



ROUGH RIDER YOUTH ORGANIZATION

Rough Rider Youth Parent & Family Handbook

Respect. Intensity. Progress.

This handbook explains the culture, expectations, and shared commitments of our program. It is written for players, parents, families, and coaches so that everyone understands what we are building and how we will build it together.

Rough Rider Youth operates with a youth-sports nonprofit mission: using athletics to help players grow in skill, confidence, discipline, teamwork, leadership, and character. If IRS 501(c)(3) recognition or tax-deductible donation language is being referenced externally, families and sponsors should rely on the organization's official IRS documentation and current approval status.

Our goal is bigger than winning games. We want to compete hard, learn the game the right way, and help young athletes become stronger people. The game gives them a place to practice courage under pressure, temperance when emotions rise, justice in how they treat others, and progress through repeated effort.

This is not a rulebook meant to catch families doing something wrong. It is a shared standard. When expectations are clear, players feel safer, parents know how to support the team, and coaches can focus on development instead of confusion.

Our core identity is simple: Respect. Intensity. Progress.



1. Our Mission and Team Identity

Our program exists to develop young athletes through the game, but the game is not the only product. We are building habits: showing up, listening, responding to adversity, respecting others, competing with focus, and learning how to be part of something bigger than one player.

Players are still learning how to manage emotion, attention, peer pressure, disappointment, and pride. That is why our identity matters. A player who learns to take a correction without collapsing, encourage a teammate after an error, and compete again after striking out is learning skills that transfer to school, home, friendships, and adulthood.

Team identity gives players a simple standard to return to when games get loud. When a player is frustrated, we can ask, "Is this respect?" When they walk between plays, we can ask, "Is this intensity?" When they are discouraged after a mistake, we can ask, "Where is the progress?"

This approach is supported by research on positive youth development through sport. When youth sports are intentionally structured, they can strengthen competence, confidence, connection, and character. Sports do not automatically build character; coaches, parents, and team culture have to shape the environment on purpose [8].

Evidence note: Youth sport can support emotional regulation, responsibility, goal-setting, sportsmanship, and mental health when the environment is developmentally appropriate and adult leadership is positive [1, 8, 9].

2. Team Culture: Encouragement Through Mistakes and Successes

Players are expected to encourage teammates through both mistakes and successes. The game includes failure. Even great hitters make outs more than they get hits. Good teams understand this and do not allow one bad play to become a bad inning or one bad inning to become a broken team.

Encouragement is not soft. It is competitive. A teammate who says, "You got the next one," after an error helps the team recover faster. A teammate who sulks, blames, or rolls their eyes makes the next play harder for everyone. Emotional contagion is real: one player's negativity can spread through the dugout, and one player's courage can settle the team.

We expect players to celebrate each other without becoming arrogant and correct each other without being cruel. There is a difference between accountability and humiliation. Accountability says, "We need you locked in." Humiliation says, "You are the problem." We will choose accountability.

Parents can help by praising effort, communication, hustle, and recovery, not only hits, strikeouts, or wins. A player who learns to value the process will become more resilient than a player who only feels valued when the result is perfect.

Evidence note: The American Academy of Pediatrics notes that organized sports can teach teamwork, personal responsibility, sportsmanship, goal-setting, and emotional control when adult expectations are healthy [1].

3. Commitment to Practice and Communication

Practice attendance matters because teams are built through repetition. Timing on relays, communication on pop flies, bunt coverage, base running reads, and cut-off responsibilities do not become automatic through talent alone. They become automatic because players show up and rep them together.

We understand illness, injury, family obligations, school events, and unavoidable conflicts. Life happens. The expectation is not perfect attendance. The expectation is communication. If a player will miss practice or a game, families should notify coaches as early as possible so lineups, positions, pitching plans, and drills can be adjusted responsibly.

When a player misses without communication, it affects more than that player. It can change defensive assignments, disrupt planned reps, affect playing time decisions, and place extra responsibility on teammates. The game relies on individuals within a team structure; every absence changes the structure.

Commitment also teaches players that their presence matters. We want players to know they are not just attending an activity. They are part of a team that depends on them.

Evidence note: Consistent, structured participation is one of the reasons youth sports can support social development, motor skill development, and emotional growth [1, 9].

4. Leave the Field Better Than We Found It

Respect for the field is respect for the game. Players and families are expected to help keep dugouts, benches, bleachers, cages, and fields clean. That means picking up trash, organizing equipment, carrying gear, and leaving the space ready for the next group.

