



YMCA

Youth Sports

Coach Handbook

The mission of the YMCA of El Paso is to put Christian Principles into practice through programs that build healthy spirit, mind, and body for all. We do this by incorporating the values of Honesty, Caring, Respect, Responsibility, and Faith into all of our programs.

YMCA Sports Program Pledge

Win or lose, I pledge before God to do my best, to be a team player, to respect my teammates, opponents, and officials, and to improve myself in Spirit, Mind, and Body.

Web address: www.elpasoymca.org

Dear Coach:

Welcome to YMCA Youth Sports!!!

As a YMCA coach you will be charged with teaching players the skills and rules of the game in ways that make their participation fun and exciting. In this guide you will find essential information about coaching the YMCA way.

Building Winners for Life

YMCA Youth Sports Programs use games to teach character development, making it fun for young players to learn the fundamentals of the game while also learning the values of Honesty, Caring, Respect, Responsibility and Faith.

Through YMCA Youth Sports we want to help young people develop character, not become "characters". We want to help them learn to **care** about others, to be **honest**, to show **respect**, to be **responsible**, and to have **faith** in their futures. Of course, sport doesn't teach these things to young people automatically. It does provide opportunities to learn about and develop these values when skillful leadership is provided by volunteer adults like you. Please note that we want to hear back from you about things we can do to improve the program. Your input is very valuable to the continued success of this program. We wanted to make sure you had as much information as possible to assist you in making this a fun and meaningful experience for the kids and for you.

A couple of important notes as you start to read through this information:

1. Many coaches like to have an assistant coach or parents work with them at practice. Please note that if someone on your team is helping in that capacity to the point of filling in for you, possibly being alone with the kids, or being called a "coach" by the kids, **they are required to complete a volunteer application** just as you have done. Copies of the application are available on our website as well as at YMCA branches.

Once again, it is only due to volunteers like you that the YMCA is able to build strong kids, strong families and strong communities.

Yours in Service to Youth,

Bill Coon

CEO

YMCA of El Paso

The YMCA Philosophy of Youth Sports

YMCA Youth Sports is not just another sports program. We have a mission, and that mission is stated in our Seven Pillars of YMCA Youth Sports.

Pillar One—Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

Pillar Two—Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and they teach the sport as we've prescribed so that the skills taught are appropriate for athletes' developmental levels. And coaches constantly supervise their players and stop any unsafe activities.

Pillar Three—Fair Play. Fair play is about playing by the rules—and more. It's about coaches and players showing respect for all involved in YMCA Youth Super Sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.

Pillar Four—Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help kids learn these lessons.

Pillar Five—Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation. To help parents get involved appropriately, YMCA Youth Sports offers parent orientation programs.

Pillar Six—Sport for All. YMCA Youth Sports is an "inclusive" sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

Pillar Seven—Sport for Fun. Sports are naturally fun for most kids. Sometimes when adults become involved in children's sporting activities they over organize and dominate the activities to the point that it destroys kids' enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports

COACH INFORMATION SHEET

Practice/Game Cancellations

Cancelled practices are the coach's decision. Please notify all of your team members if you need to cancel. You must also notify the YMCA as soon as possible.

The decision to cancel games will only be made by the YMCA Youth Sports Staff.

Early games will be cancelled first (i.e., all games before 11:00am). Decisions regarding the cancellation of later games will be made throughout the day and the YMCA front desk staff will be notified.

Please do not cancel games on your own. Please have an assistant coach fill in for you if you are gone. If you are short of players, please have those who can show up. The other team can loan you some players or you can play a short-sided game.

Game Time Preference

If you have any special needs for game times, please let the Youth Sports Director know as soon as possible. Once game schedules are distributed, there will be no changes.

Rosters

Please let us know if there is any incorrect information on the roster you receive. Also please let us know of any updated information that you receive from the parents including additional phone numbers, email addresses, etc. It is also important that you check with the parents about any medical issues (such as allergies, etc) that you should be aware of.

Rosters can only hold 10 players. It is at a first come, first serve basis. Spots cannot be RESERVED.

Change of Information

If you have a new address, home, work or cell phone number or we have misspelled your name, please advise the YMCA Program Director.

First Team Meeting Checklist

Call All Parents

1. Call all parents and ask them to attend the meeting.
2. Suggest topics to Cover.
3. Let them know if and how they can help at practice.

Introduction

1. Introduce yourself.
2. Introduce assistants.

Philosophy & Goals

1. Mental development.
2. What you hope to accomplish
3. How you will run practice, etc.

Code of Ethics

1. Encourage all the kids.
2. Only say positive things.
3. No taunting of officials/coaches/other kids.

Schedules

1. Games/practices (when, where).
2. Special events (photo day, tournaments, team party, etc.)
3. How they may receive a copy of schedules, teams, etc.

Roster

1. Names of players, addresses, phone numbers.
2. Coaches, parents, YMCA members, etc

YMCA Coaching Contract (Coach's Copy)

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability.

- I. Right to participate in sports
- II. Right to participate at a level commensurate with each child's maturity and ability
- III. Right to have qualified adult leadership
- IV. Right to play as a child and not as an adult
- V. Right of children to share in the leadership and decision-making of their sport participation
- VI. Right to participate in safe and healthy environments
- VII. Right to proper preparation for participation in sports
- VIII. Right to an equal opportunity to strive for success
- IX. Right to be treated with dignity
- X. Right to have fun in sports

I also promise to conduct myself in accordance with the Code of Ethics for Coaches as given next.

1. I will treat each athlete, opposing coach, official, parent, and administrator with dignity, based on the four values of caring, honesty, respect, and responsibility.
2. I will do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of my sport.
3. I will become thoroughly familiar with the rules of my sport.
4. I will become familiar with the objectives of the YMCA Youth Super Sports program with which I am affiliated. I will strive to

achieve these objectives and communicate them to my athletes and their parents.

5. I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.

6. I will learn the strengths and weaknesses of my athletes so that I might place them in situations where they have a maximum opportunity to achieve success.

7. I will conduct my practices and contests so that all athletes have an opportunity to improve their skill level through active participation.

8. I will communicate to my athletes and their parents the rights and responsibilities of individuals on our team.

9. I will cooperate with the administrator of our organization in the enforcement of rules and regulations and in the evaluation process for coaches, and I will report any irregularities that violate sound competitive practices.

10. I will protect the health and safety of my athletes by insisting that all of the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.

With my signature, which I voluntarily affix to this contract, I acknowledge that I have read, understood, and will do my best to fulfill the promises made herein.