



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA of the Triangle Fundamental Principles of Youth Sports

### OVERVIEW

The YMCA's Mission is to put Christian Principles into practice through programs that build healthy spirit, mind and body for all. Our Mission guides us in all we do and compels us to embrace, reflect and celebrate the richness of diversity within each other and our community. We invite, welcome and involve everyone to work side by side with us to further our Purpose – to strengthen the foundations of community.

The YMCA of the Triangle is an inclusive organization dedicated to fully serving the many unique and diverse communities that are a part of our region. At the Y, we believe that, in a diverse world, we are stronger when we are inclusive and our doors are open to all. Together we work to ensure that all YMCA practices will provide staff, members, participants, and guests the opportunity to reach their full potential with dignity at our YMCA.

### THE Y'S BELIEFS

We believe that when we devote our full strength to the Y's Mission and Purpose, work in partnership with others, and build on our history, we can address the most pressing issues of our time unlike any other organization.

We believe:

- All people have potential.
- The success of each youth is our priority.
- In creating a safe, secure and fun environment where all youth have the opportunity to learn the importance of demonstrating good character.
- Active and connected families make for active and connected communities.
- In a holistic approach to development, promoting healthy spirit, mind, and body.
- We are stronger when we are inclusive and our doors are open to all.
- In honoring our Mission, living our Purpose, acting in accordance with our values, and placing the greater good above self.
- Focusing on modest choices helps everyone focus on character building.
- Fostering a safe environment starts with empathy, the ability to understand and share the feelings of another.



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## FUNDAMENTAL PRINCIPLES OF YOUTH SPORTS

Youth sports provide a valuable setting in which individuals can strive toward achieving their full potential in a challenging yet nurturing and supportive environment. The YMCA of the Triangle upholds these principles in all youth sports:

- Everything we do aligns with the Y's Mission, Purpose, and Long Range Plan.
- Sportsmanship and positive character are more important than winning and athletic achievement.
- Sports are an ideal setting for physical, cognitive and social-emotional learning and development.
- Each participant has fair opportunities to participate and develop relative to his or her ability.
- Coaches, athletes, parents, families and volunteers all share responsibility in maintaining these principles at all times.

## YOUTH SPORTS CULTURE

Expected behaviors for Staff, Parents and Athletes:

### **We are Welcoming**

- Demonstrate empathy, compassion and equity.
- Foster and strengthen a welcoming and inclusive environment for all.
- Champion multicultural understanding and cultural competence.

### **We are Determined**

- The physical, emotional and mental safety of our participants is our number one priority.
- Connect and build bridges between diverse individuals, groups and communities.
- All conversations and interactions should be respectful to themselves and others.

### **We are Hopeful**

- Apply a strengths-based approach to engage and serve all.
- Athlete's will grow, learn and develop to be the best version of themselves.
- Promote achievement, foster supportive relationships and create a sense of belonging.

### **We are Genuine**

- Recognize and value all dimensions of diversity.
- Embrace Listen First skills and use open-ended questions when engaging in conversation.
- Demonstrate modesty, including in the selection and wearing of uniforms and athletic attire.

### **We are Nurturing**

- Facilitate the safe exchange of ideas, beliefs and perspectives.
- Promote positive physical, emotional and mental well-being.
- Reflect respect for themselves and others.



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## **SPORTS SPECIFIC GUIDELINES**

The YMCA of the Triangle observes and complies with standards established by the U.S. Center for Safe Sport, each respective sport's National Governing Body (NGB) and the YMCA of the Triangle's Code of Conduct. Coaches, athletes and parents collaborate to ensure the greatest possible inclusion that builds and maintains dignity.

## **YOTA SWIM TEAM**

YOTA Swim MAAPP (Minor Athlete Abuse Prevention Policy)

<https://www.teamunify.com/team/ymca-4598/page/safe-sport/maapp>

USA Swimming Safe Sport policies and information –

<https://www.usaswimming.org/utility/landing-pages/minor-athlete-abuse-prevention-policy>

US Center for Safe Sport –

<https://uscenterforsafesport.org/about/our-work/> and policies –

<https://uscenterforsafesport.org/training-and-education/minor-athlete-abuse-prevention-policies/>

In regard to these principles and guidelines the YOTA swim team will support these recommendations in following manner:

- The YOTA swim team staff will select the team competition swim suit.
  - All team members will wear the selected team suit in meets, except for when technical racing suits are approved for use.
- All swimmers must be sized and fitted for their team swim suit.
- When selecting practice swim suit, athletes will model modesty and respect.