

NAYS YOUTH SPORTS ADVOCATE

THE OFFICIAL VOICE OF THE NATIONAL ALLIANCE FOR YOUTH SPORTS • WWW.NAYS.ORG • SPRING 2019

New coach background service unveiled

NAYS partners with Verified Volunteers to assist youth sports organizations

The National Alliance for Youth Sports (NAYS) is pleased to announce the launch of our new volunteer coach training and background check integration.

Through our unique partnership with Verified Volunteers, one of the nation's most respected background check companies, youth sports organizations can now conveniently register their coaches for the NAYS Coach Training and Membership and an advanced level background check at the same time.

The cost is \$35 for a NAYS Coach Training Membership and background check; and \$15 for a background check for an existing NAYS Member. Quantity discounts are available for 50 or more coaches. (Additional fees apply for background checks in select counties of the State of New York.)

"We are pleased to be working with Verified Volunteers to provide this service to our member organizations," said John Engh, executive director of NAYS. "Volunteer coach training and background checks are integral for helping ensure a safe environment for all young athletes and streamlining the process will enable organizations to work more efficiently while helping protect their participants."

Benefits of using NAYS and Verified Volunteers for background checks

- **Save time.** Register coaches for their NAYS training and background check at the same time using just their name and email address.
- **Payment options.** Your organization can decide to cover the entire cost of the training and background check and



pay online by credit card, check/invoice or purchase order. Or you can ask coaches to pay.

- **Less paperwork.** Coaches complete their registration and authorize their own background checks online in just a few minutes.
- **Quick turnaround.** The majority of searches will be returned in 24 to 72 hours.

- **Set your own background check disqualifiers.** Once you receive the results, you decide if a coach is eligible or ineligible. (Refer to NAYS Background Screening Guidelines in the Resources section of nays.org for help establishing your organization's disqualifiers.)
- **Give coaches control.** Coaches are notified when their results are available and can view and own a copy of their background check to share with other volunteer organizations.

Here's what is included in the Verified Volunteers Advanced Search:

- Social Security Trace
- Government Watch List Search (OFAC)
- 50 State DOJ Sex Offender Registry
- Nationwide Database Search with primary source validation
- Automatic current county/state of residence search
- Monthly updates. Volunteer information is updated for you free of charge each month for the first year, so you have the added security of monitoring your volunteers for new criminal records. ■

Get Started Today!

NAYS Member Organizations may enroll in the background check program through their account at nays.org. To receive the NAYS Background Check User Guide with detailed instructions, please email us at nays@nays.org

News & Notes

ORGANIZATIONS EARNING BETTER SPORTS FOR KIDS QUALITY PROGRAM PROVIDER DESIGNATION

Organizations across the country, and on U.S. military bases worldwide, have been earning the Better Sports For Kids Quality Program Provider designation.

Like the Good Housekeeping Seal given to household products that meet high standards, the Quality Program Provider designation recognizes those organizations that have met an equally high standard when it comes to administering youth sports programming.

“The City of Raleigh (N.C.) Parks, Recreation and Cultural Resources Department’s

Athletics Division applied for the Better Sports for Kids Quality Program Provider designation in an effort to determine if our policies and procedures are on par with those from the best organizations across the country,” said Jason Simpson, athletic program director. “Applying for the designation is a thorough, complete process that takes a look at every aspect of youth athletics programming within an organization and provides validation for



the efforts of the recreation professionals involved in putting those programs together.”

Adds Brandon Compton, youth sports director at Joint Base Andrews Youth Sports in Maryland: “This designation means a

lot because the hard work that the coaches, parents, staff and organization put in are really paying off. It shows how working together with the community and support from leadership can achieve great and positive things.”

Any organization can apply to be evaluated for the designation, and no cost is involved. Apply today at nays.org/quality. ■

ONSITE ACADEMY FOR YOUTH SPORTS ADMINISTRATORS

The Onsite Academy for Youth Sports Administrators offers an in-person educational opportunity for CYSA candidates featuring comprehensive sessions, group discussions, and more. All CYSA candidates complete the certification process via the Online Academy. The Onsite Academy gives participants plenty of networking opportunities and special discounted registration is available. Here’s a glance at some upcoming Academies:



March 11 – ST. GEORGE, UTAH

Co-presented with the Utah Recreation and Park Association’s annual conference.

March 19 – SACRAMENTO, CALIFORNIA

Co-presented with the Recreation Section of CPRS at the California Park and Recreation Society’s annual conference.

