before each practice, game, or other event to ensure that the athletic facility and equipment are safe to use on a daily basis.

Safety though should be every ones concern, so do your part and be on the look out for obvious observable items such as: debris, holes, and ruts at the facility; or cracks, rips, and tears in equipment.

If there is a safety issue, try to alleviate the problem yourself. If the problem cannot be fixed on the spot, avoid the area by moving to another location or discontinue the use of the equipment. Notify the YS&FD of the problem as soon as possible.

Safety inspection checklists specific to each sport may be obtained from the YS&FD.



# INJURIES

In the event of an injury, play should be stopped and the injured youth tended to immediately. If the injury is minor, the appropriate first aid should be performed and the injury documented on an AF Form 1023, *Youth Flight Record of Injuries*. If the player is seriously injured, emergency medical services (EMS) assistance should be called at once. If you personally do not have a cell phone, the use of a bystander's cell phone is also acceptable. Otherwise, find the closest landline. Out at the baseball / soccer fields a telephone is located on the Youth Sports Complex concession stand / restroom facility exterior wall. While waiting for EMS to respond or as soon as possible thereafter, the coach should telephone the parent (if he / she is not present) of the injured youth, notify the Youth Programs staff of the accident, and complete an AF Form 1187 *Youth Flight Accident Report*. Coaches need to be sure to include the injured person's name, type of injury, severity of injury, who you relinquished care to, and if the parent was present and / or notified. Coaches should submit the AF Form 1187 to the YS&FD as quickly as possible, because the YS&FD must forward a report to the AF Services Agency (AFPC/SVP) within twenty-four (24) hours of the injury. These AF Forms are included in the *YS Information Package* or may be obtained online at <http://www.e-publishing.af.mil/>.

For outdoor sports, first aid kits can be obtained from any head coach (as one was issued to them along with the team equipment). For indoor sports, a first aid kit can be found at the facility front counter. Each kit contains the following basic first aid items: bandages, antibacterial soap, gauze pads, roll gauze, tape, tweezers, scissors, thermometer, latex gloves, and a cold pack.



Under no circumstances will any person associated with the Youth Sports program administer any type of medication to a youth. This includes all over the counter / non-prescription drugs (i.e. aspirin) or prescription medicine.

If a youth sports participant sustains an injury requiring medical attention, a new medical clearance will be required before that individual will be allowed to resume participation.



# WEATHER

Some events may be cancelled / postponed because of weather conditions which make participating unsafe. It is the coaches' responsibility to determine if practices should be cancelled / postponed. However, the YS&FD (or other YP staff member) will make the determination whether or not games will be cancelled or postponed. This determination normally is made by three o'clock (3 pm) for evening events or by five o'clock (5 pm) the night before for morning events. If you have not been informed an event is cancelled / postponed, then the event is as scheduled and will be held at the official's discretion.

If an event is suspended for lightning all individuals are to seek shelter in their vehicles. No one is to remain on the field, in dugouts, or on the bleachers. The event will not continue until at least thirty (30) minutes has elapsed after the last thunder heard or lightning seen. However, if an event is suspended while in progress due to a non-lightning weather condition; players, coaches, and spectators may seek shelter in a dugout, restroom, or car until conditions have improved or until the game has been officially cancelled.

When JBLE - Langley AFB is experiencing extreme temperatures (or heat index / wind chill equivalents), youth's exposure time outdoors must be reduced as follows: less than twenty-five degrees (25°) Fahrenheit – fifteen (15) minute restriction, twenty-five to thirty-one degrees (25-31°) Fahrenheit – thirty (30) minute restriction, thirty-two to ninety degrees (32-90°) Fahrenheit – no restriction, ninety-one to ninety-five degrees (91-95°) Fahrenheit – thirty (30) minute restriction, and greater than ninety-five degrees (95°) Fahrenheit – fifteen (15) minute restriction.

Youth should dress appropriately for whatever conditions exist. Light and loose-fitting clothing made of natural fibers, or a cotton blend are the best because they promote air circulation to the skin.



# **BYLAWS, GUIDELINES, REGULATIONS AND RULES**

Each sport and each age division has specific bylaws, guidelines, regulations, and / or rules which are too cumbersome to be included in their entirety. A copy of the current rules for your child's sport and age division may be obtained from your child's team coach or the YS&FD.

They are reviewed annually by all of the Youth Sports and Fitness Directors involved in that particular sport.

Parents should be aware that the Youth Sports program encourages the balancing of playtime for each participant and each sport has special rules governing the amount of time each child must play during games. As a general rule, each child is supposed to play a minimum of half the game in all sports.





# CONDUCT & DISCIPLINARY ACTIONS

JBLE Youth Sports expects youth participants, as well as coaches, officials / referees, and parents / spectators to abide by their perspective Code of Ethics and practice good sportsmanship.

