



SYSO SOMERS YOUTH SPORTS ORGANIZATION



INTRODUCTION

Somers Youth Sports Organization (SYSO) is an all volunteer, non-profit organization dedicated to promoting, organizing and administering youth sports programs for the children of Somers.

PHILOSOPHY

The Philosophy of SYSO is to encourage a healthy level of competition while stressing safety and participation for all, regardless of skill or ability. This is accomplished through programs that are both recreational and educational for children and their parents.

SYSO SPORTS

- T-Ball & Baseball
- Softball
- Boys & Girls Basketball
- Boys & Girls Lacrosse
- ASYO Soccer
- FC Somers Soccer
- Flag Football & Tackle Football
- Cheerleading
- Wrestling

EXECUTIVE BOARD

SYSO is governed by an Executive Board. The Board is comprised of a president, two vice-presidents, treasurer and each sports commissioners. The Executive Board meets by appointment as needed. All positions on the Executive Board are incumbent. When an individual resigns s/he must nominate a successor. This person must be appointed by the Executive Board.

- Any material changes to the program, such as but not limited to, policies, procedures, budget/expenses, method of player selection, length of season or number of games, affiliations with other Towns or Organizations, must be brought before the Executive Board.
- No changes of this nature shall be made without express Board approval.

COMMISSIONER

Appointed by the Executive Board. Position is incumbent.

Each sport is administered by a commissioner. All commissioners are responsible to the Executive Board. The following guidelines and responsibilities have been set forth by the SYSO Executive Board. They are to be followed without exception.

- Preparing the sport budget
- Conducting registration, and collecting all fees to be submitted to the Treasurer, with the exception of AYSO, whose fees are submitted to their regional organization for disbursement
- Advising Parks & Recreation of facility needs
- Appointing league commissioners and coaches and ensuring there is proper staffing and personnel for each league
- Formation of teams
- Ordering, dispersing, collecting and inventory of all equipment
- Authorizing payment of expenses
- Securing officials/referees
- Presenting any problems, proposed league changes or expenditures to the Executive Board
- Providing a commissioner's report to the executive board by January 15 each year

LEAGUE COMMISSIONER

Selected annually by the sport commissioner

All league commissioners are responsible to the commissioner of his/her respective sport. The following guidelines and responsibilities have been set forth by the SYSO Executive Board. They should be followed without exception. Problem areas should be brought to the attention of the commissioner, who will discuss them with the Executive Board and a final determination made.

- Advising Sport Commissioner's of facility needs
- Formation of teams
- Appointing coaches and ensuring there is proper staffing and personnel for each team
- Dispersing, collecting and inventory of all equipment
- Formation of league schedules
- Securing officials/referees
- Presenting any problems, proposed league changes or expenditures to the commissioner
- Ensuring that all coaches are NYSCA certified before being assigned to a team
- Distributing age appropriate rules and regulations to coaches, and to parents upon request

COACHES

Selected seasonally by the sport and League commissioners.

All coaches are responsible to the league commissioner of his/her respective age group. The following guidelines and responsibilities have been set forth by the SYSO Executive Board. They should be followed without exception. Problem areas should be brought to the attention of the league commissioner, who will discuss them with the sport commissioner and a final determination made.

- After teams are formed, coaches are responsible for contacting each player assigned to his/her team and to notify them of their practice/game schedule.
- Coaches are required to hold a team/parents meeting to lay out the ground rules/expectations for the season
- The coach will choose an assistant from parents of player chosen for his/her team
- Coaches are responsible for all practice sessions and games. Practices and games shall be organized and serve as a learning experience for children's skills to improve throughout the season
- A coach should never schedule a practice session if s/he cannot attend. It is strongly recommended that there is a minimum of two adults present at all practices and games
- A coach should never hold a practice at his/her house
- Each coach is responsible for the children that s/he coaches. They are expected to be patient, set a good example and be fair. A coach should not expect or demand too much from players and must allow each child to fully participate in the program
- Coaches shall be responsible for distributing uniforms to players and where applicable, for collecting uniforms at the end of the season
- Coaches are responsible for maintaining their equipment in good repair throughout the season. Damaged or unsafe equipment should be reported immediately to the league commissioner for replacement

COACHES CERTIFICATION

SYSO has instituted a nationally accredited certification program required for all coaches. This is to ensure that there is proper, consistent and continuous training in each sport. NYSCA's (National Youth Sports Coaches Association) Introduction To Coaching Youth Sports is designed to build the youth sports coaches' personal and comprehensive knowledge with on-going training and to sensitize them to their responsibilities when working with children. Topics include: Sports Psychology, Prevention, Care and Management of Injuries, Risk Management, Teaching and Administration, Sport Specific and Age Appropriate Drills to Teach Skills, Tactics, Strategies and more.

Completion of this clinic is **MANDATORY** for all head coaches before the start of their respective season. Assistant coaches are not required to complete the training but it is recommended. Once certified, coaches must renew their NYSCA membership annually to remain eligible to coach SYSO sports. Upon completion of the training, all coaches are required to sign and comply with a Code of Ethics Pledge.

COACH DISCIPLINE

Under NYSCA guidelines, an impartial board will hear complaints about coaches who have allegedly violated the “expected behaviors” outlined in the coaches Code of Conduct and make decisions on disciplinary action. This alleviates the SYSO Board from having to make decisions about such complaints. Regardless of the outcome, it is expected that the action taken and all conversations related to the incident will be kept in strict confidence.

LEAGUE REGISTRATION

The in-town program is specifically designed for *exclusive* participation by residents of the Town of Somers. Registration takes place months before the start of the season. There are several sports offered each season and try as we may, unavoidable conflicts will occur between sports programs. When you register your child, they become part of a team. Please register them for a sport only if you plan for them to be able to attend all of that sport’s games and practices.

