

SPORTS AND RECREATION NEWSLETTER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA

101 N. Wacker Dr., Chicago, IL 60606

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ymca.net

SPORTS AND RECREATION NEWS FOR THE YMCA MOVEMENT

TAKE ME FISHING

GRANT OPPORTUNITY

The Recreational Boating & Fishing Foundation has granted \$250,000 to Y-USA to help support health and well-being and youth development through fishing and boating. Y-USA will open a Request for Proposal in the near future and details will be made available in the coming weeks. In the meantime, local YMCAs should feel free to independently pursue the below opportunities.

FREE FISHING AND BOATING RESOURCES

Take Me Fishing has two great resources for aquatic educators:

- **Passport to Fishing & Boating Program.** The *Passport to Fishing & Boating Program* is a straightforward, effective and FUN program that uses six hands-on stations to teach beginners the skills and techniques they need to get started in boating and fishing, and the importance of conserving our natural resources. It can be administered by expert or lay volunteers, is adjustable to highlight local areas and activities, appealing to varying age and education levels and adaptable to diverse settings.
- **Best Practices Workbook.** The *Best Practices Workbook for Boating, Fishing, and Aquatic Resources Stewardship* is a collection of research and recommendations that provides guidelines for the development, implementation and evaluation of boating, fishing and aquatic conservation programs. Best Practices provides clear and actionable tools for aquatic educators that are research-based and tested. And, it comes with an in-depth companion Guide to Program Evaluation that provides a thoughtful introduction to evaluation.



Click [HERE](#) to request FREE access to the above materials by completing the form on the materials request page.

When you sign up to receive a copy of either the *Passport to Fishing & Boating Program* and/or the *Best Practices Workbook* by **August 31, 2010**, you will get a chance to win 50 rod and reel combos for your fishing derby, camp or other youth fishing and boating event! For official rules and eligibility information, click [HERE](#).

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Noel Brendefur, the editor at noel.brendefur@ymca.net



Splashball™ and the YMCA

Splashball™ is the newest program under the umbrella of USA Water Polo, and was created to accomplish two primary objectives:

- Fill an existing gap in our sport by providing opportunity for 5-9 year olds
- Offer children a fun, healthy activity that promotes fitness, self esteem and water safety

Early age is a time for experimentation and building skills. Water skills are particularly critical at this stage of development both for safety and to establish strength and flexibility in the water. At an age when many children are signing up for their first experience with soccer, swimming, basketball or baseball, water polo has never before provided an introductory program to allow kids to try the game.

Splashball™ changes that and is designed to introduce the sport of water polo to children ages 5-9. The intent is to provide basic skills and understanding of the sport in a fun, recreational format. Although water polo is known for its toughness and endurance, Splashball™ harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit.



Core Benefits

- Develop water safety skills
- Cultivate health and fitness
- Sample a new sport for which you may have a special talent or passion
- Meet new friends in a safe, fun environment, that also teaches life lessons
- Build endurance and muscle tone
- Learn water polo basics designed by the US Olympic program

Splashball™ offers an opportunity for YMCA's to provide an additional aquatics program that appeals to the social, team element that is so important to the younger age group. It also provides a great option for YMCA's in extending their aquatics program offerings and partners perfectly with the swim instruction for which YMCA's are renowned. At the same time kids are learning the critical skills of swimming and water safety, Splashball™ gives them a fun and creative outlet to apply these newly acquired skills and will undoubtedly keep them in aquatics programs longer. One of our more successful club programs in Greenwich, CT runs a Splashball™ program out of the Family YMCA and participants there rave about the positive aspects of connecting water polo with swimming for a faster development process.

USA Water Polo will be right there with you to ensure you get the support you need to start a new program. You can find on our website an entire

YOUTH SPORTS E-LEARNING UPDATE

We have exciting news to share related to 3 additional courses that are now available. This takes us up to 9 courses complete out of the 11 on our development list. Please go to

<http://training.ymca.net> to see the new courses. The courses and descriptions are as follows:

- **Officiating YMCA Youth Sports** – Provides the YMCA official the basic rules and regulations of officiating sports such as basketball, soccer, softball/baseball, volleyball, and flag football. It also describes how their role plays an impact on child's development at a YMCA.
- **Coaching YMCA Volleyball** – Provides the new and experienced coach the tools, techniques and skills to coach volleyball to children from ages 3 and up.
- **Coaching YMCA Flag Football** – Provides the new and experienced coach the tools, techniques and skills to coach flag football to children 3 and up.



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ANNOUNCING - THE 2010 "PLAY IT FORWARD" COACH OF THE YEAR AWARD

Do you know a coach who makes a difference on and off the field? As part of Coach Appreciation Week, **Up2Us** and **YouthNoise** have teamed up to sponsor the 2010 Play It Forward Coach of the Year Award.

If you know any coaches who have made a special impact on young lives, nominate them online at youthnoise.com between July 30 and August 12, 2010 and tell us how they have contributed.

Once nominations have been entered, winning coaches will be determined by online voting at youthnoise.com from August 13 to September 10, 2010.

Three winning coaches will be sponsored by Up2Us to travel to Washington, DC, where they will be honored by congressional representatives at a Capitol Hill briefing on childhood obesity.

Think of a coach who has had a profound effect on youth when making nominations. Past Coach of The Year winners push players to be star athletes and people. Great coaches know when to motivate, when to teach and when to give a pat on the back. They coach because they love sports and know how, if used well, sports can play a vital role in youth development.

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section devoted to Splashball™ with lesson plans, equipment suggestions, and marketing materials that are specially designed for you to customize for your YMCA. For more information and a brief video on Splashball™ click [HERE](#).

We invite you to [contact us](#) to find out more on our newest program and let us tell you how we can make water polo a viable YMCA activity for you.

YMCA VIRTUAL INVITATIONAL SWIM MEET

If you missed out last year, you have another chance to be part of YMCA history. Join the YMCA competitive swimming community by competing in the 2nd annual YMCA Virtual Invitational Swim Meet. This exciting event will take place **October 16-24, 2010**.



The YMCA Virtual Invitational is nationwide swim meet open to all registered YMCA swim teams. Competition is limited to YMCA teams only and is hosted within their local area or YMCA. Teams will swim locally but compete against other YMCA teams and YMCA swimmers from across the county. Teams and swimmers compete for rankings in a number of age group swimming events. The results of local team swimming meets are submitted online and are consolidated into a "single meet" with awards being given to teams and swimmers based on their virtual place in the scoring. There is no fee for entering or submitting results for the National YMCA Virtual Invitational. Visit the YMCA Competitive Swimming website at www.ymcaswimminganddiving.org for further information on how your team can participate.

YMCA OF THE USA SPORTS AND RECREATION CONNECTION

Noel Brendefur is available as a resource in helping you meet your sports and recreation programming and development needs. Please feel free to contact Noel if you have questions or need assistance.

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