

TO: Joyce M. Grossnickle, Administrative Officer

FROM: []

DATE: May 16, 2008

Subject: Need for Youth Athletic Facilities in Southern Frederick County	
Presenter (Name & Title): Tim Mellott, Southern Frederick County Youth Athletic Facilities	
Requested Date: Tuesday, May 27, 2008	Phone:

Type of Briefing: (Click box to select)

Administrative Business
 Worksession
 Closed Session
 BOCC/BOE Mtg.
 County/Municipal Mtg.
 Public Hearing
Board Action Desired:
 Decision
 Guidance
 Information
 PowerPoint Presentation

Staff Coordination: This topic has been **thoroughly** coordinated with the following Division/Department Directors, and they will have representatives at the presentation: (click to place a check mark in the appropriate box).

Staff	Initials	Date	Comments
County Attorney			
County Manager			
Finance Director			
Budget Officer			
Fire & Rescue Services Dir.			
Management Services Director			

Staff	Initials	Date	Comments
Permitting & Development Review Director			
Planning Director			
Public Works Director			
Utilities and Solid Waste Management Director			
Elected Officials			
Independent Agencies			
Other			

Attachments: Yes No

PLEASE NOTE: The **original and 10 copies** of all attachments (including the coordination sheet) are required for the Board of County Commissioners' meetings, which includes the Joint BOCC/BOE Meeting and the County/Municipal Meeting. If you are scheduled for a **Closed Session**, then you only need to submit the **original and nine (9) copies** of the back-up material. Back-up materials are due to the Administrative Officer **ONE WEEK IN ADVANCE** of the meeting. If materials are not received in a timely manner, you will be asked to reschedule your item.



April 9, 2008

Submitted to: BOCC and BOE

Submitted by: Tim Mellott, President
SFCYAF

Proposed agenda with BOCC and BOE, April 15, 1:30pm

Need for Youth Athletic Facilities in Southern Frederick County

1. The Value of Youth Sports

(See attached articles: Physically active kids get into less trouble,
Value of Sports and the study conducted by Hardiness Research)

2. What has caused the lack of facilities?

From 2000-2007 the Urbana Regions population has grown by 74.2%.
In 2000 the regions total population was 10,686 and at the end of
2007 was 18,622. The population increased by 7936. (Source:
Frederick County Government website)

3. What impact has the lack of facilities had on youth sports programs?

Here are just two examples; all children do not have the opportunity
to participate and the children's skill development is limited due to
limited practice time.

4. What is Southern Frederick County Youth Athletic Facilities?

SFCYAF was created as a community advocacy organization to work
on behalf of our children. Our mission is to identify and develop new
youth athletic facilities for the existing youth sports organizations.

The main topic of discussion

The public and private sectors need to work together to proactively address the lack of youth athletic facilities in southern Frederick County.

There is about 100 acres of land south of Urbana High School which is currently owned by Frederick County. This property could serve as a significant resource to add numerous fields into the current inventory in our southern region.

Here is a list of a few positives about this property.

1. Currently owned by Frederick County
2. Urbana High School could keep all of their athletic teams on campus for practices versus busing them to other locations. UHS leadership supports this idea.
3. The property is accessible off of Campus Drive which runs from Route 80 through to Route 355.
4. The farmer that farms the land is supporting our efforts.
5. The 355 bypass requires the removal of a significant amount of dirt that could be relocated to the site (less than 1 mile) and fields could be built. This could be done without any cost to the county.
6. SFCYAF has the support of over 5000 families. This type of support can provide significant resources to this project.
7. This property could provide Frederick County with a facility to host larger sporting events and state tournaments which in turn, would create positive economic impact.

We understand this is a major undertaking and will require a lot of hard work on our behalf. We are confident given the opportunity we can complete a "Field Raising" effort and address the lack of youth athletic facilities in southern Frederick County.

Thank you in advance for your consideration.

Physically active kids get into less trouble

Wed Apr 5, 2006 10:36am ET

By Amy Norton

NEW YORK (Reuters Health) - Teenagers who are physically active in any way are less likely than their TV-watching peers to smoke, drink or take other health risks, a new study suggests.