April 10 – BOCA RATON, FLORIDA

This special one-day academy will be hosted at the Boca Raton Public Library.

June 7 – NORFOLK, VIRGINIA

Hosted by the City of Norfolk Recreation Department at the Lambert’s Point Community Center.

August 1 – GRIFFIN, GEORGIA

Co-presented with the Georgia Recreation and Park Association at the University of Georgia – Griffin Campus.

August 20 – TUCSON, ARIZONA

Co-presented with the Arizona Parks and Recreation Association at their annual conference.

October 8 – MECHANICSBURG, PENNSYLVANIA

Co-presented with the Pennsylvania Recreation and Park Society at the Mechanicsburg Area School Districts Trails & Trees Center.

November 13-16 – ORLANDO, FLORIDA

Presented during the 18th annual NAYS Youth Sports Congress

For more information visit: www.nays.org/academy

SECRETS OF SUCCESSFUL COACHING BOOK RELEASED BY NAYS

Coaching a youth sports team is as challenging as ever these days. Whether it’s a t-ball team with 5- and 6-year-olds, or a travel basketball team with a roster of experienced players, a lengthy list of challenges await you.



So who better to help you navigate the twists and turns that accompany a youth sports season than some of the most respected coaches around?

In **SECRETS OF SUCCESSFUL COACHING** (\$17.95 USD, Square One Publishers), the

National Alliance for Youth Sports (NAYS) has turned to some of the most treasured names in coaching for top advice, including: Chicago Cubs’ manager Joe Maddon; Baltimore Ravens’ coach John Harbaugh; North Carolina basketball coach Roy Williams; Old Dominion women’s basketball coach Nikki McCray-Penson; Olympic gymnastics great Samantha Peszek; Edmonton Oilers’ hockey coach Ken Hitchcock; and Duke softball coach Marissa Young, among more than 40 others.

The book can be purchased through Amazon, Barnes & Noble, the Square One Publishers website or your local bookstore. ■



NAYS COACH OF THE YEAR: ANDREW FERENCHAK



Andrew Ferenchak possesses all the qualities you could want in a volunteer youth sports coach.

And more.

The dad of two coaches basketball, baseball and soccer at Joint Base Charleston in South Carolina and is well-known for being patient, kind, caring, trustworthy and approachable.

Those are just some of the many reasons why kids love playing for him and parents love having their young athletes learn from him – and why he was named the recipient of the 2018 NAYS Volunteer Coach of the Year award. The award is sponsored by Trophy Outlet.

“My dad was a big reason why I got into coaching,” Ferenchak says. “He coached me throughout all of my youth sports and to be recognized with this award means a lot. It is very humbling.”

Before seasons begin you’ll find him gathering his team together to talk about responsibilities and respect, behavior and expectations, and the importance of always displaying good sportsmanship to opposing teams and officials.

“I start with three things,” he says. “The first is teamwork, it’s always teamwork and we’re always a team. The second thing is we always have fun, we’re always looking to have fun. And the third is respect – respect for their teammates, the coaches, the officials.”

While he is an outstanding teacher and developer of athletic skills, he also cultivates a love of the game in his players while helping them embrace teamwork – and the importance of working hard and always giving their best effort.

He discovered just how special a coach can be in a child’s life a few years ago, and it’s a moment that he’ll remember with a smile forever.

“A few years ago I was picking up a prescription and I was kind of zoning out and I wasn’t paying attention to anything around me and all of a sudden I felt this little human come up and hug me and shout ‘Coach!’ and I looked down and it was one of the kids I had coached in soccer,” Ferenchak says. “He remembered me and this was a couple months after the season. He remembered who I was and he was excited and right there it was like ‘wow, I made an impact on this 5-year-old’s life that he’s going to remember who his first soccer coach was.’ I have kids all the time now when they see me it’s ‘Hey Coach Andy’ and that really sticks with me that they can remember who their first coach was that taught them the basics.” ■

NAYS PARENT OF THE YEAR: STEVE BERKE



Youngsters who participate on the Evendale Eagles Swim Team through the Village of Evendale Recreation Department in Ohio can count on having terrific experiences filled with fun, laughter and learning.

And Steve Berke is a big reason why.

He is a tireless volunteer and avid supporter, willing to do anything to help kids have memorable sports experiences.

