



## Welcome to Biddy Sports!

Thanks for joining us.  
Here is some very important information  
that will help you and your child  
have the best season possible.

Biddy Sports is an introduction to organized sports, played in a league format. The program, created by Julie Mason, is offered in East Contra Costa County for boys and girls 3-6 years old.

**The goal of the program** is to provide a non-threatening, non-competitive introduction to healthy sports activities. All children are encouraged to participate at their level, not to meet someone else's expectations. The program content is designed to move quickly, both with parent involvement and team activities. Social concepts like good sportsmanship, listening, and taking turns are actively introduced to the players. The objective is for children to experience sports and to enjoy being active.

**The unique "no score" non-competitive philosophy** allows families to be active without the pressure that many sports can include as children grow older. Each week starts with a big group warm-up, practice with one's team, and then a game session with another team (during weeks 2-6/8). Children learn the basics of a sport, and of being part of a team; all children play as they want to, and parents are the players best fans. The program does not allow anyone to push for a child's competitive performance. The idea is that each player should have a positive experience and learn, at their own pace and level.

**About Biddy:** The Biddy Sports program is non-contact and no score is kept. Everyone plays equal time if they wish. Children should be discouraged from being physically aggressive and touching other players. The goal is the safety and enjoyment of every child.

There are four different sports offered, with each sport session lasting six or eight weeks, followed by a brief celebration event on the final week: Basketball, Soccer, T-Ball, and Flag Tag. Outdoor sports are played rain or shine. Soccer and T-Ball are for three - five year olds; Basketball and Flag Tag are for four to six year olds. Locations vary throughout the year. Parents are encouraged to volunteer to coach their child's team. No experience is needed; all training is provided.

**What to Bring:** Players should wear comfortable clothing that allows for movement and athletic style shoes. T-shirts will be provided the second week. Be sure to bring a water bottle with plenty of water for your child. *Children should not wear cleats or specialized equipment.* Shin guards are fine for soccer if your child needs them. Please do not bring a ball, all equipment is provided. T-Ball players may bring a mitt (optional).

**Parents Role:** Parents are expected to follow the philosophy of the program, encouraging their child's every effort. A parent or guardian must be present for each session. Have your whole family join the warm-up. Parents will be asked to assist the coaches when needed. Be supportive of your child's team by cheering and giving encouragement to all players. Do not pressure your child into performing; allow them to experience at their own pace. Spectators and parents will be asked to ring the field or court to help keep the game contained.

**Other Details:** Please do not bring food or drink, except water. Bathrooms will be identified. No smoking, dogs, alcohol, drugs, or bad language is allowed. If you have concerns or compliments about the program please talk to program staff, Julie Mason 925-522-9284 or the Recreation Office.

**To Reach Biddy Sports:** [www.biddysports.com](http://www.biddysports.com) [julie@biddysports.com](mailto:julie@biddysports.com) .  Find us on Facebook for photos & info.

925-522-9284