Researchers found that compared with teens who spent much of their free time in front of the TV, those who were active often had higher self-esteem, better grades and were less prone to risky behavior like taking drugs, smoking, drinking or having sex.

The findings, based on a national survey of nearly 12,000 middle and high school students, are published in the journal *Pediatrics*.

"Across the board, children who engaged in any kind of activity were better off than kids who watched a lot of TV," said study co-author Dr. Penny Gordon-Larsen of the University of North Carolina, Chapel Hill.

Other studies have linked certain content of television programs, such as violence and sex, to children's behavior. But beyond this issue, Gordon-Larsen told Reuters Health, kids who spend hours watching TV "miss opportunities" to socialize, develop skills, learn teamwork and have other experiences that their more active peers benefit from.

That doesn't mean, however, that kids have to be on the football team. The study found that "alternative" activities like skating and skateboarding -- which adults sometimes frown upon -- were also related to better self-esteem and less risk-taking.

That skaters were better behaved than TV watchers might come as a surprise to some adults who see these teens as a nuisance, according to Gordon-Larsen. Skateboarding is banned in many public areas, and some communities oppose building skating parks.

But if kids who like to skate have nowhere to do it, "it's a shame," said Gordon-Larsen.

Southern Frederick County Youth Athletic Facilities
Executive Summary
Board of Education & County Commissioners Meeting
May 20, 2008

Current State

The Southern Frederick County region does not have enough athletic fields and facilities to support its youth athletes. Athletes are turned away from some of the youth leagues often with the explanation that they were too late in signing up. Frequently, the real reason is there are not enough fields and facilities to support them and the practice and game time that comes with it.

Our Goals

Every child should have an opportunity to participate in youth sports and to achieve to the best of his/her athletic ability. Youth athletics builds self esteem, confidence and serves as a base for maturation that will last a lifetime for our children. The lack of fields and facilities will stifle these goals.

Vince Lombardi said, "People who work together will win, whether it be against complex football defenses, or the problems of modern society." He also said, "Practice does not make perfect. Only perfect practice makes perfect." Sports lay the ground work to help promote teamwork in society. Practices help develop athletic skills, technique, and further promote teamwork. Some of our kids do not have the opportunity to practice and play sports.

Why Don't We Already Have Facilities?

The two key contributors are the population growth and no new field or facility development. We are not here to assign blame. We will take our share of blame for taking this long to get in front of you. We are interested in solutions and hope you will join us in a collaborative effort to protect our most precious resource, our children and their interest to participate in youth sports.

Impact of Not Having Enough Fields and Facilities

Some baseball teams are not able to practice once the season begins because all the fields need to be used for games. Two soccer teams routinely practice on the upper field at Urbana Park concurrent with softball and baseball games being played on two separate diamonds. Soccer teams are forced to play more away games and schedule rainouts due to scheduling conflicts that defer to baseball and softball during the spring. LUYAA spring sports registration consists of over 2,000 youth athletes. If they are divided into 13 players per team that equals 153 teams share 23 BOE athletic fields. Practices are being held 30 minutes away from young athletes homes. The Urbana Hawks Youth Basketball league plans to eliminate U16 and U19 age groups if the youth participation in the younger age groups continues to increase as it has over the past few years.

How to Fix It

We do not know the answer to this overall situation, but are hopeful you will recognize our attempt at working with you for a solution. We need your prompt assistance to continue in the right direction; timing of the proposed solution is of the essence. We are behind the eight ball as you will see from the following statistics. We need to work diligently together to solve this problem.