Registration fees for each sport will be set by the SYSO Executive Board and the league commissioners. The registration fees are designed to cover planned expenses for the program. Travel program expenses are additional.

FORMATION OF TEAMS

To ensure balance and fairness, the following procedures shall be adhered to when forming teams:

- League commissioners will organize the requisite number of teams, making sure to attain an equitable spread of talent
- Following the organization of teams, all coaches are to meet with the league commissioners to review team make-up and/or recommended changes in the distribution of player personnel
- Beginning with 5th grade, it becomes increasingly difficult to accommodate those parents who request that their son or daughter be placed with a particular friend or favorite coach. The emphasis shall be more on creating fair and balanced teams and less on keeping friends together. Exceptions can be made in case of hardship and siblings will be placed together unless the age difference prevents it
- The coach will choose an assistant from parents of players chosen for his team

PLAYING TIME

All children participating in the SYSO in-town program are guaranteed minimum-playing time as follows:

- **Baseball & Softball:** two (2) full innings in the field and one (1) time at bat in six or seven inning contest, three (3) full innings in the field and two (2) times at bat in nine inning contests
- **Football:** two (2) full quarters
- **Soccer:** three(3) full quarters, when numerically possible; equal time in field for each quarter in goal
- **Basketball:** two (2) full quarters
- **Lacrosse:** two (2) full quarters
- **Cheerleading:** two (2) full quarters

RULES

The guidelines for each sport are available upon request from the sport commissioners.

INSURANCE

AYSO and FC SOMERS soccer provide children with insurance as part of their registration fee. All other SYSO sports will provide medical insurance to all participants. The cost is presently \$4.00 per year, per child and is included in the registration fee. The insurance will pick up the deductible for families with insurance and will pay the total cost, to the limits of the policy, for families without insurance.

TRAVEL PROGRAM

- The travel teams are specifically designed for participation by residents of the Town of Somers. In extenuating circumstances after all residents have been accommodated (regardless of ability,) a petition may be filed with the SYSO president to include non-residents on a particular team.
- Although it is the Executive Board's preference that all travel participant's play in the in-town program or play on the respective school team to be eligible for the travel program, it is not required, except for AYSO Soccer which is, mandatory in the fall season, and girls basketball,
- If a potential travel participant registers for an in-town program and either does not participate or withdraws his/her registration, the potential travel participant will notify the Sport Commissioner, in writing, of the reason for lack of participation or withdrawal, and the Sport Commissioner will take the lack of participation or withdrawal, and reason therefore, into consideration when choosing travel teams "and players." The Sport Commissioner will have the sole discretion in determining whether a potential travel participant has "participated" in the in-town program.
- It is understood that the basic philosophy of a travel program is the selection of the most skilled players for a more competitive level of participation.
- The manner of selection will be a minimum of two but not more than three tryouts, to make a reasonable attempt to allow tryout time for every interested candidate. A candidate must attend at least one tryout to be eligible for a travel team. The dates and times of which shall be posted in advance at the Somers Parks & Recreation Office and announced whenever possible through the appropriate school. No participant may be selected for team play prior to the actual tryout. Final selection of team players shall be made by the team coach with the approval of the sport commissioner.
- Selection of the travel team coaches shall be made by the sport commissioner.
- Once selected and before the start of the season all travel teams rosters will be turned into the Recreation Office to be kept on file.

PLAYING TIME

All children participating in the SYSO travel program are guaranteed minimum-playing time as follows, unless a greater amount of playing time is stipulated by the Organization the travel team is a member of (eg:WPBA, EHYSL)

- **Baseball & Softball:** two (2) full innings in the field and one (1) time at bat in six or seven inning contest, three (3) full innings in the field and two (2) times at bat in nine inning contests
- **Football:** one (1) full quarter
- **Soccer:** AYSO, two (2) full quarters
East Hudson, one (1) full quarter
- **Basketball:** one (1) full quarter
- **Lacrosse:** one (1) full quarter
- **Cheerleading:** two (2) full quarters

FACILITY USE

- All programs using Reis Park must adhere to the rules and regulations affixed to the pavilion
- Games always take precedence. No other activities are to take place on the field/court while a game is underway.
- All programs using Somers Central School District facilities must adhere to their rules and regulations.
- **Please note:** games and practices in Somers Central School District gyms are limited to team players only, no siblings, no parents, unless the School has an appropriate spectator section

INFORMATION

For further information regarding the SYSO program, please call the Parks and Recreation Office at 232-8441, Monday through Friday from 9:00 a.m. to 4:00 p.m.

Any concerns or comments regarding the organization and or a coach, should be put in writing and directed to:

SYSO Executive Board
C/O Somers Dept. of Parks & Recreation
PO Box 46
Somers NY 10589

SYSO PARENT'S CODE OF CONDUCT/CONTRACT

- I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parent's Code of Conduct Pledge
- 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 personal desire to win
- I will insist that my child play in a safe and healthy environment
- I will value skill development, fair competition and effort
- 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 of 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 for 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 promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation
- I will have my child arrive on time for all games and practices and let the coach know in advance if my child will be absent, arriving late or leaving early
- 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 Conduct
- I will speak to the coach after the game and not in front of the children if I have any concerns
- I will respect the rules of the game and never argue, boo or taunt any player, coach or official
- I understand that if I do not act accordingly at my child's games and practices I will be asked to leave

Please Note:

Registrants will not be allowed to participate with their team until this form is signed and returned to their coach

PARENT/GUARDIAN SIGNATURE

DATE

SPORT

PARENT/GUARDIAN SIGNATURE

DATE

SPORT