This expectation is not about trash alone. It is about ownership. A player who learns to care for the field learns they are responsible for shared spaces. They learn that being part of a team includes small, unseen acts of service.

Examples are simple: throw away water bottles, collect batting gloves, return helmets, pick up sunflower seed shells when allowed, help younger siblings stay out of equipment areas, and leave the dugout cleaner than we found it.

We want our players to understand that character is often revealed when nobody is keeping score. Cleaning a dugout after a loss may teach more maturity than celebrating after a win.

Evidence note: Youth sports are most beneficial when they are connected to personal responsibility, social responsibility, and positive adult modeling [1, 8].

5. Sportsmanship: Cheer for Ours, Do Not Insult Theirs

We compete hard. We do not insult opponents. Our players should never mock another team's errors, laugh at a struggling pitcher, taunt a batter, or celebrate an injury. We can be intense without being disrespectful.

The standard is simple: cheer for our team, not against theirs. We can yell, "Let's go Rough Riders," "Great swing," "Pick them up," or "Win the next pitch." We do not need to yell things designed to embarrass another player.

The game creates pressure. Every player on the field is learning. We want our players to understand that opponents are not enemies; they are the competition that gives us the opportunity to grow. Strong opponents

make us better.

Parents set the tone here. Players hear what adults say in the stands. If adults are respectful, players are more likely to be respectful. If adults cross the line, players learn that sportsmanship is optional. It is not optional in this program.

Evidence note: Sports participation can teach fair play, friendship, teamwork, and self-esteem, but adult behavior strongly affects whether the environment remains healthy [9].

6. Practice at Home: Build the Foundation

Team practice should not be the only time a player touches a ball. At practice, coaches introduce skills, correct mechanics, build team concepts, and create competitive situations. At home, players strengthen the foundation so practices can move faster and become more advanced.

Home work does not need to be complicated or exhausting. Ten minutes of throwing into a net, tennis ball wall work, tee swings, dry swings, glove work, mobility, or footwork can make a major difference over a season. Consistency beats occasional intensity.

A good home routine might include 25 clean dry swings, 25 tee swings, 25 ground ball reps, 10 minutes of catch, and 5 minutes of stretching. The goal is not to turn home into a boot camp. The goal is to teach players that progress is earned between team practices too.

When players practice at home, team practices can build on the basics instead of constantly returning to the same foundation. That benefits every player, not just the one doing extra work.

Evidence note: Skill development in youth sport is supported by repeated practice, appropriate challenge, and positive feedback. The larger developmental benefit comes when effort, discipline, and growth are intentionally connected [8].

7. Sleep: A Performance Tool, Not a Luxury

Sleep is part of training. For young athletes, the target is 9 to 12 hours of sleep per 24 hours. This is not just about being less tired. Sleep supports attention, mood, memory, reaction time, learning, immune function, and physical recovery [2, 3].

A tired player is more likely to miss signs, forget where to throw the ball, react slowly, get emotional after mistakes, and struggle to listen. What can look like laziness or attitude may sometimes be an exhausted nervous system trying to compete.

Before games and tournaments, families should treat sleep like equipment. A good bat matters. A glove matters. So does going to bed on time. Late nights, sleepovers, screens in bed, and early game times are a rough combination for young athletes.

Practical expectation: the night before games, prioritize a normal bedtime, reduce late screens, prepare gear earlier, and create a calmer evening. We are not chasing perfection; we are helping players show up with enough fuel in the tank to focus and compete.

Evidence note: The American Academy of Sleep Medicine recommends 9 to 12 hours of sleep for children ages 6 to 12. Sleep research links sleep with cognition, health, mental well-being, reaction time, and athletic performance [2, 3].

8. Hydration and Nutrition: Fuel the Player

Players cannot compete well if they are under-fueled or dehydrated. Hydration and nutrition affect energy, focus, mood, body temperature regulation, endurance, and recovery. In Texas heat, hydration is not a small detail; it is a safety and performance issue [4].

Water should be the main drink for most players. Sports drinks may have a place during longer, hot, high-sweat events when electrolytes and carbohydrates are needed, but they should not replace water as the default drink. Energy drinks are not appropriate for children or adolescents because of stimulant content [5].

Before a game, choose familiar foods that are easy to digest. About 3 to 4 hours before activity, a player should eat mostly carbohydrates with moderate protein and lower fat and fiber. About 30 to 60 minutes before activity, a smaller carbohydrate-based snack can help if the player is hungry [6, 7].