SFCYAF Fact Sheet for Combined Board of Education & County Commissioners Meeting

- "...the County has approximately 17 acres of parkland per 1,000 population" (FCLPPRP Executive Summary, bullet 4)
- "The current parkland deficit is approximately 1,860 acres" (FCLPPRP Executive Summary, bullet 5)
- "This plan recommends acquiring 200 acres of county owned parkland per year as a realistic goal towards closing the gap of the parkland deficit" (FCLPPRP Executive Summary, bullet 6)
- "Identify desirable improvements to policies, plans, and funding strategies, to better achieve goals and improve return on public investment" (FCLPPRP Chapter 1 State Guidelines, bullet 4)
- "Recommend to state and local legislatures, governing bodies, and agencies changes needed to overcome shortcomings, achieve goals, and ultimately ensure good return on public investment" (FCLPPRP Chapter 1 State Guidelines, bullet 5)
- "Identify the needs and priorities of current and future State and local population for outdoor recreation" (FCLPPRP Chapter 1 State Guidelines, bullet 6)
- Urbana region has the highest growth rate since 2000 and the highest projected growth rate out to 2030 (FCLPPRP Chapter 2, Table 1 Population Projections)
- FCLPPRP Chapter 2, page 12
 1. "Concentrate development in suitable areas and ensure it occurs in an orderly manner."
 2. "Manage the location, scale, and timing of project new growth within the context of regional growth while ensuring development does not exceed the capacity of public roads, utilities, services, and facilities."
 4. "Promote planning efforts preserve large, usable agricultural areas."
- FCLPPRP Chapter 3, page 16, State Goals
 - 1st bullet - "Continue to protect recreational open space and resource lands at a rate that equals or exceeds the rate that land is developed at a statewide level."
 - 4th bullet - "Use State investment in parks, recreation, and open space to complement and mutually support the broader goals and objectives of local comprehensive/master plans."
 - 5th bullet - "To the greatest degree feasible, ensure that recreational land and facilities for local populations are conveniently located relative to population centers, are accessible without reliance on the automobile, and help to protect natural open spaces and resources."

Related point – Villages of Urbana and Urbana Highlands represent 75% of the new area growth

Reference Documents

1. Frederick County Land Preservation, Parks and Recreation Plan (FCLPPRP, Approved May 2, 2006)
2. Urbana Region Plan (URP, Adopted June 2004, Prepared by the Frederick County Department of Planning and Zoning)



- FCLPPRP Chapter 3, page 17, County Goals “Provide parkland at a ratio of 25 acres/1,000 persons”; with an Urbana region population of 18,622 the region would need 466 acres of parkland
 4. “The park/school concept shall be given high priority in order to more efficiently meet local park and recreation needs. Joint use agreements between the Parks and Recreation Commission and the Board of Education and municipal officials (where appropriate) should continue to be established and refined to make all County schools available for recreation use.”
 11. “Park and recreation facilities shall be efficiently provided in the most needed locations and with the lowest possible expense to the taxpayer. Emphasis should be given to serving those areas designated for growth in the County’s Comprehensive Plan during parkland acquisition process.”
 13. “A variety of funding, including Federal, State, local and private non-profit resources should be utilized in the provision of park and recreation services.”
- FCLPPRP Chapter 3, page 20, Parkland Acquisition
 - “Community and District Parks, in particular, are to be located in close proximity to the County’s Regional and District Communities where the greatest level of growth is expected.”
 - “Parkland acquisition priorities are based on the consideration of several factors including:
 - Current population
 - Projected population of growth
 - Public input
 - Facility needs”
- FCLPPRP Chapter 3, page 22, Funding of Parkland and Development
 - “Recordation Tax (County) 80.5%” (recognition real estate transactions are significantly lower than previous years)
 - “General Obligation Bonds 11.4%”
- URP, Page 73, Table 14, 20-Year Parkland Needs, Urbana Region
 - Currently, Urbana Region has 118 acres/18,622 people equating to 6.3 acres/1,000 people
 - Including Urbana District park, Urbana Region has 223 acres/18,622 equating to 12 acres/1,000
 - If 100 additional acres are added representing the property adjacent to Urbana High School, the Urbana Region would have 323 acres/18,622 (note this 18,622 represents year-end 2007 population, note the increased population that will be realized by the time anything is actually completed and ready for use) which equates to 17 acres/1,000 which was the current average in Frederick County as of 2005 (FCLPPRP, Executive Summary, bullet 4)

