



**YOUTH  
SPORTS  
ASSISTS:**

- Child Development Centers
- The Youth Center
- School Age Centers
- The Edge program

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# Landstuhl Youth Sports

ISSUE 3

FEBRUARY 2011

## Start Smart Tennis Unveiled

### Tennis anyone?

The Start Smart Sports Development Program has unveiled Start Smart Tennis as its newest sport-specific program. Start Smart Tennis joins the other sport-specific programs of baseball, basketball, football, golf and soccer, as well as the general skill development program.

The City of Leesburg (Fla.) and the Marine Corps Air Ground Combat Center Youth Sports (Calif.) recently served as pilot sites for

Start Smart Tennis – and both programs were met with resounding success.

“We’re extremely pleased to see our first Start



Smart Tennis programs run so smoothly and have such a positive impact on the young participants and their parents,” said Andy Parker, director of the Start Smart Sports Development Programs. “Tennis

is quickly becoming a popular sport among youth in this country once again and we certainly are looking forward to watching Start Smart Tennis help fuel enthusiasm for the sport and play a role in growing a new generation of young tennis players.”

Similar to other Start Smart sports-specific programs, Start Smart Tennis is a developmentally appropriate introductory tennis program for children ages 5-7.

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### DATES TO REMEMBER:

- ⇒ **February 15**– Spring Registration opens: Tennis, golf, baseball, softball, track & field, bowling, archery & rock climbing
- ⇒ **March 1**–Football Camp Registration opens
- ⇒ **March 25**– Mandatory Coaches’ Clinic
- ⇒ **March 26**–Parents’ meeting all sports except baseball/softball
- ⇒ **March 28**– practice begins all sports except baseball/ softball
- ⇒ **March 29**– Baseball screening
- ⇒ **April 2**– Baseball/ softball Parents’ meeting
- ⇒ **April 4**– Baseball/softball Practice begins



Youth Sports currently offers **wrestling, archery, tennis, rock climbing and golf** as individual sports. We are equipped to offer others, such as **biking, racquetball and hiking**. Please let us know if you are interested in any of these sports or if you have a sport you would like to see provided.



### Thank you

Volunteer Coaches!



## Cover Story continued

The program prepares children for organized tennis in a fun, non-threatening environment without the threat of competition or the fear of getting hurt. Age appropriate equipment from Head® and Penn® is used in teaching ground strokes, serving, volleying and running/agility.

four different stations, where children can learn about and practice various aspects of the game. Children are taught to master simple tennis skills, such as balancing a tennis ball on their racket while moving in different directions, bouncing the ball on their racket as many times as possible, hitting the ball in midair in the direction of their parent,

and negotiating an agility course created by the coaches before the session.

Like all Start Smart programs, Start Smart Tennis is designed for the children to work one-on-one with a parent or guardian in a safe, pressure-free environment.

Look for Landstuhl Youth Sports to be implementing The Start Smart Tennis program soon.



## Landstuhl Youth Center



Landstuhl Youth Center is affiliated with the Boys and Girls Club of America and 4-H. We offer a wide range of activities for youth 6th - 12th grade. Located in Bldg. 3819, LYC has two floors; one for the middle schoolers and one for the high schoolers. We are equipped with a variety of game tables, computer lab with internet access, TV/movies, video equipment/games, home-

work room and more. Check out the Music Room. We have a computer lab instructor and creative arts instructor, both of whom are dedicated to enhancing your technical and creative skills. Teens can become active members of the Teen Council and our Youth Volunteer Program (Promise Passport). Activities offered include the following workshops: Youth Effectiveness Training, Summer Hire Profes-

sional Development, Youth Sponsorship and Job Ready Training. Field trips, parties, lock-ins, overnight trips, creative arts, a variety of fun and challenging clubs and tournaments are also scheduled on a regular basis. Plus, we offer winter, spring break and summer camps.

DSN: 486-8658 Civ: 06731-86-8658

## VOLUNTEER & Make a Difference

If you are interested in coaching please contact Landstuhl Youth Sports DSN 486-8375 Or 06371868375

EAT  
SMART  
PLAY  
HARD



## Let's Move! America's Move to Raise a Healthier Generation of Kids

*"In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition."*

- First Lady Michelle Obama

The Let's Move! campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. Let's Move! will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.

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*Let's Move! Continued*

Mrs. Obama began a national conversation about the health of America's children when she broke ground on the White House Kitchen Garden with students from a local elementary school in Washington, DC. Through the garden, she began a discussion with kids about nutrition and the role food plays in living a healthy life. That discussion grew into the *Let's Move!* Campaign. At the launch of the campaign, President Barack Obama signed a Presidential Memorandum creating the first ever Task Force on Childhood Obesity to conduct a review of every single program and policy relating to child nutrition and physical activity and develop a national action plan to

maximize federal resources and set concrete benchmarks toward the First Lady's national goal. The Task Force's recommendation focus on the four pillars of the First Lady's *Let's Move!* campaign:

1. empowering parents and caregivers
2. providing healthy food in schools
3. improving access to healthy, affordable foods
4. increasing physical activity.