It’s these outstanding qualities that made him the 2018 recipient of the NAYS Youth Sports Parent of the Year award. The award is sponsored by Trophy Outlet.

“It’s overwhelming to win this award and very exciting,” Berke said. “But it’s not just about me. It’s really about all the volunteers because I can’t run the whole meet and do everything. We have grown from 80-some swimmers when I started to over 200 a year swimming now and the parents are there and they are all a part of making the program so successful.”

Berke has been involved on the Swim Team Board for more than 29 years and has been its long-time co-president.

He volunteers as the heat announcer at every home swim meet; he keeps the meets running smoothly; has been a terrific official for 28 years; and you can always find him encouraging and supporting all swimmers from both teams.

“One of the special moments is seeing them swim their very first lap and having their parents and the whole team at the end of the lane cheering them on,” Berke says. “It’s just really exciting to see that.”

“He simply is the pillar of sportsmanship, fun and positive experiences for all involved,” says Kristen Maiden, program supervisor at the Village of Evendale. “His love for Evendale kids, the community and the swim team is infectious.” ■

Excellence in Youth Sports Award: Meet the 2018 winners!

Each year the National Alliance for Youth Sports presents the prestigious Excellence in Youth Sports Awards, which honor specific initiatives, projects, campaigns or special elements of a youth sports program that shows the organization has gone above and beyond in providing a high-quality experience for its participants. The Excellence Award is sponsored by BSN Sports. To apply for the Excellence in Youth Sports Award an organization must first earn the Better Sports for Kids Quality Program Provider designation. To learn more about becoming a Better Sports for Kids Quality Program Provider, or to start the evaluation process, visit nays.org/quality.

USAG ALASKA YOUTH SPORTS & FITNESS



The harsh winters that annually descend on Alaska bring many challenges, but no matter how low the temperatures plunge you can count on the USAG Alaska Youth Sports & Fitness staff continually finding ways for providing the highest quality programs for its youth.

It's this innovative approach for providing memorable experiences for children, no matter the conditions, that helped it earn the Excellence in Youth Sports Award.

"Not only are we keeping our youth active and fit, but we are embracing the lifestyle of our local community," says Lindsey Lancaster, Director of CYS Youth Sports and Fitness at Fort Wainwright. "We are giving our youth the chance to experience something they will not get anywhere else in the world."

In the past year the staff has added a variety of sports and camps, including downhill skiing, snowboarding, snowshoeing and fat tire biking. Youngsters learned the technical skills of these sports and how to dress properly for the weather while competing in them. They also had memorable experiences participating in

these sports at several different locations around the base.

"Living in Alaska brings many new challenges for military families that can be intimidating," Lancaster says. "Our Youth Sports and Fitness program saw an opportunity to not only help military youth embrace the Alaskan lifestyle, but to also stay active throughout the year."

And when summer rolls around there is no shortage of fun-filled activities that keep the kids moving and smiling, too.

There was a 4-day Adventure Camp that featured disc golf, biking, rafting, lifetime sports, indoor rock climbing and archery. The camp was so popular that the staff held another one two weeks later to meet the demand.

It also conducted a Float Camp, where participants learned how to use kayaks, stand-up paddle boards and rafts, as well as a Rock Climbing Camp that focused on the basic skills of climbing.

Providing innovative sports and activities that keep kids engaged and connected to the Alaskan lifestyle no matter what Mother Nature throws their way is what the dedicated Fort Wainwright youth sports staff is all about.

"Embracing the Alaskan lifestyle has given our program the opportunity to provide unique and location specific sports," Lancaster says. "The environment we live in gives our program an added pressure to provide excellent programs for USAG Alaska Fort Wainwright. Our Youth Sports and Fitness program has encompassed these challenges as opportunities for our youth.

Our staff and volunteer coaches have created a well-rounded program that gives our youth the ability to explore The Last Frontier in a safe and fun environment."

CITY OF TAMARAC (FLA.) PARKS AND RECREATION



In 2011 the City of Tamarac in South Florida opted to seize control of its youth sports programs that had been run mostly by parent groups in the past.

That decision proved to be a homerun, creating safer and stronger programming that shifted the focus right where it belongs – on the youth showing up to participate.

It also helped the City of Tamarac Parks and Recreation earn the Excellence in Youth Sports Award.

To help protect its participants, and get in front of emerging state requirements, the Tamarac staff implemented a comprehensive background screening initiative.