Good options include bananas, applesauce, oatmeal, rice, pasta, whole grain toast, turkey sandwich, yogurt, pretzels, smoothies, low-fat chocolate milk after activity, chicken and rice, eggs with toast, or fruit. Foods to limit right before games include greasy fast food, heavy fried foods, large amounts of candy, soda, energy drinks, very spicy foods, and unfamiliar foods that may upset the stomach.

After games, recovery matters. A balanced meal with carbohydrates, protein, fruits or vegetables, and fluids helps replenish energy and support muscle repair. The basics beat shortcuts: fluids, calories, training, conditioning, and rest are the safest performance enhancers for young athletes [10].

Evidence note: Hydration affects safety and performance. Pediatric sports nutrition guidance recommends carbohydrate-rich meals before activity, appropriate fluid breaks, and caution with sports and energy drinks [4, 5, 6, 7, 10].

9. Respect: Justice, Temperance, and Courage

Respect is the foundation of our program. We expect players to respect parents, family members, teachers, coaches, teammates, opponents, umpires, facilities, the field, the national anthem, the game, and themselves.

Justice means giving others what they are due. Umpires deserve respect even when we disagree. Opponents deserve dignity even when we want to beat them. Teammates deserve support even when they make mistakes. Coaches deserve attention when they are teaching.

Temperance means self-control. A player may feel angry, disappointed, embarrassed, or excited. Those feelings are real. Temperance means they do not let those feelings control their mouth, body language, or effort.

Courage means doing the right thing when it is hard. It takes courage to ask for help, admit a mistake, step into the batter's box after striking out, pitch again after walking a batter, or apologize to a teammate. The game gives our players repeated chances to practice courage.

Evidence note: Organized sport can help children develop emotional control, sportsmanship, and personal responsibility when adults intentionally teach those values [1, 9].

10. Intensity: Energy With Control

Intensity is not anger. Intensity is focused effort. It is moving with purpose, talking on defense, hustling between stations, listening the first time, backing up bases, and staying locked in even when the ball is not hit to you.

Many mistakes happen because players drift mentally. They watch instead of anticipate. They react instead of prepare. Intensity means being present before the play happens. Good players are not surprised by the game; they are thinking ahead.

Examples of intensity include sprinting on and off the field, calling for fly balls loudly, backing up throws, staying ready in the dugout, knowing the situation, and responding quickly to coach direction. It also includes emotional intensity: refusing to let one mistake steal the next play.

We want controlled fire. Too little intensity becomes laziness. Too much uncontrolled intensity becomes chaos. Our program's standard is aggressive, focused, and composed.

Evidence note: Youth sport settings can be powerful places to teach self-regulation, emotional control, and effort when the culture defines those skills clearly [1, 8].

11. Progress Over Perfection

We do not expect perfection. We expect progress. Perfection creates fear. Progress creates courage. A player who is afraid to fail will play tight, hide from challenges, and avoid feedback. A player focused on progress can make a mistake, learn from it, and get back to work.

Progress does not mean every day feels better than the last. Development is uneven. Some games are ugly. Some practices feel off. Some players take two steps forward and one step back. That is normal. The standard is not never struggling. The standard is continuing to respond.

Coaches will praise growth: better body language, louder communication, cleaner footwork, improved focus, more courage at the plate, better choices after mistakes, and stronger effort at home. Those are signs of a player becoming more complete.

Parents can help by asking better questions after games. Instead of only asking, "Did you win?" or "Did you get a hit?" ask, "What did you learn?" "How did you respond?" "Were you a good teammate?" "What is one thing you can improve before next time?"

Evidence note: Positive youth development research emphasizes competence, confidence, connection, and character as meaningful outcomes of youth sport participation, not only wins and statistics [8].

12. Weekly Behavior Accountability Form

Our weekly behavior accountability form exists because we believe what players learn on the field should carry into the classroom, the home, and daily life. The game is not separate from character. How a player treats a teacher, speaks to a parent, handles frustration, and completes responsibilities matters.

The form gives parents and teachers a simple way to reinforce the same standards coaches are teaching: respect, effort, focus, responsibility, attitude, and follow-through. It is not intended to shame players. It is intended to help them see that their choices are connected across environments.

