

FIRST AND MOST IMPORTANT... EVERYONE SHOULD BE HAVING FUN!

This is a recreation program, developed to help teach youth the fundamentals of basketball and sportsmanship. Some will go on and continue to play competitive ball, others will learn that this is not the sport for them, but they are out there having fun and meeting new friends. Please be respectful of all.

The City of Anderson Parks & Recreation Department partners with others in the community to encourage a healthy life for our youth. We encourage all to help in this effort. One thing we can do is continue with policies in place on campuses regarding healthier food options. Please no sodas in the gyms, games or practices. Bring fresh fruit or healthier snacks for treats.

Please thank your coaches, these volunteers are taking the time to insure your child learns basic basketball skills, as well as having fun. Ask if there is anything you could do to help, by all working together we will have a great season.

Please pass on a thank you to our local school administrations. Without their generosity in sharing facilities this program would not be possible. Be respectful of school sites and help us all keep them clean.

Please thank our sponsors. These local businesses help keep the program affordable to all. A portion of the sponsorships goes into a scholarship program, giving youth who might not otherwise be able to play, the opportunity.

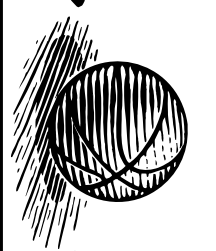
START GOOD HABITS NOW!

Healthy Snacks

Stay Active...Have Fun

HEALTHY SNACK SUGGESTIONS

Fresh Fruit
Veggie Sticks
Frozen Grapes or Blueberries
Trail Mix
Graham Crackers
Fig Bars
100% Fruit Juice
100% Fruit Juice Bars
Dried Fruit
100% fruit leathers
Plain Animal Crackers
String Cheese
Granola Bars
Peanut Butter w/ Crackers
Fruit & Cereal Bars
Mini Bagels
Unbuttered Popcorn
Cereal Party Mix
Pretzels



ANDERSON PARKS & RECREATION 2012
YOUTH BASKETBALL

Tips On Becoming A Model Youth Sports Parent

- ☺ Make only positive, encouraging comments to the players on both teams.
- ☺ Remember, making mistakes is part of the learning process—don't criticize.
- ☺ Focus on fun and participation rather than winning or losing
- ☺ Control your emotions.
- ☺ Respect the officials.
- ☺ Reinforce the Coach's instruction when practicing with your child at home.
- ☺ Positive reinforcement is the key to improvement.
- ☺ Don't undermine team morale.
- ☺ Tobacco use is not permitted at any practice or game site.
- ☺ Set a good example, make healthy choices

Please thank & support our sponsors!

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Save The Dates

April Yearly Community Activity Guide

June Sign Up for Swim Lessons

June/July Summer of Fun

Free 6 Week Program, And
Affordable All Day Camp

June/August Mosquito Serenade
Concert Series

July Movies in the Park

September Sign Up for Youth Basketball
1st-6th Grades Only

*Visit our website for more
upcoming events and classes,
www.ci.anderson.ca.us*

CITY OF ANDERSON PARKS & RECREATION

YOUTH BASKETBALL 2011 SCHEDULE

ANDERSON MIDDLE SCHOOL	JANUARY 7TH	JANUARY 14TH	JANUARY 21ST	JANUARY 28TH	FEBRUARY 4TH	FEBRUARY 11TH
9:00AM	Jr. Vikings Vs. Bulls 4/5	Jaguars Vs. Vikings 4/5	Sharks Vs. Anderson Ball Hogs 2/3	Anderson Ball Hogs Vs. 76ers 2/3	Jr. Vikings Vs. Scorpions 4/5	Bulls Vs. Jr. Cubs 4/5
10:00AM	Anderson Ball Hogs Vs. Dragons 2/3	Panthers Vs. Thunder 4/5	Roadrunners Vs. Dragons 2/3	Thunder Vs. Bulls 4/5	Sharks Vs. Roadrunners 2/3	Thunder Vs. Vikings 4/5
11:00AM	Roadrunners Vs. 76ers 2/3	Eagles Vs. Jr. Vikings 4/5	Mustangs Vs. 76ers 2/3	Panthers Vs. Jr. Cubs 4/5	76ers Vs. Dragons 2/3	Panthers Vs. Eagles 4/5
NOON	Mustangs Vs. Sharks 2/3	Mustangs Vs. Dragons 2/3	Jaguars Vs. Panthers 4/5	Eagles Vs. Mustangs 4/5	Mustangs Vs. Anderson Ball Hogs 2/3	Roadrunners Vs. 76ers 2/3
1:00PM	Mustangs Vs. Panthers 4/5	76ers Vs. Sharks 2/3	Vikings Vs. Jr. Cubs 4/5	Mustangs Vs. Roadrunners 2/3	Mustangs Vs. Vikings 4/5	Anderson Ball Hogs Vs. Dragons 2/3
2:00PM	Scorpions Vs. Jr. Cubs 4/5	Anderson Ball Hogs Vs. Roadrunners 2/3	Jr. Vikings Vs. Thunder 4/5	Dragons Vs. Sharks 2/3	Jaguars Vs. Jr. Cubs 4/5	Sharks Vs. Mustangs 2/3

SKILLS...TEAMWORK...SPORTSMANSHIP...FUN!