"The state of Florida has worked for several years to improve the requirements for working with children in athletics," says Rance Gaede, recreation superintendent at Tamarac and a Certified Youth Sports Administrator (CYSA). "The City of Tamarac, when we implemented this policy, took



steps to go above and beyond the requirements of the state to ensure the safety of our participants and improve the quality of the programs being offered.”

Those interested in volunteering in Tamarac’s programs now must fill out an application and go through an interview with city staff, who both verify the information and gauge the individual’s compatibility with the program.

“We actually bring those people in and talk to them about what their interest is in the program and what brings them in to our facility and find out why do they want to work with kids,” Gaede says. “Eighty-five to 90 percent is because they have children in the program, which is great, but we still want to gauge their interest and how far they want to get into it. Once we feel very comfortable with them and feel like they are in it for the right reasons to really work with the children and try to develop not only fundamental sports skills but also teach them life lessons, we proceed with fingerprinting them.”

Potential volunteers must submit to – and pass – a Level 2 background check using a Live Scan fingerprint that is checked by the Florida Department of Law Enforcement and FBI. They are also screened through the National Sex Offender Public Website.

“We took the initiative to promote our new screening methods to coaches and parents and educate them on the strict standards that we would be implementing,” Gaede says. “We did lose some coaches initially that had been with some of our programs, but the overall environment improved as we were able to replace those coaches with fresh volunteers who had the right background and capabilities to work effectively with the children in our programs.”

To make it all happen the dedicated Tamarac staff puts in hours that can be long and tiring at times – but the staff is committed to providing high-quality programs and

they are seeing big dividends everywhere they look due to their efforts.

“While our process is long and can be exhaustive in regard to staff hours we have improved the quality of volunteers working with our children, thus improving our community and the communities that surround us,” Gaede says.

CITY OF ARLINGTON (TEXAS) PARKS AND RECREATION DEPARTMENT



During the fall of 2005 the City of Arlington Parks and Recreation Department staff in Texas began important discussions that would lead to reshaping the community’s youth sports landscape and positively impacting the lives of thousands of children.

Those talks were sparked by survey responses from their adult sports leagues in which more than 150 moms and dads wondered why the city didn’t provide recreational youth sports programming.

That feedback sparked discussion among staff, ignited ideas, led to a reshuffling of roles within the department, and eventually kicked off with recreational youth baseball and soccer beginning in the spring of 2008 accompanied by their program philosophy of “Playing is Winning.”

It also set the department on course to win the 2018 Excellence in Youth Sports Award.

“Our participants are winning in social skills, teamwork and physical fitness while having fun,” says Wendy Parker, athletics director at the City of Arlington Parks and Recreation Department. “Arlington is an unparalleled example of the power that comes about when people care about their young citizens.”

With plenty of select and travel team opportunities throughout the city, the Arlington staff made their programs all about the kids – and making sure every one of them was having fun.

And what has transpired is remarkable.

Today, more than 7,000 children participate in its high-quality recreation programs. Plus, earlier this year the staff earned the Better Sports For Kids Quality Program Provider designation for providing a youth sports culture that is zeroed in on teaching important attributes like teamwork and social skills, promoting physical fitness, and making sure every step along the way is filled with fun.

Plus, the staff gets creative when it comes to program development.

“We offer some things that are just a little bit different, like our Tiny Tots Triathlon,” Parker says. “It is geared to that younger age group of 8 and under where they bring out their tricycles or bikes; they’ll run a little bit; and then for the water element we do water slides. I can tell you it’s a battle for mom and dad to get them off that water slide at the end of the day! We approach things a little bit differently. There’s a lot going on in our community, so we really have to think of things to do that are going to be outside the box.”

The department’s “Playing is Winning” philosophy is a powerful program principle that is changing young lives every day.

“We definitely hit a homerun with our program philosophy,” Parker says. “In the past 10 years, Arlington has become more competitive in the youth sports arena. There is nothing wrong with that direction, but our department prefers to capture the other 95 percent that will never receive a college scholarship. We are building the love and passion for the game in hopes that these young players will become adult participants and then coaching their kids in our program. That is one of our goals through the ‘Playing is Winning’ design. Focus on the participant and a lifetime of sports adventures.” ■

Orchard Park (N.Y.) Recreation pilots new Start Smart Move and Play program

Recreation agencies nationwide are on the lookout for innovative programming to meet the growing demand for activities for 2- and 3-year-olds.

Orchard Park Recreation in New York, one of those agencies that has seen parental interest for activities for this younger set skyrocket, has been piloting a new Start Smart program.