Reference Documents

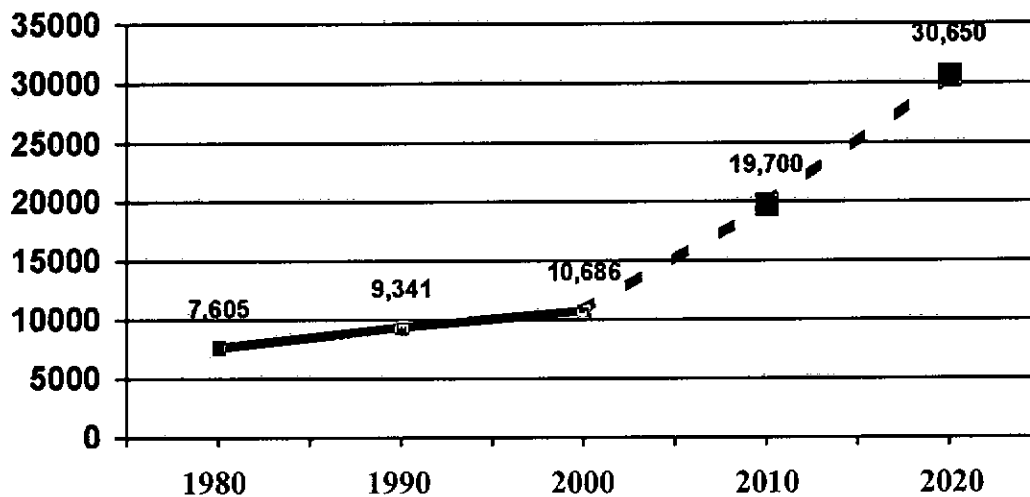
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(URP, Background, Table 2, page 11)
 Population Growth
 Urbana Region

Time Period	Population	Population Increase	Percentage Increase
1980-1990	7,605 (1980)	1,736	23%
1990-2000	9,341 (1990)	1,345	14%
2000-2010	10,686 (2000)	9,000	84%
2010-2020	19,700 (2010)	10,950	55%

(URP, Background, Figure 4, page 12)
 Population Growth
 Urbana Region



Note: 2007 population was 18,622 (source: Frederick County Government website)

Reference Documents

1. Frederick County Land Preservation, Parks and Recreation Plan (FCLPPRP, Approved May 2, 2006)
2. Urbana Region Plan (URP, Adopted June 2004, Prepared by the Frederick County Department of Planning and Zoning)

Value of Sports

Children participate in youth sports to:

- Develop sports and fitness skills
- Develop social skills such as leadership, communication, teamwork, community service etc.
- Lifelong fitness habits

If a girl does not participate in sports by the time she is 10, there is only a 10% chance she will participate when she is 25. (Linda Bunker, Univ. of VA 1989)

80% of women identified as key leaders in Fortune 500 companies participated in sports during their childhood and self-identified as having been "tomboys." (Linda Bunker Univ. of VA 1988)

Research has shown that students who participate in interscholastic sports are less likely to be regular and heavy smokers. Students who play at least one sport are 40% less likely to be regular smokers and 50% less likely to be heavy smokers. Regular and heavy smoking decreases substantially with an increase in the number of sports played. (*Escobedo LG, Marcus SE, Holtzman D, Giovino GA. Sports participation, age at smoking initiation, and the risk of smoking among US high school students. JAMA, March 17, 1993; 269:1391-1395.*)

The lower rates of smoking for student athletes may be related to a number of factors: (*Escobedo, 1993*)

- Greater self-confidence gained from sports participation.
- Additional counseling from coaching staff about smoking.
- Reduced peer influences about smoking.
- Perceptions about reduced sports performance because of smoking.
- Greater awareness about the health consequences of smoking.

Special Benefits for Girls...