A typical weekly form may include teacher feedback, parent feedback, player reflection, and signatures. Questions may include: Did the player show respect this week? Did they complete responsibilities? Did they handle correction well? Did they show effort when things were difficult? What is one area of growth for next week?

When adults use the same language, players learn faster. If home says respect matters, school says respect matters, and our program says respect matters, the message becomes clear. This is how team culture becomes life culture.

Evidence note: Research on positive youth development through sport emphasizes that sport is most effective when adults intentionally structure the environment and connect lessons to broader life skills [8].

13. Consequences Outside the Game and Team Responsibility

Players will make mistakes at home and school. Accountability matters. However, we encourage families to be careful about using missed practices or games as punishment for unrelated behavior whenever possible.

For many players, sports are one of the healthiest places to work hard, receive mentorship, learn emotional control, practice teamwork, and rebuild confidence after mistakes. Removing a player from that environment can sometimes take away the very structure that helps them reset.

This also affects the team. When a player misses practice or a game for behavior unrelated to the game, lineups, positions, rotations, chemistry, and preparation can suffer. The consequence is not only on that player; the team feels it too.

We encourage consequences that are isolated from the team whenever appropriate: reduced screen time, extra chores, written reflections, apologies, earlier bedtime, loss of a privilege, or earning something back through action. We are not asking parents to ignore behavior. We are asking parents to preserve one of the environments that may help correct it.

Evidence note: Youth sports can provide positive mentorship, structure, connection, and emotional development. Those benefits depend on consistent participation and supportive adult leadership [1, 8, 9].

14. Team-First Positions: Where Do You Need Me, Coach?

Players may be asked to play positions that are not their favorite. That is part of the game. The team needs pitchers, catchers, infielders, outfielders, base runners, dugout leaders, and players willing to do the job required in that moment.

The mindset we want is simple: "Where do you need me, Coach?" This does not mean players cannot have goals or preferred positions. It means they understand that helping the team comes before personal comfort.

Complaining about positions weakens trust. It tells teammates, "My preference matters more than what the team needs." Versatility strengthens a player's value. A player who can help in multiple spots becomes more useful, more coachable, and more resilient.

Parents can support this by speaking positively about assigned roles. A player who hears, "Go help your team," will usually respond better than a player who hears, "Why are they playing you there?"

Evidence note: Sports can teach teamwork, personal responsibility, and goal-setting when players are challenged to contribute beyond individual preference [1, 9].

15. Parent Sideline Expectations: Cheer, Do Not Coach Live Plays

We want parents loud, positive, and supportive. Cheer for effort. Celebrate great plays. Encourage players after mistakes. Bring energy. The team needs that.

During live gameplay, however, players must listen to the coaches on the field. A player may already be hearing the pitcher, catcher, teammates, opposing coaches, crowd noise, umpire calls, adrenaline, and the first and third base coaches. If parents add live instructions, the player has too many voices to filter.

This is especially important during base running. A player rounding third must hear the third base coach. A runner at first must hear the first base coach. Extra instructions from the stands can cause hesitation, missed signs, or outs.

The best parent role during games is encouragement, not tactical instruction. Trust the coaches to coach. Trust the players to learn. If there is a concern, bring it to coaches at an appropriate time away from the emotional heat of the game.

Evidence note: Positive adult involvement improves the youth sports experience, while excessive pressure and sideline conflict can contribute to unhealthy stress [1, 9].

16. Community and Contribution

Our program is a team community. Families are encouraged to attend team events, support fundraisers, help with rides when appropriate, communicate needs early, and contribute fairly toward rentals, tournaments, equipment, and shared expenses.

Community is built in small ways: offering a ride to a player, helping carry gear, cheering for every player, volunteering at events, showing up for team meals, or supporting a sponsor. Those moments make the team stronger.

We want families to experience the season together, not simply drop players off and disappear. The stronger the family culture, the stronger the player experience. They notice when adults are connected, generous, and invested.

No family can do everything. Every family can do something. The goal is not guilt; the goal is shared ownership.

Evidence note: Youth sports can support connection, friendship, teamwork, and social growth when players and families experience a positive community environment [1, 8, 9].

17. Safety, Communication, and Coach Partnership

Player safety comes first. Families should communicate injuries, illness, soreness, fatigue, emotional concerns, or outside stressors that may affect participation. Coaches cannot support what they do not know.

This is especially important with pitching and catching. Arm soreness, fatigue, mechanics changes, or pain should be communicated immediately. Toughness does not mean hiding pain. Courage includes being honest when something feels wrong.