The Move and Play program, unveiled by the National Alliance for Youth Sports (NAYS) to complement its widely used array of Start Smart Sports Development programs, targets the development of fine and gross motor skills for children ages 2-3.

"I really like the overall idea of the program," says Kristin Santillo, assistant recreation director at Orchard Park Recreation. "There is not a lot for this younger age group and parents are looking for things to do with their kids. The lesson plans make it easy for an instructor to implement."



Parents participate along with their child in the sessions, which run about 45 minutes and feature a variety of fun-filled activities.

Catching balloons and balls and performing different types of runs and jumps are some of the activities used to develop gross motor skills; while stacking blocks, lacing beads and painting, among many other activities, are used to target the kids' fine motor skills.

"I like the variety of different activities,"

Santillo says. "They encourage movement during each activity and all can be done on the floor."

Santillo has enjoyed seeing the reaction of the children as they go through the various activities each week.

"The smiles of the kids as they explored everything makes it worthwhile," she says. ■

New NAYS Certified Youth Sports Administrator

Congratulations to the following individuals who earned their Certified Youth Sports Administrator (CYSA) credential in 2018, joining more than 4,600 others worldwide, by completing the Academy for Youth Sports Administrators training program. These individuals are taking valuable steps to help make youth sports better in their community.

Bailey Crowe, Alaska
Katherine Ernst, Alaska
Stormie Hulet, Alaska
Lindsey Lancaster, Alaska
Danielle Petty, Alaska
Tara Rollins, Alaska
John Seat, Alaska
Nick Baldelli-Boggs, Ala.
Alissa Brock, Ala.
Gina Bryant, Ala.
Randy Burns, Ala.
Brooks Canup, Ala.
Matthew Collins, Ala.
David Dolan, Ala.
Sonja Hard, Ala.
C. Justin Higginbotham, Ala.
Wyatt Jennings, Ala.
Kevin Kilgro, Ala.
Nicole Lambert, Ala.
Jake McGhee, Ala.
Blake Moore, Ala.
Decarlus Moss, Ala.
Matthew Nixon, Ala.
David Primus, Ala.
Durrell Richardson, Ala.
Maurice Sanders, Ala.
Jakob Stephens, Ala.
Mike Sullivan, Ala.
Nolan Wiggins, Ala.
Stanislava Williams, Ala.
Terri Williams, Ark.
Nathan Branham, Ariz.
Diana Camacho, Ariz.

Parker Gore, Ariz.
Briana Heltzel, Ariz.
Darvis Hodge, Ariz.
Jason Jamison, Ariz.
Edgar Juarez, Ariz.
Jacquelyn La New, Ariz.
Jennifer Latapie, Ariz.
Heather Lozano, Ariz.
Julian Madrid, Ariz.
Pat McCoy, Ariz.
Jeff Molner, Ariz.
Horacio Ortega, Ariz.
Deanna Ortiz, Ariz.
Nickolas Pryor, Ariz.
Yvonne Santa Cruz, Ariz.
Justin Sayban, Ariz.
Margaret Spicer-Chestnut, Ariz.
Lizette Varela, Ariz.
Luis Acosta, Calif.
Brent Almario, Calif.
Ronald Atmore, Calif.
Duje Babarovic, Calif.
Adrienne Barton, Calif.
Brandon Batiste, Calif.
Nathan Birnbaum, Calif.
Regina Bradley, Calif.
Daniel Busch, Calif.
Angelica Calleros, Calif.
Jose Carrillo, Calif.
Tam Chu, Calif.
Chris Condit, Calif.
Isaac Covarrubias, Calif.
Molly Crossfield, Calif.

Jeff Dorst, Calif.
Michael Ealey, Calif.
William Evans, Calif.
Dario Figueroa, Calif.
Geoffrey Gabriel, Calif.
Galen Hall, Calif.
Connie Hurtado, Calif.
Tasha Johansen, Calif.
Mister Johnson, Calif.
Vincent Lin, Calif.
Kiesha Loftin, Calif.
Daniel Lopez, Calif.
Cortney May, Calif.
Odell Mayweather, Calif.
Jade McClellan, Calif.
Payton Moore, Calif.
Kevin Murray, Calif.
Melissa Nava, Calif.
Craig Newman, Calif.
Carlisha Overton, Calif.
Eric Perez, Calif.
Charlotte Perkins, Calif.
Lauren Pludo, Calif.
Angelica Pramo, Calif.
Kacy Preble, Calif.
Jonathan Reyes, Calif.
Deisy Rojas, Calif.
Martin Sanchez, Calif.
Justin Santos, Calif.
Jarred Serrano, Calif.
Edgar Servin, Calif.
Brandy Slone, Calif.
Lanisha Smith, Calif.