Negative behavior will not be tolerated. Each person will be held accountable for his or her actions. Security Forces may be contacted for assistance.

Conduct problems may result in the suspension from future Youth Sports events.





# YOUTH/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 of 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 because it is important to me.
- ▶ I will do my very best in school.
- ▶ I will remember that sports is an opportunity to learn and have fun.



# PARENTS' /SPECTATORS' CODE OF ETHICS

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this 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 my 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 adults.
- ▶ I will do my very best to make youth sports fun for my child.
- ▶ I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- ▶ 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 read the National Standards For Youth Sports and do what I can to help all youth sports organizations implement and enforce them.



# COACHES' CODE OF ETHICS

I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA 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 will 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.



# OFFICIALS' CODE OF ETHICS

I will hereby pledge to live up to my certification as a NYSOA Official by following the NYSOA Officials' Code of Ethics:

- ▶ I will encourage good sportsmanship by demonstrating positive support of all players, coaches, fellow officials and league administrators at all times.
- ▶ I will ensure that I am knowledgeable of the rules of each sport I officiate and apply those rules fairly to all participants, teams and coaches.
- ▶ I will not allow personal friendships and associations to influence my decisions during a contest.
- ▶ I will refrain from the use of tobacco and alcohol products when in the youth sports environment.
- ▶ I will remember that youth sports is an opportunity for children to learn and have fun and I will place their safety above all else.



# AGE DIVISIONS\*

	<b>Baseball</b> <small>(as of 30 Apr)</small>	<b>Basketball</b> <small>(as of 1 Jan)</small>	<b>Cheerleading</b> <small>(as of 1 Jan)</small>	<b>Flag Football</b> <small>(as of 31 Jul)</small>	<b>Soccer</b> <small>(as of 31 May or 30 Nov)</small>
5	Tee Ball	5–7 yr olds	5–7 yr olds	5–7 yr olds	U7
6					
7	Machine Pitch	8–10 yr olds	8–10 yr olds	8–10 yr olds	U9
8					
9	Minor League	11–12 yr olds	11–12 yr olds	11–13 yr olds	U11
10					
11	Major League	13–15 yr olds	13–15 yr olds	14–16 yr olds	U13
12					
13	High School Prep	16–18 yr olds	16–18 yr olds	17–18 yr olds	U16
14					
15	College Prep	16–18 yr olds	16–18 yr olds	17–18 yr olds	U19
16					
17					
18					



\* Historically some age divisions have difficulties fielding teams and varies from season to season as to whether it can be offered.



# EQUIPMENT

The minimum equipment items your child will require and or will be given during her/his sport experience are listed below by sport.

**Baseball** – Needed: *glove, cleats, baseball pants, and athletic cup.*  
Included: *jersey and hat.*

**Basketball** – Needed: *shorts (without pockets) and sneakers (with non-marking soles).*  
Included: *jersey.*

**Cheerleading** – Needed: *bloomers and shorts (without pockets), and sneakers.*  
Included: *practice tee shirt and pompoms.*

**Flag Football** – Needed: *mouth guard, cleats, and shorts (without pockets).*  
Included: *jersey and flag belt.*



**Soccer** – Needed: *shin guards, cleats (without toe cleat), and shorts (without pockets).*  
Included: *jersey and socks.*



# FACILITIES

**Baseball Fields:** Located in the Lighter-Than-Air (LTA) section of main base.

*Tee Ball Field* – On Gray Ave across from housing units.

*Rookie, Minor, & Major Field* – On Clarke Ave to the far left of Baseball Complex bldg.

*High School & College Prep Field* – On Clarke Ave behind Baseball Complex bldg.

**Basketball Court:** Located near The Landing housing area off base.

On Big Bethel Road in Youth Programs gymnasium.



**Flag Football Field:** Located in the Lighter-Than-Air (LTA) section of main base.

At Emmonds Rd and Clarke Ave intersection towards housing.

**Soccer Fields:** Located in the Lighter-Than-Air (LTA) section of main base.

*U7 Fields* – At Emmonds Rd and Clarke Ave intersection towards housing.

*U9 & U11 Field* – At Emmonds Rd and Clarke Ave intersection towards flight line.

*U13, U16, & U19 Field* – On Clarke Ave behind Baseball Complex building.



# LOCAL PARTNERSHIPS

The JBLE - Langley AFB Youth Sports program has partnered with a number of local organizations to enhance and strengthen the programs we offer. They are:

**Baseball** – Fort Eustis Youth Sports, Aberdeen, and Denbigh Youth Baseball programs.

**Basketball** – Fort Eustis, Fort Story, NAB Little Creek, NAS Oceana, NS Norfolk, and NMC Portsmouth Youth Sports programs.