This problem can't be solved just by passing laws in Washington. It's going to take all of us—governors, mayors, doctors, nurses, businesses, non-profits,

educators, parents—to tackle the challenge once and for all, so *Let's Move!* to end the epidemic of childhood obesity together.

5 Simple Steps for Kids:

1. Move everyday!
2. Try new fruits & veggies.
3. Drink lots of water.
4. Do jumping jacks to break up TV time.
5. Help make dinner.

**Stay Tuned!** This spring, [LetsMove.gov](http://LetsMove.gov) will unveil specialized toolkits and strategies to help get families moving.

# the edge



The **edge** program offers out-of-school enrichment opportunities for children and youth grades 6-12 to experience develop, grow, and excel by participating in cutting-**edge** art, fitness, life skills and adventure activities, known as Art **edge**, Fit **edge**, Life **edge** and Adventure **edge**.

**edge Art Explosion!**

Every Wednesday March 2-30  
4-6 PM

Landstuhl Youth Cntr 3819

**edge Cards for Troops**

February 2, 9, 16, 23, & March 2  
4-6 PM

Landstuhl Library bldg 3810

**edge Baking is a piece of cake!**

Every Thursday March 3-31  
4-6 PM

Landstuhl Combined Club bldg  
3780

**edge Body in Balance**

Core Strength Training

Every Wednesday March 9-30  
4-5:30 PM

Landstuhl Fitness Cntr bldg  
3720

Must be enrolled in CYS Services to participate.

Register at Parent Central Services Contact DSN: 493-4516  
CIV: 0631-3406-4516

<https://webtrac.mwr.army.mil/webtrac/kaiserslauterncyms.html>

For more information or questions please contact the **edge** Coordinator Janice Broccoli at DSN: 486-8991 CIV: 06371-86-8991



## Landstuhl Youth Sports

**Director: Anthony Broccoli**  
**Assistant Director: Kurt Nussbag**



LRMC Building 3701

Phone: 486-8375

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E-mail: [anthony.broccoli@us.army.mil](mailto:anthony.broccoli@us.army.mil)

**Always Keeping it Fun!**



## H.U.G.S. Playgroup

H.U.G.S. is an interactive playgroup that is open to parents and children ages 0-4 yrs. Old. The meetings offer and opportunity for young children to meet and play with other children in a safe environment. They also give new moms and dads a chance to meet other moms and dads to exchange valuable information on raising children.



Every Tuesday 10:30-12:00

Landstuhl Youth Sports Bldg 3701

*We're on the web!*  
[www.mwrgermany.com](http://www.mwrgermany.com)

## November-January Highlights

### Great job young athletes!

**November-** Playoffs

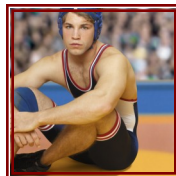
**November** Officials clinic

**December-** Parents meetings, coaches meetings

**December-** Practices started

**January-** Games started

**February-** Family Wellness Night



If you are interested in registering for a sport, register at Parent Central Services.

Contact: 493-4516/0631-3406-4516 or Landstuhl One Stop: 486-8943/06371-86-8943.

For more information or questions, please contact Landstuhl Youth Sports at 486-8375/06371-86-8375

# Parents/Coaches Corner

“The will to win is important, but the will to prepare is vital.” **Joe Paterno**

## Parents

Being the parent involved in or takes effort, and a healthy tolerance—that is, successfully



of a youngster organized sports commitment, dose of pa-if you want to meet your child's ever-changing needs during the course of the season.

It also means shuttling your child back and forth to practices and sneaking out of work early to attend games – but that's just the beginning.

There are many other responsibilities to meet and issues to address so that when your son or daughter puts on that colorful uniform and steps on the field, court or rink they will have a memorable season for all the right reasons.

Unfortunately, when there is conflict, miscommunication or disruptive behavior parents can also have a negative effect on your programs.

### **Overview - Parents Association for Youth Sports**

Because parents play such a crucial role in helping their children get the most fun out of their participation as possible, NAYS created the Parents Association for Youth Sports (PAYS). The PAYS program enables parents to help their children have truly rewarding experiences.

This educational program offers a simple, effective way to make parents aware of their roles and responsibilities and ways they can make the youth sports experience more enjoyable and positive.

## Coaches

Volunteer coaches of youth sports in the thousands of up to coach youth son, the youth would come to a



are the backbone America. Without parents signing sports every sea-sports world screeching halt!

The question is who are these volunteers? Are they an ex-high school or college athlete trying to re-live their sports experiences? Are they a parent of a reluctant child trying to give their child the same great experience that they had as a child? Or are they the mother or father of a child who was told, "If you don't volunteer, we don't have enough coaches!"

The truth is that all of these scenarios are pretty likely in the average volunteer-based youth sports league. That's why in 1981 NAYS developed the National Youth Sports Coaches Association - to help educate those volunteers to become the best youth sport coaches that they can be.

### **Overview - National Youth Sports Coaches Association**

The National Youth Sports Coaches Association (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 2.5 million coaches since its inception in 1981. More than 3,000 community-based agencies and organizations have offered this opportunity.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches' Code of Ethics Pledge.

*Parents & Coaches, Please submit your newsletter suggestions., ideas, pictures and/ or articles by March 15th.*

DSN: 486-8375 CIV: 06371-86-8375