Parents and coaches are partners, not opponents. Disagreements should be handled with maturity, privacy, and respect. The right time for concerns is not during a game, in front of players, or immediately after an emotional loss. A calm conversation protects the player and the team culture.

Our shared goal is to help our players grow. When parents and coaches trust each other, players feel more secure and can focus on playing, learning, and competing.

Evidence note: The AAP emphasizes developmentally appropriate sport participation, injury awareness, and supportive adult roles in youth athletics [1].



Game Day Fuel Guide

The goal on game day is simple: steady energy, good hydration, and no stomach surprises. Players should eat familiar foods that sit well. Game day is not the time to experiment with a new spicy meal, a giant fast-food order, or an energy drink.

Use the guide below as a practical starting point. Each player is different, so families should adjust based on what their player tolerates well.

Time	Better Choices	Limit / Avoid
3-4 hours before	Pasta with lean meat, chicken and rice, turkey sandwich, oatmeal with fruit, Greek yogurt and granola, or a familiar balanced meal.	Fried foods, greasy burgers, heavy cream sauces, very spicy foods, large candy portions, or anything new.
30-60 minutes before	Banana, applesauce, pretzels, crackers, toast, fruit smoothie, yogurt, or a small granola bar.	Big meals, large amounts of dairy if it upsets the stomach, too much fiber, soda, or energy drinks.
During games	Water first. A sports drink can help during heat, long games, heavy sweat, or multiple games in one day.	Energy drinks, soda, and large amounts of candy.
After games	Carbs plus protein: chocolate milk, yogurt, sandwich, rice bowl, fruit plus peanut butter, or a normal meal.	Skipping food and fluids, or replacing recovery with only candy or soda.

Evidence note: Sports nutrition guidance consistently emphasizes carbohydrate-rich meals before activity, moderate protein, lower fat and fiber close to competition, and water as the primary hydration source. This is especially important for young athletes because energy, focus, body language, and emotional control are all harder when a player is tired, under-fueled, or dehydrated. [5, 6, 7, 10]

Our program's practical standard: We do not expect perfect nutrition. We do expect families to help players arrive prepared: rested, hydrated, fed, and ready to compete with energy and focus.

Parent and Player Acknowledgment

By signing below, I acknowledge that I have read and understand the Rough Rider Youth Parent & Family Handbook. I understand that this program is built on Respect, Intensity, and Progress, and that families, players, and coaches share responsibility for protecting the culture of the team.

I understand the expectations regarding attendance, communication, sportsmanship, parent sideline behavior, player accountability, at-home practice, hydration, nutrition, sleep, and community contribution.

I understand that this handbook is intended to guide team culture and expectations. It does not replace league rules, safety policies, medical advice, or official nonprofit/IRS documentation.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Player Name: _____

Player Signature: _____

Date: _____

References

- [1] American Academy of Pediatrics. Organized Sports for Children, Preadolescents, and Adolescents. Pediatrics, 2019. <https://publications.aap.org/pediatrics/article/143/6/e20190997/37135/Organized-Sports-for-Children-Preadolescents-and>
- [2] Paruthi S, et al. Consensus Statement of the American Academy of Sleep Medicine on Recommended Amount of Sleep for Healthy Children. Journal of Clinical Sleep Medicine, 2016. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5078711/>
- [3] Charest J, Grandner MA. Sleep and Athletic Performance. Sleep Medicine Clinics, 2020. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9960533/>
- [4] McDermott BP, et al. National Athletic Trainers Association Position Statement: Fluid Replacement for the Physically Active. Journal of Athletic Training, 2017. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5634236/>
- [5] American Academy of Pediatrics. Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? Pediatrics, 2011. <https://publications.aap.org/pediatrics/article/127/6/1182/30098/Sports-Drinks-and-Energy-Drinks-for-Children-and>
- [6] HealthyChildren.org / American Academy of Pediatrics. Sports Nutrition for Busy Families and Busy Lifestyles. <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Sports-Nutrition-for-Busy-Families-and-Busy-Lifestyles.aspx>
- [7] American Academy of Pediatrics, Care of the Young Athlete. Nutrition and Supplement Use. https://www.aap.org/globalassets/publications/coya/nutrition_coya_final_secured.1.0.pdf
- [8] Holt NL, et al. A grounded theory of positive youth development through sport. International Review of Sport and Exercise Psychology, 2016. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5020349/>
- [9] American Academy of Child and Adolescent Psychiatry. Sports and Children. https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.aspx
- [10] HealthyChildren.org / American Academy of Pediatrics. Performance-Enhancing Sports Supplements: Information for Parents. <https://www.healthychildren.org/English/healthy-living/sports/Pages/Performance-Enhancing-Substances.aspx>

Rough Rider Youth Nutrition & Recovery Guide

Simple, evidence-based nutrition guidance for youth athletes and families.