PLEASE NOTE DIFFERENT LOCATIONS FOR GYMS	JANUARY 7TH	JANUARY 14TH	JANUARY 21ST	JANUARY 28TH	FEBRUARY 4TH	FEBRUARY 11TH
	WEST COTTONWOOD ELEMENTARY SCHOOL	ANDERSON HIGH SCHOOL	ANDERSON HIGH SCHOOL	HAPPY VALLEY ELEMENTARY SCHOOL	ANDERSON HIGH SCHOOL	ANDERSON HIGH SCHOOL
9:00AM	Jaguars Vs. Thunder 4/5	Wizards Vs. Coyotes 6/8	Eagles Vs. Scorpions 4/5	Jr. Vikings Vs. Jaguar 4/5	Panthers Vs. Bulls 4/5	Wizards Vs. BenchWarmers 6/8
10:00AM	Eagles Vs. Vikings 4/5	BenchWarmers Vs. Coyotes 6/8	Wizards Vs. BenchWarmers 6/8	Wizards Vs. Coyotes 6/8	Eagles Vs. Thunder 4/5	BenchWarmers Vs. Coyotes 6/8
11:00AM	Wizards Vs. Coyotes 6/8	Bulls Vs. Scorpions 4/5	BenchWarmers Vs. Coyotes 6/8	BenchWarmers Vs. Wizards 6/8	Wizards Vs. Coyotes 6/8	Jaguars Vs. Scorpions 4/5
NOON	Wizards Vs. BenchWarmers 6/8	Mustangs Vs. Jr. Cubs 4/5	Bulls Vs. Mustangs 4/5	Vikings Vs. Scorpions 4/5	BenchWarmers Vs. Coyotes 6/8	Mustangs Vs. Jr. Vikings 4/5



Parent and Coaches' Corner

Dear Parents and Coaches,

Active kids are healthier kids, thank you for keeping kids active! You are an important role model for our children and we would like to enlist your help in encouraging your children and sports team to eat healthful snacks and beverages during and after the games and at practices.

Healthy food has been shown to improve athletic and academic performance. Unfortunately, children are frequently "rewarded" after participating in sporting events with high calorie, high sodium and low-nutrient foods. You can help kids understand that food is like their "equipment." Just as the right sporting equipment is essential for their sport, the food and fuel they choose to put in their body is equally as important.

What YOU can do!

- Choose a healthy snack from the Healthy Snack Suggestions list included in this newsletter.
- Provide only water as a fluid replacement.
- Be a good role model. Make staying active and eating healthy a priority for yourself and your family.

For healthy snack ideas, tips and resources, go to:

www.ci.anderson.ca.us

Please join this effort and help children build strong bodies through physical activity and healthy eating!

Yours in Health,

City of Anderson Community Services

Parks & Recreation Department

Key Sports Nutrition Messages

- Water is the most important nutrient for all athletes and the best replacement fluid for most athletes. If possible, support our environment by bringing reusable water bottles with tap water.
- Most experts feel that sports drinks offer little advantage over water. They are designed to benefit athletes who are competing in high-intensity aerobic workouts that last 90 minutes or more. They should not be used as a regular beverage in a child's diet.
- Educate your athletes about the importance of drinking enough fluids before, during and after practice and competitions to avoid dehydration. You only need to lose about 1 to 2% of body weight in fluid to affect performance. Emphasize the need to hydrate before they walk on to the field for practices or games.
- Encourage athletes to avoid eating sugary foods right before they compete. These foods may give a short energy boost, but it won't last long and then fatigue can set in.
- Healthy snacks give kids the energy they need to perform at their best. Refuel with fruits, vegetables and whole grains instead of "junk" food.
- After competition, replacement of nutrients lost in sweat is important. During exercise, water replacement is the main concern. Electrolyte replacement is easily achieved with a normal diet. Citrus fruits, such as oranges and grapefruits, and bananas are good sources of potassium (an important nutrient lost in sweat).