

Alcohol, Drugs, or Tobacco Products

Irmo Chapin Recreation Commission policy states there will be ABSOLUTELY NO alcohol, drugs, or tobacco products on any ICRC or School District 5 properties at any time.

Awards/Trophies

It is the philosophy of Irmo Chapin Recreation Commission to not provide trophies to participants in our youth programs.

Photography

ICRC contracts with an outside company to take team and individual photos of all participants. This is a service that we accommodate. ICRC will not be held responsible for these services. We ask that all parents, coaches, and participants cooperate fully with photographers since many teams are backed by community sponsors who would love to have a team picture to hang in their business.

Pets

Pets are prohibited in the spectator area during games and practices. Lexington County Leash laws are enforced.

Contact Information

Crooked Creek Park (CCP) Athletics

Phone: 803-345-6181

Paul Atkerson, patkerson@icrc.net

In case of inclement weather

- Call the CCP Athletic Hotline @ 803-345-8118

Seven Oaks Park (SOP) Athletics

Phone: 803-772-3336

Brian Riddle, briddle@icrc.net

In case of inclement weather

- Call the SOP Athletic Hotline @ 803-772-3369



Tips for Excelling as a Youth Sports Parent

Put Athletics First and Winning Second

This perspective can help children achieve even more than they would if they were consumed with the idea of winning. An obsession with winning often produces a fear of failure, resulting in below-average performances and upset children.

Build Your Child's Self-Esteem

Building self-esteem in your child is one of your most important parenting duties. It's not easy and it's made even more difficult in sports by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. An athlete can be successful without winning. Success is a measure of an athlete's competency; winning reflects the outcome of a contest.

Emphasize Fun, Skill Development, & Striving to Win

The reason you should emphasize fun is quite simple: Without it, your child may not want to keep playing. Children don't have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win, and when they don't improve or learn new skills. Conversely, they do have fun when practices are well organized, they get to play in games, develop new skills, and the focus is on striving to win.

Help Your Child Set Performance Goals

Performance goals, which emphasize individual skill improvement, are much better than the goal of winning for two reasons:

- Performance goals are in the athlete's control.
- Performance goals help the athlete improve.

Performance goals should be specific and challenging, but not too difficult to achieve.

Talk With Your Child After a Poor Performance

Sometimes it's hard to know what to say to a child after a disappointing performance. When children know they did not play well, they don't want to hear, "You played great!" And when they have just lost a game they don't want to be told, "It's really not important." At that moment, it is important to them, and parents should respect their kids' feelings of disappointment. In short, praise generously and criticize sparingly, but don't be a phony.

Model Good Sportsmanship

It's especially critical that you model good sportsmanship for your child. It's crucial that you maintain a cool head and a healthy attitude towards sports if you expect your child to do the same. Here are ways to model appropriate attitudes and behaviors when you are at your child's games:

- Encourage all of the players.
- Control your emotions in frustrating situations.
- Abide by referees' or officials' decisions. Remember that most officials in youth sports are only teenagers.
- Congratulate opponents when they win.

2012 Human Kinetics, Inc., American Sport Education Program, *SportParent Survival Guide: How to Excel at Being a Youth Sport Parent.*

Youth Athletics Parents Manual



Values Kids Learn Through Sports

- Integrity ▪ Courage ▪ Respect ▪ Character ▪ Teamwork ▪ Responsibility
- Appreciation for an active lifestyle ▪ Fair play and sportsmanship
- Positive self-image ▪ How to handle success and disappointment



Youth Athletic Fees

General: \$65
Baseball (ages 9 and up): \$75
Soccer (ages 8 and up): \$75
Track: \$75
Tackle Football: \$75
Basketball (ages 9 and up): \$75
Lacrosse: \$75

Refund Policy

After registration fees have been paid and a child has received uniforms and/or begun games with his/her team, there will be no refunds given. All refunds are subject to a \$5 processing fee.