Bryan Spragg, Calif.
Gianna Stagnaro, Calif.
Michelle Torres, Calif.
Natalie Vartanian, Calif.
Andrew Villalpando, Calif.
Phyllis Williams, Calif.
Gregory Wilson, Calif.
Cecilia Yacuta, Calif.
Cynthia Yim, Calif.
Trevor Zemp, Calif.
Brandon Altenburg, Colo.
Madison Amundsen, Colo.
Andi Brownlow, Colo.
Paige Burkett, Colo.
Kassandra Castro, Colo.
Amanda Cesar, Colo.
Will Davis, Colo.
Mark Fitzgerald, Colo.
Mollie Gunter, Colo.
Christian Hand, Colo.
Dale Hays, Colo.
Wesley Joy, Colo.
Stephen Kinney, Colo.
Vincent Kintz, Colo.
Karen Lewis, Colo.
Amber Magee, Colo.
Jerry Maynard, Colo.
Lou Meadows, Colo.
Kimberly Miller, Colo.
Ali Milne, Colo.
Ryan Morken, Colo.
Abby Neff, Colo.
Dana Redford, Colo.

Nicole Reeves, Colo.
Joshua Rogers, Colo.
Benjamin Sarno, Colo.
Corey Sheesley, Colo.
Keely Sorensen, Colo.
Whitney Walker, Colo.
Robert Ward, Colo.
Samuel Vasquez, Conn.
Weslee Parker, Del.
Tyler Alexander, Fla.
Zachery Bailey, Fla.
John Cawley, Fla.
Scott Dickover, Fla.
Guido Echevarria, Fla.
Jeanicha Etienne, Fla.
Emily Frazer, Fla.
Elizabeth Hopkins, Fla.
Clinton Jones, Fla.
Matthew Keltz, Fla.
Mary Maguire, Fla.
Kenneth McCarthy, Fla.
Dennexx McClendon, Fla.
Bruce McGregor, Fla.
Delaney Miller, Fla.
Christian Morris, Fla.
Joel Nickel, Fla.
Emily Niemczyk, Fla.
Dominic Pascuzzo, Fla.
Alma Rogers, Fla.
Jacquelyn Villagran, Fla.
Eric Wingate, Fla.
Alfredo Zayas, Fla.
Richard Adams, Ga.

Timothy Andrews, Ga.
Adeal Bell, Ga.
Mareka Braswell, Ga.
Arnika Brown, Ga.
Joshua Browning, Ga.
Luis Caraballo, Ga.
Quintunya Chapman-Hamilton, Ga.
Will Chappell, Ga.
Steve Ciaccio, Ga.
Daniel Cochran, Ga.
Teresita De La Cruz, Ga.
Abigale Drew, Ga.
Bill Firmbach, Ga.
Brittini Fletcher, Ga.
Joseph Foskey, Ga.
Christopher Fussell, Ga.
Lloyd Gay II, Ga.
Chadwick Griffin, Ga.
Franklin Hamilton, Ga.
Ellie Hardigree, Ga.
Antwan Heard, Ga.
Kiam Jones, Ga.
Darryl Lewis, Ga.
Sequellia Logan, Ga.
Ashley Marston, Ga.
Jeff Mayberry, Ga.
Christy Miller, Ga.
John Mondy, Ga.
Caroline Mooney, Ga.
Danielle Schofill, Ga.
Donald Shockley, Ga.
Rodney Smith, Ga.
James Stroup, Ga.



Check out **SportingKid** today!

Our SportingKid Live site – found at nays.org/sklive – is the best source of FREE daily youth sports content you can find.

The site features the latest youth sports news, research, trends, coaching and parenting tips and insights from leading experts.

Plus, top coaches from the professional and collegiate ranks share what you need to know to be a better coach and well-informed parent. Every story is archived so you can use the search tool to find an article on just about any youth sports topic imaginable.