**Cheerleading** – Fort Eustis, Fort Story, NAB Little Creek, NAS Oceana, NS Norfolk, and NMC Portsmouth Youth Sports programs.

**Flag Football** – Fort Eustis Youth Sports program.



**Soccer** – Fort Eustis Youth Sports, Poquoson Parks & Recreation, and Gloucester Parks & Recreation programs.





# SCHEDULES

Each team typically has two (2) practices per week throughout the entire season. Game schedules are finalized about two (2) weeks before the start of the season. Each team normally has at minimum ten (10) games per season. Youth Sports events primarily are conducted on Saturdays, however it is not unusual for there to be a few weeknight games. Number of weeknight games will vary, especially if games have been cancelled / postponed earlier in the season.



Sport league seasons typically run:

	<b>Baseball</b>	<b>Basketball</b>	<b>Cheerleading</b>	<b>Flag Football</b>	<b>Soccer, Fall</b>	<b>Soccer, Spr</b>
Practices	Early April	Early Dec	Early Dec	Mid June	Mid August	Mid March
Games	Early May - Mid June	Early Jan - Mid March	Early Jan - Mid March	Mid July - Mid August	Mid Sep - Early Nov	Early April - Late May



# WINNING, SCORES, AND COMPETITION

Coaches and parents should de-emphasize winning as the primary goal. Youth can learn from both winning and losing if winning is placed in the proper perspective. Success cannot be defined by whether or not a team wins or loses. Coaches and parents should stress to youth that success is related to effort (doing the best they can do) and striving for improvement. Coaches must make sure that youth understand that losing a game or event is not a reflection on their own self-worth. For that reason, game scores and league standings will not be kept in the youngest age division of each sport. And in the older age divisions, each sport has some type of rule to minimize the score spread / difference. Running up the score by any team is prohibited in all sports.

The mission of the Air Force Youth Sports program is not to promote competition which league standings, tournaments, and all-star teams foster. So, the position of the JBLE - Langley AFB Youth Sports program is to embrace this mindset by not keeping league standing, hosting tournaments, or forming all-star teams in any age division or sport.



# CERTIFICATES AND / OR TROPHIES

Funding for trophies is on a season-by-season basis. Around mid-season coaches will be notified whether or not funding is available. Should funding not be available for trophies, Youth Sports will provide a Certificate of Participation for each child that finishes the sport season.

Participants who do not finish the season are not eligible for recognition unless their departure is related to a deployment, permanent change of station (PCS), remote tour, separation, extended temporary duty (TDY), or similar circumstance.

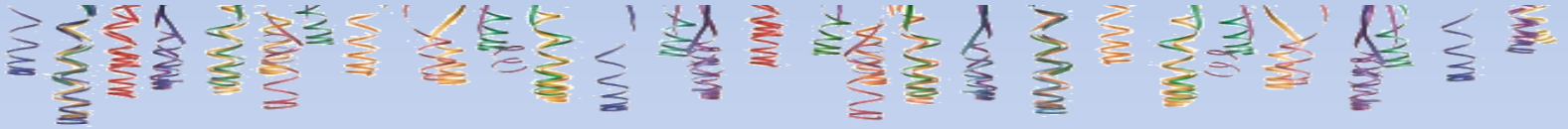


If awards end up the responsibility of each team, coaches and / or team parents should solicit the other parents' input as it will be at their expense. These awards must be participant in nature and individual awards for superior play (e.g., Best Player, Highest Scorer, Most Valuable Player, etc.) be presented to youth thirteen (13) years of age and older only.



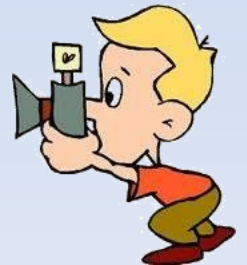
# PICTURES & END OF SEASON PARTY

Team photos and end of season parties are the responsibility of each team. Coaches and / or team parents should solicit other parents' input as it will be at their expense. Keep things simple and limited in price.



A list of local photographers who have shown an interest in performing that service may be obtained from the YS& FD.

Please do not ask for any recommendations. The government can not endorse any photographer / company over any of the others. The parents who have been in our program before may be of some assistance.





# INFORMATION

Information concerning the JBLE - Langley AFB Youth Sports program may be found at:



## **JBLE – Langley AFB Youth Programs**

Address: 2552 Big Bethel Rd, Bldg 1421, Langley AFB, VA 23665

Commercial: 757-225-2605 or 757-225-2606



## **JBLE – Langley AFB Youth Sports Facebook Page**

<https://www.facebook.com/JBLELangleyAFBYouthSports/>

## **JBLE – Langley AFB Force Support Sq Website – Youth Sports**

<http://jbleforcesupport.com/langley/youth-sports/>