Player League Age Eligibility

Fall Sports Aging Date

September 1, 2020

4–5 Kickers Soccer
6–7 Bantam Soccer
8–9 Freshman Soccer
10–11 Sophomore Soccer
12–14 Junior Soccer
6–8 Flag Football
9–11 Flag Football
12–14 Flag Football
9–10 Tackle Football
11–12 Tackle Football
6–13 Cheerleading
10–14 Boys Lacrosse
10–14 Girls Lacrosse
7–14 Cross Country

Winter Sports Aging Date

January 1, 2021

5–6 Coed Basketball
7–8 Coed Basketball
9–10 Boys Basketball
9–11 Girls Basketball
11–12 Boys Basketball
12–14 Girls Basketball
13–14 Boys Basketball
15–18 Boys Basketball
7–18 Winter Golf Tour

Spring Sports Aging Date

May 1, 2021

4–5 Kickers Soccer
6–7 Bantam Soccer
8–9 Freshman Soccer
10–11 Sophomore Soccer
12–14 Junior Soccer
3–4 T Ball
5–6 Coaches Pitch
7–8 Machine Pitch
9–10 Baseball
11–12 Baseball
13–15 Baseball
16–18 Baseball
7–14 Track
7–8 Girls Softball
9–11 Girls Softball
12–14 Girls Softball
9–14 Girls Lacrosse
8–13 Boys Lacrosse

Summer Sports Aging Date

August 1, 2021

5–7 Coed Basketball (SOP)
8–10 Coed Basketball (SOP)
11–13 Coed Basketball (SOP)
9–11 Coed Basketball (CCP)
12–14 Coed Basketball (CCP)
15–18 Coed Basketball (CCP)

Uniforms, Draft, Playing & Equipment Requirements

Baseball

- **All ages:** A glove is required. **Ages 7–18:** A helmet is required. **Catchers:** A protective cup is required.
- All participants will receive socks, hat, and a jersey
- **Player Draft: Nine and up** participants will be evaluated and drafted onto teams by the coaches. **Eight and under** participants will be placed onto teams by gender and age.
- **Playing Requirements:** All participants present and eligible to play will play as follows: **4 T-ball:** Will be in the batting order and play in the field on defense. **5–6 Coach Pitch:** Will be in the batting order and play in the field on defense. **7–18 Baseball:** Will be in the batting order and play minimum of three complete innings on defense.

Basketball

- Gym shoes required.
- All participants will receive a t-shirt.
- **Player Draft: Nine and up** participants will be evaluated and drafted onto teams by the coaches. **Eight and under** participants will be placed onto teams by gender and age.
- **Playing Requirements: 5–6, 7–8 co-ed:** All participants present and eligible to play must play a minimum of ½ of each game. **Nine and up:** The 1st, 2nd, and 3rd quarters will be split into two, four minute periods. Every player present and otherwise eligible must play a minimum of four minutes in each of the first three quarters. The 4th quarter will be free substitution.

Cheerleading

- All participants will receive a top, shorts, and pom poms.
- Participants will be placed on squads by Athletic Staff.

Flag Football

- Mouthpiece required.
- All participants will receive a jersey and socks.
- **Player Draft: Nine and up** participants will be evaluated and drafted onto teams by the coaches. **Eight and under** participants will be placed onto teams by gender and age.
- **Playing Requirements:** All participants present and eligible to participate shall play half the game.

Football

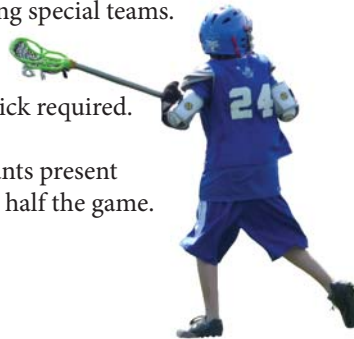
- Mouthpiece, helmet, shoulder pads, and pants with pads required.
- All participants will receive a jersey and socks.
- **Player Draft: Nine and up** participants will be evaluated and drafted onto teams by the coaches.
- **Playing Requirements:** All players must be weighed by the front desk staff *with their shoes off* at the time of registration. **Ages 9–10:** players weighing under 136 pounds will be eligible to play any offensive or defensive position; players above 136 pounds will be required to play on the offensive or defensive line. **Ages 11–12:** players weighing under 166 pounds will be eligible to play any offensive or defensive position; players above 166 pounds will be required to play on the offensive or defensive line. *Players may re-weigh until the last day of registration. After the third game week of the season, participants originally weighing in within five pounds of the weight limit will be re-weighed and classified accordingly for the remainder of the season (Ages 9–10 years originally weighing between 130–140 pounds, ages 11–12 years originally weighing between 160–170).*
- All participants present and eligible to participate shall play at least ten plays per game, not including special teams.

Boys Lacrosse

- Helmet, shoulder pads, glove, and stick required.
- All participants will receive a jersey.
- **Playing Requirements:** All participants present and eligible to play shall play at least half the game.