In the past month the site has featured:

RYAN HARRIS: A starter on the Denver Broncos' 2015 Super Bowl winning team and author of *Mindset for Mastery*, on how to help young athletes embrace those two oh-so important words: I Can

DR. JESSE MICHEL: The mental skills coordinator for the Houston Astros on revving up a youth team's focus. "We need to go the next step and tell our young athletes what to concentrate on and how to focus," says Dr. Michel. "It is dangerous for us to make the assumption that athletes know what we are talking about."

DANA VOLLMER: The three-time Olympian and five-time gold medalist on motivating young athletes. "My challenge to all coaches is to try and get to know your athletes and what motivates them," says Vollmer. "Coming up and telling me that my competition is going way faster than I am going in practice doesn't motivate me. But to come up and tell me to 'try this' or 'why don't you try thinking about this and see if that helps' empowers me and puts me in charge and makes me want to try even harder."

TANGELA SMITH: A two-time WNBA champion and assistant women's basketball coach at Northwestern University, on grabbing the right words to fuel young athletes.

DR. RON THOMPSON: A leading psychologist specializing in the treatment of eating disorders, he delves into body image issues that many young athletes are experiencing these days.

NEW CONCUSSION RECOMMENDATIONS: The American Academy of Pediatrics (AAP) updated its concussion recommendations, advising against the complete removal of electronic devices. ■

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|----------------------------|--------------------------|------------------------------|----------------------------|--------------------------|----------------------------|-----------------------|
| Karan Taggart, Ga. | Rob Schoppert, Md. | Antoinette Byrd, N.C. | Christopher Quaresma, Nev. | Shawn Taylor, S.C. | Helaine O'Keefe, Utah | Jared England, AE |
| Ronald Tinsley, Ga. | Brady Lloyd, Maine | William Carroll, N.C. | Anthony Radovcich, Nev. | Katherine Walters, S.C. | Rylin Patterson, Utah | Garret Finley, AE |
| Eville Aaron, Hawaii | Milo Root, Mich. | Michael Daly, N.C. | Tanja Ramociotti, Nev. | Lucas West, S.C. | Katelyn Pedroza, Utah | Leroy Hale, AE |
| Donald Blackwelder, Hawaii | Matthew Stanley, Mich. | Laura Evans, N.C. | Zachary Robison, Nev. | Patrick Williams, S.C. | Nikelle Pledger, Utah | Eric Hammonds, AE |
| Randall Cayco, Hawaii | Megan Angst, Mo. | Alex Godette, N.C. | Joseph Small, Nev. | Jeff Williamson, S.C. | Bryce Rypien, Utah | Darryl Harris, AE |
| Jennifer Fuchise, Hawaii | Laura Bailey, Mo. | Crystal Gore, N.C. | Jerry Wojtech, Nev. | Lindsey Rehmer, S.D. | Samuel Schwoebel, Utah | Josh Hinshaw, AE |
| Paris Gravely, Hawaii | Denae Beckett, Mo. | Tyler Ham, N.C. | Tobie Langsam, N.Y. | Melissa Commander, Tenn. | Lesley Shaw, Utah | Josh Holmes, AE |
| Marcus Kell, Hawaii | Richard Breeding, Mo. | Phil Hardin, N.C. | Patrick Rossi, N.Y. | Eric McGaha, Tenn. | Patrick Trim, Utah | Kimberly Holmes, AE |
| Svetlana Mulqueen, Hawaii | Todd Brennon, Mo. | Lariesa James, N.C. | David Walters, N.Y. | Titan Chijioke, Texas | Samuel Wamsley, Utah | Chris Hubbard, AE |
| Peter Tedtaotao, Hawaii | Darus Brondel, Mo. | Raven Johnson, N.C. | Matthew Bancheck, Ohio | Jimmy Reilly, Texas | Scott Wardle, Utah | Jason Kettenhofen, AE |
| Mallory Hunter, Iowa | Alfonzo Brown, Mo. | Cassie Johnson, N.C. | Sue Ditullio, Ohio | Ernie Smith, Texas | Jennifer Weaver, Utah | Ryan Krus, AE |
| Brooke Sieverding, Iowa | Dustin Care, Mo. | Erin Kegley-Parris, N.C. | Phil Krabbe, Ohio | Tyler Barfuss, Utah | Shawn Whitaker, Utah | Amy Whitmire, AE |
| Jason Thraen, Iowa | Kaelin Casasola, Mo. | Joel Kent, N.C. | Brent Langhorne, Ohio | Michael Barlow, Utah | Bryan White, Utah | Yana Minarov, AE |
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