Smoking becomes a way for preteen and teen women to build a sense of self and stay connected with peers in the face of enormous pressures to be beautiful, successful, sophisticated, thin, independent, and popular -- seductive images that are reinforced in movies, music videos, and advertising. (*Edwards P. Evening the odds: Adolescent women, tobacco and physical activity. Ottawa: Canadian Association for the Advancement of Women and Sport and Physical Activity, 1995.*)

Sports and physical activity are positive, viable alternatives to smoking in the lives of young women. They can give adolescent women the very benefits they perceive in smoking: independence, status with their peers, a chance to make friends, relaxation, weight management, and a more positive sense of self. (*Edwards P, 1995*)

● Girls who play sports have higher levels of self-esteem and lower levels of depression than girls who do not play sports. (*Edwards P, 1995*)

● Girls who play sports have a more positive body image and experience higher states of psychological well being than girls and women who do not play sports. (*Edwards P, 1995*)

● Girls who play sports learn about teamwork, goal-setting, the experience of success, the pursuit of excellence in performance, how to deal with failures, and other positive behaviors -- all of which are important skills for the workplace and life. (*Edwards P, 1995*)

● Only 15% of urban children participate in organized youth sports, as compared to 85-90% who play in the suburbs.

● Playing organized sports reduces the frequency of negative activities (drugs, violence, sex, etc.)

A study conducted by Hardiness Research of Wyoming found that by a 2:1 ratio for boys and a 3:1 ratio for girls, those who participate in sports perform better in school, do not drop out, and have a better chance to get through college. A survey done by the Women's Sports Foundation found that girls who participate in sports are 80 percent less likely to have unwanted pregnancies and 92 percent less likely to get involved with drugs than those who don't participate in sports.

Research has shown that students who participate in interscholastic sports are less likely to be regular and heavy smokers. Students who play at least one sport are 40 percent less likely to be regular smokers and 50 percent less likely to be heavy smokers. Regular and heavy smoking decreases substantially with an increase in the number of sports played. (*Escobedo LG, Journal of the American Medical Association, 1993.*)

These lower smoking rates for student athletes may be related to a number of factors: Greater self-confidence gained from sports participation; additional counseling from coaching staff about smoking; reduced peer influences about smoking; perceptions about reduced sports performance because of smoking; and greater awareness about the health consequences of smoking. (*Escobedo, 1993*)

Numerous studies also indicate that sports participation for girls directly correlates to the development of positive attributes. Girls who play sports have higher levels of self-esteem and lower levels of depression than girls who do not play sports; girls who play sports have a more positive body image and experience higher states of psychological well being than girls and women who do not play sports; and girls who play sports learn about teamwork, goal-setting, the experience of success, the pursuit of excellence in performance, how to deal with failures, and other positive behaviors - all of which are important skills for the workplace and life. (*Edwards P, 1995*) In fact, 80 percent of women identified as key leaders in Fortune 500 companies participated in sports during their childhood. (*Linda Bunker, University of Virginia, 1988*)

Children who participate in organized sports and have enjoyable experiences that pave the way for active lifestyles are less likely to battle overweight problems as adults. Currently, one out of every five children in the U.S. is overweight, and excess weight in childhood and adolescence has been found to predict being overweight as an adult (*American Obesity Association Fact Sheet, 1999*). Also, only about one-third of elementary school students have any type of daily physical education (*Ross and Pate, 1987, KidSource.com*).

VACO– James City County Stadium

Being among the fastest growing counties in Virginia, growing pains have been felt no where greater than in the school system and the need for facilities including venues for their athletic teams. These needs have been driven by more school age children which has also impacted Parks and Recreation because of the demand for more programs and facilities.

The Problem

Overcrowding in the counties two high schools was alleviated with the opening of a third high school in September of 2007. The county and school system faced the problem of funding the new high school in its entirety so this, coupled with the schools reliance on park facilities to meet their athletic needs, the field needs of the school were scrutinized for efficiencies. Facing the highly volatile issue of rezoning the schools were also very motivated to not create real or perceived inequities in program or facilities at each school.

The Need

With a history of shared used facilities between parks and schools the first step was to identify where there were shortfalls in meeting the overall programmatic needs for athletic teams. It so happened that the venue shared by the two existing the high schools for football games in the fall and soccer in the spring was aging and no longer adequate.

