

WINTER SPORTS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL YMCA

1717 The Alameda, San Jose, CA 95126

Winter Season 2012, Week 5

www.ymcasv.org/central

YOUTH SPORTS



YOUTH DEVELOPMENT

PEACEFUL CONFLICT RESOLUTION

Research shows that young people who resolve conflicts peacefully do better in school, have higher self-esteem, and are less likely to use alcohol and other substances. About 40 percent of young people, ages 11–18, say they seek to resolve conflicts nonviolently, according to Search Institute surveys. It's normal for anyone to feel mad every now and then, but learning to keep cool helps people express anger more effectively.

TIPS FOR BUILDING THIS ASSET

When you notice two young people arguing, ask them to stop and take a deep breath. Once they're calmer, ask them to think about why they are mad before they start talking. Being calm helps to focus on the problem at hand and not on attacking the other person. Suggest they talk about problems before the problems get too big. This can help keep everyone from blowing things out of proportion.

ALSO TRY THIS

In your home and family: Talk with your child about a conflict you had as a young person. Discuss how you handled the situation then and how you might approach it now.

In your neighborhood and community: Model peaceful conflict resolution in your own life. Remember, when you argue in public, whether it's in a grocery store or on a bus, there's a good chance young people are listening. What do you want them to hear?

In your school or youth program: When a conflict arises between two young people in your school or program, help them through the following steps: Have each person 1. State what he or she wants without blaming others; 2. Listen and try to understand each other; 3. Stay focused on the conflict at hand—don't bring up other conflicts; 4. Emphasize creative problem-solving and new solutions; and 5. Negotiate a win-win result.

OUR VOLUNTEER COACHES

We greatly appreciate our volunteer coaches for their dedication to our program and for all of their hard work!

Little Hoopster Division

Coach Johnny
Coach Bianca

5 and 6 Division

Celtics Coach Peter
Lakers Coach Chris
Bulls Coach Matthew

7 and 8 division

Lakers Coach Cedric
Celtics Coach Randy

9 and 10 division

Lakers Coach Archie
Warriors Coach Mike

Teen division

Warriors Coach Mike
Knicks Coach Jerome
Lakers Coach Archie
Celtics Coach Steve

QUESTIONS, COMMENTS, SUGGESTIONS?

Please feel free to contact me at any time about the program.

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MARCH MADNESS

CLINIC!

Sign-ups are currently underway for the March Madness Clinics. Three Saturdays full of drills and games.



FIVE WAYS TO AVOID SPORT INJURIES

Playing sports is a lot of fun. Getting hurt is not. Take these five steps to prevent injuries so you can stay in the game:

1. Wear protective gear, such as helmets, protective pads, and other gear.
2. Warm up and cool down.
3. Know the rules of the game.
4. Watch out for others.
5. Don't play when you're injured.



FUN FACTS

- In 1961, President John F. Kennedy founds Peace Corps, patterned after YMCA World Service which started in the 1880s.
- In 1969, YMCA youth soccer leagues are developed.
- In 1975, the national YMCA and the NBA Players Association create the Youth Basketball Association (YBA) to organize youth into recreational sports program that stress skills and teamwork.

COACH SPOTLIGHT

Randy Barnes

This is Randy's first season coaching basketball here at the YMCA. Randy is a long time member and is following in his father's, Archie Barnes, footsteps in volunteering as a coach. Randy has brought a real energetic personality to his seven and eight year old Spur's team. Randy's love and experience with basketball is a great asset for his players. The kids really respond to Randy's positive structure with learning the game. Not only does Randy coach here, but he is also a Health & Wellness Instructor for the Central YMCA.

HEALTHY KIDS DAY & SPRING FLING

On Friday, April 20th we will be holding our annual Spring Fling from 6:30- 8 PM here at the Central Y. Come join this fun, family event that will have games, arts & crafts, an obstacle course, and demonstrations of family exercise classes that are available at Central. This event is open to the public so all are welcome!



PRACTICE AND GAME SCHEDULES

Are available online at:

<http://www.ymcasv.org/pdfs/CNbasketballschedules.pdf>