Girls Lacrosse

- Goggles and stick required.
- All participants will receive a jersey.
- **Playing Requirements:** All participants present and eligible to play shall play at least half the game.



Soccer

- Shin guards and cleats required.
- All participants will receive socks, shorts, and jersey.
- **Player Draft:** Participants ten and up will be evaluated and drafted on to teams by the coaches. All nine and under participants will be put on teams by gender and age.
- **Playing Requirements:** All participants present and eligible to play shall substitute halfway through the first and second halves so that all children play at least half the game.

Softball

- Helmet and glove required.
- All participants will receive socks, visor, and a jersey.
- **Player Draft:** Participants will be evaluated and drafted onto teams.
- **Playing Requirements:** All participants present and eligible to play will be in the batting order and also play a minimum of three complete innings on defense.

Track and Cross Country

- Running shoes required.
- All participants will receive a shirt.
- **Player Draft:** All participants will be a part of one squad.

Youth Sports Regulations

- **If a parent or player has an issue with a coach:** A Complaint/ Request to Re-enter the Draft must be filed with the Athletic Department at least 48 hours prior to draft day. Complaints will be reviewed by the Athletic Staff and if they are valid, the player will be placed back in the draft. If the coach receiving the complaint is not returning to the team, then the request to re-enter the draft will be denied. If a complaint has not been filed with the Athletic Staff, the player will not be allowed to re-enter the draft and will not be placed on a different team. *No player will be allowed to change teams during the season.*
- Names of players not attending evaluations will be placed in a hat and drawn out until all names have been placed on a team. The same procedure will be followed for anyone registering off the waiting list.
- After the draft, if your child has not heard from a coach within a 48-hour period, call the Athletic Departments (Seven Oaks Park 772-3336 or Crooked Creek Park 345-6181) to find out your child's coach and team.

- Players missing the prior season or quitting during the prior season will return to the same team unless otherwise requested by the coach or parent.

- Once a player has been placed on a team, he or she will remain on that team during the age eligibility for that league.

- Requests to move a child up in age groups are discouraged. If the child is within one year of an age group, a request can be made to move him/her up, with the exception of tackle football. **Request must be made to the Athletic Department 24 hours prior to all evaluations. No exceptions. Participants will not ever be allowed to play down.**



- Each player is expected to be at all practices and games scheduled by ICRC Athletic Staff. If a player cannot attend, it is his/her duty to contact the coach right away. Missing practice may result in disciplinary action, including loss of playing time. Parents are responsible for keeping their coach informed. Players should immediately notify their coach of an injury sustained in a practice or game.

- **Games will be played in the park at which you register.** In the event that CCP and SOP leagues have to be combined, games will be played in both Irmo and/or Chapin.

- **Player Disciplinary Action:** A player may be “benched” and not meet all playing requirements if the coach has very valid reasons (player missing too many practices, unsportsmanlike conduct, etc.) Disciplinary action must be approved through the Athletic Department 24 hours prior to a game. If a child is not getting their fair share of playing time, with regards to the minimum playing requirements outlined in this parents manual, please notify the Athletic Department immediately.

Coach Selection

ICRC makes every effort to make the best decision each season in its coach selection process.

Listed below are the criteria used in coach selection.

- During registration, staff asks all volunteers to indicate a willingness to serve as coach or assistant coach on their child's registration form and fill out a volunteer application.
- Coaches that do not have children in the league are asked to come in and fill out a volunteer application.
- All coaches are asked to attend a scheduled coaches meeting for each sport.
- All coaches must pass ICRC's background screening procedure.
- Returning coaches get first priority as long as they have followed all of our guidelines, rules, and conducted themselves in a manner that represents ICRC well. If there is not a returning coach to the team, potential coaches are evaluated by the following criteria:
 - a.) Prior positive coaching experience with ICRC.
 - b.) Staff assessment of skill knowledge, temperament to work with children and parents, attitude, dependability, and availability.
- If at any time you have a problem with a coach, please bring your concerns to the Athletic Staff's attention. Call Seven Oaks Park at 772-3336 or Crooked Creek Park at 345-6181.

Behavior

Any spectator, coach, parent, or participant who verbally or physically abuses park staff, gym/field supervisors, officials, scorekeepers, clock keepers, or other participants, coaches, or spectators shall be asked to leave the facility immediately. ICRC will not tolerate this at any age level or at any facility that is being used by ICRC. Failure to leave the facility immediately when asked to do so may result in said person being banned from all ICRC facilities for the remainder of the season.