Fueling Young Athletes

Young athletes perform best when they consistently fuel, hydrate, and recover properly. Carbohydrates provide energy, protein supports recovery, and healthy fats support brain function and long-lasting energy.

Macronutrient Food Guide

Protein	Carbohydrates	Healthy Fats
Chicken Turkey Eggs Greek Yogurt Lean Beef Cheese Protein Smoothies	Fruit Rice Oatmeal Potatoes Whole Grain Bread Pasta Granola	Avocados Nuts Nut Butters Olive Oil Eggs Fish

Carbohydrates are the body's preferred energy source during activity and are especially important before games and practices. Protein supports recovery and muscle repair, while healthy fats support hormones, brain development, and long-lasting energy.

Young athletes do not need extreme diets or restrictive eating plans. Balanced meals with protein, carbohydrates, healthy fats, fruits, vegetables, and water support long-term growth and performance.

Hydration, Recovery & Sleep

Even mild dehydration can negatively affect focus, endurance, mood, and coordination. Young athletes should hydrate consistently throughout the day.

Best Drinks	Drinks to Limit
Water Milk Electrolyte Drinks Fruit Smoothies	Energy Drinks Large Sodas Highly Caffeinated Drinks Excessive Sugary Drinks

Energy drinks are not recommended for children and may negatively affect sleep, hydration, heart rate, focus, and emotional regulation.

Fiber & Vitamins

Fiber supports digestion and gut health. Good sources include vegetables, beans, berries, apples, oats, and whole grains. Important nutrients for youth athletes include calcium for growing bones, iron for energy, vitamin D for bone health, and potassium and sodium for hydration balance.

Sleep & Screen Usage

Most youth athletes should aim for approximately 9–12 hours of sleep depending on age. Sleep improves recovery, emotional regulation, focus, learning, and reaction time. Families should consider limiting screens 30–60 minutes before bedtime whenever possible because excessive screen exposure can negatively affect sleep quality.

Simple Tournament Nutrition Guide

Tournament weekends require preparation, hydration, recovery, and steady energy.

Before Games	After Games
Fruit + oatmeal	Protein + carbs
Turkey sandwich	Chocolate milk
Rice + chicken	Greek yogurt
Toast + peanut butter	Fruit smoothie
Banana + granola	Chicken + rice

Foods to Limit Before Games

Heavy fried foods, excessive added sugar, fast food immediately before games, and energy drinks can negatively affect digestion, hydration, focus, and energy consistency.

Recovery & Healthy Habits

Recovery matters just as much as practice. Hydration, sleep, healthy meals, stretching, and recovery time all help young athletes stay healthy and consistent throughout a season.

Players who consistently sleep well, hydrate properly, and fuel their bodies appropriately often demonstrate better focus, emotional control, endurance, and resilience.

Our goal is not perfection. Our goal is helping players build healthy habits, strong character, discipline, and long-term athletic development.

Sources: American Academy of Pediatrics, CDC Sleep Guidelines, American Heart Association, and the Washington State Athletic Association Sports Nutrition Manual.

Rough Rider Youth: Organization Information & Community Partners

Organization Information

501(c)(3) Nonprofit | EIN: 99-4808274

Website: roughrideryouth.org

Facebook: facebook.com/roughrideryouth

Email: Coach@roughrideryouth.org

Benevity & Corporate Matching

Rough Rider Youth is available on Benevity. Eligible employee donations may qualify for corporate matching through participating employers.

Community Sponsors



FLOATING LEAF

ENTERTAINMENT

Floating Leaf Entertainment



Raising Cane's Chicken Fingers



Jeff LaPoff
Ph: 512-855-4288
• 629 North Bell Blvd
Cedar Park, TX 78613

State Farm - Jeff Lapoff

In-Kind Sponsors



Pluckers



DICK'S Sporting Goods



Round Rock Express



Austin Aquarium



BackBone Wellness Center



Titan Moon Comics



Dart'em Up



Kona Ice

Thank you to the businesses and community partners investing in our young athletes.