The venue was a school owned natural grass field with grandstands and small locker room and restroom facilities, not to mention insufficient parking. With football playoffs extending into early December, the grass turf would not hold up and footing would become quite treacherous. Through resodding and reseeded efforts the field would be readied for spring play and then more turf work in the summer months. The costs to the county, who maintained the field, were significant yet the turf would be at its worst during the most critical time.

Therefore, the need identified was to build a new stadium that could withstand the use that would be able to handle the demands placed on it with shared use.

The Challenge

Building a stadium presented several challenges. The biggest was the cost of construction and purchase of a site for a new stadium which was above and beyond what the school system budget could handle, particularly with the costs of the new high school coming at the same time. The county had a site next to an existing sports complex that was planned as a future game venue in support of the adjacent practice fields. This site became a natural location for the new stadium, and since it was on county property, the county agreed to fund it.

The next challenge, and seemingly more difficult than the first, was to negotiate who would manage the stadium. Without agreement here the project could politically fail. The schools desired to manage it as they needed to ensure that their game needs had priority since they had to comply with the Virginia High School League mandates and schedules. The downside to this scenario is that community use of school operates facilities is minimized as they hold availability for potential use that may or may not happen. Since the funding was going to come from the County's capital improvement fund the caveat was that they would insist that it be operated through parks and recreation. The upside to this was that there would be better accessibility to the community to use it.

As a result of this a Memorandum of Understanding was developed and approved by the schools and county. This was a collaborate effort between the schools and county and developed by a facility team consisting of staff from both that was put together specifically to address common needs and issues related to sports and athletics. It was through the efforts of this group that paved the way for the successful adoption of the MOU.

The Project

Funding was requested and approved in the County's Capital Improvement Program for \$6.9 million for FY06. This came about once an agreement was reached between the county and schools to build a county operated stadium rather than a game field at the new high school.

Concept and development was a joint school and county effort. With representatives from the county, schools, and community sports teams, the stadium design process started in the spring of 2006. The team looked at not only the field surface but spectator and vehicle traffic flow, playability, ease of maintenance, mechanical systems, media access, locker room amenities and concession operations. The turf selected was a sand and rubber infill type artificial grass with permanent lines. This addressed the goal of providing maximum playability due to shared use. This was perhaps the most important feature of the project as it allows for back to back uses with the ability to switch sports and play during and after inclement weather due to enhanced field drainage. The durability of the surface along with the improved drainage has provided maximum benefit to the school and community end users.

Additional design considerations and features incorporated into the project included the following. The concession space was designed to accommodate shared use by three booster clubs by having separate and secured storage spaces. Traffic flow had to allow for drop off spectators without slowing or disrupting vehicles coming and going. The orientation and layout of the support buildings and ticket booths was done specifically to allow for crowd separation between home and visitor supporters in case of behavior problems. A broadcast building underneath the bleachers was wired to the potential for television broadcasts for state and regional competitions. A dynamic stone base system was used because it is designed to have an increased time of water runoff concentration which decreases peak flows for better environmental filtering. Also the crumb rubber infill used was from recycled tires from within the state which was another eco-friendly measure taken.

The Result

The James City County Stadium officially opened in August of 2007 and has met with great success. Owned and operated by James City County, it is a multi-use facility with artificial turfgrass and permanent lines for football, soccer, and field hockey, has concession/restroom and separate locker rooms for both home and visitor sides and 3,000 capacity stadium bleacher seating with pressbox. It played host as the home site for the three local high school football teams, with record crowds in attendance. The public's anticipation was primed by advanced news coverage as well as the opening ceremony which was held in July with a ribbon cutting ceremony featuring representative local area youth athletes running through the ribbon. The Stadium has sparked much state and regional interest and was featured as part of a half day workshop at the Virginia Recreation and Parks Society Annual Conference.

Summary

A major community asset has come as the result of collaboration among county and School officials, from those elected to those who are the service providers. In the spirit of cooperation, a critical need was identified, challenges overcome and design and operation issues addressed. The result is a premier

venue that has achieved regional and state recognition and stands as a model for other localities to follow. The biggest winners are the county youth who have to advantage of being able to play in the stadium or aspire to play there – perhaps inspiration for younger athletes to continue to participate when they get to high school.