

# Center for the Advancement of Responsible Youth Sport (CARYS) California State University, Fullerton

## CARYS Mission

Serving primarily Orange County, CARYS has as its mission the promotion of positive and developmentally appropriate sport and physical activity programs for youth populations. The goals of CARYS are based on the understanding that parents, leaders, coaches, and professionals have a responsibility to provide a safe, enjoyable, and developmentally appropriate experience for children and adolescents involved in organized youth sports. The structure of leagues, the training of coaches, and the behavior of adults and spectators ought to be consistent with this responsibility. As such, the mission and goals of CARYS reflect the needs of a community increasingly reliant on sport and physical activity as an important educational tool for healthy children and adolescents.

## What is CARYS?

Clay Sherman

I live next to a park and often spend time playing with my children while watching soccer, softball, or baseball practice. While some coaches are skilled at running practices that are exciting, fast-paced, and thoughtfully designed, many practices seem more hap-hazard or overly-controlled, where kids are standing around too much and not engaged in enough actual movement or practice time. Some coaches clearly have had training (or possess great intuition) on how to talk to children, how to be enthusiastic, and how to create meaningful game-like experiences that help children learn and have fun. Other coaches have not developed these skills. The Center for the Advancement of Responsible Youth Sport

(CARYS) at Cal State Fullerton is committed to helping organizations in the Orange County regions develop volunteer coaches and physical activity leaders who have the skills necessary to provide safe, educational, and exciting physical activity experiences for all children.

What is CARYS? Although CARYS has a physical location on the California State University, Fullerton campus, we really envision CARYS as a community outreach program. Our target is the many community physical activity programs that are designed to help children and adolescents develop and maintain physically active lifestyles. We recognize that many possibilities exist that encourage and cater to the physical activity needs of children. For example, children may be involved in school-based



Soccer fields in Orange County are alive and kicking once again this Fall.

afternoon recreation programs, Boys' and Girls' Clubs, community recreation programs, or local youth sport programs (like AYSO, American Softball Association, Nation Junior Basketball). In almost all cases, these programs are staffed by thoughtful, well-meaning, child-loving, and committed adults who try their very best to provide safe and meaningful physical activity experiences for all children. In many cases, however, these (con't. on Page 3)

## Inside this issue:

What is CARYS?	1
Kids Reflect	1
Girls and Women in Sport Day	2
You're Not Alone: Research With Local Youth Sport Coaches	2
Just for Parents	2
Creative Fitness Ideas	4

## Kids Reflect: What is your favorite part of competitive soccer?

Heather Hebert



"It's fun playing with your friends and scoring a goal."

Ricky Steinman (age 8)



"It's fun playing with our friends."

Miranda and Caitlyn Hoffman (ages 8 & 6)



"Having my dad as a coach."

Garrett Boyle (age 8)

## National Girls and Women in Sport Day February 4, 2004

Amy Kowalski



*Honoring the participation of girls and women in sports.*

National Girls and Women in Sport Day was chartered by the U.S. Congress in 1986 to honor female athletic achievement and recognize the importance of sports and fitness participation for all girls and women. The first day of celebration was in 1987 as a day to remember Olympic volleyball player Flo Hyman for her athletic achievements and her work to as-

sure equality for women's sports. Hyman died of Marfan's Syndrome in 1986 while competing in a volleyball tournament in Japan. On February 4, 2004, thousands of athletic and recreation directors, association members, sponsors, students, parents, sport educators and coaches across the country will be involved in this year's theme, "Play Fair." Included in this celebration in all 50 states are community-based events,

award ceremonies, and activities in honor of the participation of girls and women in sports and their achievements. For more information on how you can get involved, or to download a free community action kit, please visit the National Association for Girls and Women in Sport website at <http://www.aahperd.org/ngwsdcentral/>. Please do what you can to encourage and celebrate sport participation for all children and adolescents!

*"I became a weekend coach five years ago. Somebody at the registration desk told me, 'You'd like to help coach, wouldn't you?' So I checked the box on the registration form marked 'Assistant Coach,' hoping to merely be 'involved' with the team. But this is akin to merely being 'involved' in an airplane crash."*

Rick Hampson, volunteer youth sport coach and USA Today journalist

## You're Not Alone! CARYS Meets With Local Volunteer Coaches to Discuss Coaching Education Issues

Lenny Wiersma

Think you might be the only coach who did not feel entirely prepared to stand in front of 15 sets of glaring eyeballs on the first day of practice? You're not alone. Recently we met with 25 local volunteer coaches from the sports of basketball, softball, baseball, soccer, and football, and discussed

with them, among other things, the issues they felt least prepared to deal with when they entered the role of volunteer youth sport coach. The issues discussed most frequently among the coaches included dealing with parents, having a lack of knowledge of the sport, communicating effectively with young children, dealing with a wide range of abilities

on a single team, over-commitment issues of children playing too many sports, not having a mentor or veteran coach to "show them the ropes," and maintaining their own coaching philosophy while other coaches in the league emphasized winning and losing.

Overwhelmingly, the individuals we met with were  
(con't. on Page 3)



*Youth sport is an investment in the health, fitness, and overall development of children and adolescents.*

## Just For Parents: Youth Sport is an Investment

Edited by Trisha Raniewicz  
(With permission from the American Swim Coaches Association)

With time at a premium for most families, many parents are now asking, "Is the sacrifice and expense of joining a youth sport program worth it?" Here are some thoughts from Coach Cindy Anderson, head youth

swimming coach from Reno, Nevada.

Youth sport involvement is much more than daily practice and occasional competition. The youth athlete benefits from the physical fitness of sport and is involved in an after-school activity when working parents can't be with their kids. Youth sport is an investment in the health, fitness, and

overall development of the youngster.

From the physical standpoint, youth sport helps improve cardiovascular fitness, strength, flexibility, body composition, and neuromuscular coordination. In addition, it is a lifelong activity that serves as a fun way of reducing stress. Youth sports can be

(con't. on Page 3)

## Just For Parents (continued from p. 2)

enjoyed recreationally long after it has ceased competitively.

Beyond the physical benefits, youth sport contributes greatly to the psychological and emotional development of the young athlete. Participating in a variety of sports requires the development of complex motor patterns in children. Sport requires hard physical work, intelligent application of learned skills, and the ability to think while performing. If practices are intelligently designed, The athlete can learn skills such as goal-setting strategies, time man-

agement, relaxation and imagery techniques, positive attitudes, and generally enhances the athletes overall self-image.

Youth sport also requires consistent dedication, discipline and commitment to goals, and learning the habit of persistent application of lifestyle adaptations for goal achievement. Young athletes learn to accept success and failure with equal grace. In life as in sport, one often fails several times on the way to success, and it is an essential and difficult life-lesson to learn.

To be an athlete is a very

special experience. To be a youth sport athlete can be difficult at times, but the benefits of the persistent dedication and effort, along with learning to deal with emotional and psychological experiences associated with the demands of training and competing, are well worth whatever personal and/or financial investments are required. By the same token, being a youth sport parent can be difficult at times, too, but sport provides parents with a chance to grow along with their children in many important ways.

*“Beyond the physical benefits, youth sport contributes greatly to the psychosocial and emotional development of the young athlete... To be an athlete is a very special experience.”*

## You're Not Alone! (continued from p. 2)

dedicated and caring individuals who, like many coaches, felt inadequately prepared to deal with some important areas, as mentioned above. Based on their advice, CARYS recommends the following principles concerning education and training for volunteer coaches:

1. Establish programs within leagues that foster mentoring relationships between novice coaches and competent, experienced coaches;

2. Promote consistency within and among leagues on policies regarding coaching preparation expectations and requirements;

3. Integrate alternative formats (e.g., round table discussions) into existing formal education programs that empower coaches and encourage them to engage in discussions of approaches they have taken in past situations;

4. Increase board member involvement at practices and

games;

5. Offer education opportunities throughout the season as opposed to a “one-shot deal” before the season starts;

6. Provide a sport-specific and age-specific set of learning objectives to guide coaches in assessing their athletes’ and their own progress.

*For more information, please contact Lenny Wiersma, Co-Director of CARYS, at (714) 278-3806.*



Volunteer youth sport coaches must be prepared to deal with a variety of issues.

## What is CARYS? (continued from p. 1)

programs are also staffed by individuals with very little training, other than their own sport or physical activity experiences. CARYS is committed to helping community physical activity programs determine, develop, admin-

ister, and evaluate coach or leader training.

CARYS is committed to solving problems in an integrated fashion, such as empowering the administrative boards of sport and physical activity programs to effec-

tively mentor and train the individuals who teach, lead, or coach children and adolescents.

*For more information, please visit our website at <http://hdcs.fullerton.edu/knes/carys/home.htm>*

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FOR MORE INFORMATION ON CARYS  
OR FOR OTHER YOUTH SPORT RESOURCES,  
CHECK OUT OUR WEBSITE:

<http://hdcs.fullerton.edu/knes/carys/home.htm>

## Keeping Kids Interested: Alternative Fitness Ideas for Children

Angela Fifer

The United States is faced with the critical issue of child obesity. Many children today are more involved in playing video games than playing tag with their friends. Compounded with the high consumption of processed, high fat, and fast foods, the number of obese children has more than doubled over the past 30 years. Obese children are not only faced with social issues among their peers, but a lifetime of potential health issues, such as diabetes and cardiovascular disease, that likely looms in their future.

To prevent further acceleration of childhood obesity, parents need to take an active role in providing fitness opportunities for their children. One method of keeping kids interested in exercise is to utilize a variety of different types of physical activity. The CARYS newsletter will introduce different creative physical activities in each issue.

Cardio kickboxing utilizes the self-defense techniques of martial arts for the sole purpose of a cardiovascular workout rather than contact fighting. Cardio kickboxing is a great activity for children to develop confidence, discipline, and assertiveness early in life. The martial arts foundation of cardio kickboxing offers improvement in both physical and mental capacities, such as flexibility, strength, coordination, focus, and body awareness. Access to cardio kickboxing is fairly easy; many martial arts centers offer a variety of classes, videotapes, and internet sites offering suggestions for different combinations.

There are four basic punches and three basic kicks involved in learning the proper technique to cardio kickboxing. The punches include a jab, cross, uppercut, and hook. The basic kicks are front, side, and roundhouse. Using different combinations of the basic

punches and kicks, along with transition moves like knee raises, leg lifts, and jogging, a cardio kickboxing workout is created. This exercise can be done at any intensity level for any duration. Parents can also get involved in cardio kickboxing with their children. This quality time together would reinforce the importance and enjoyment of exercise.

Stay tuned for future issues of this newsletter for more ideas on getting children to be physically active. For other ideas, please go to the Verb! website, sponsored by the Center for Disease Control, at [www.cdc.gov/youthcampaign](http://www.cdc.gov/youthcampaign).

*“The martial arts foundation of cardio kickboxing offers improvement in both physical and mental capacities, such as flexibility, strength, coordination, focus, and body awareness..”*



Cardio kickboxing is a great cardiovascular workout that also helps children develop psychosocial skills.