



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVERYBODY WINS WHEN EVERYBODY PLAYS

Coach
Handbook

YOUTH SPORTS

YMCA OF CENTRAL STARK COUNTY

OUR MISSION

We put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen. We believe that all kids deserve the opportunity to discover who they really are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

HEALTHY LIVING

Improving the nation's well-being In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being paid for their spirit, mind and body.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse the demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.

OUR PLEDGE

I pledge to play the game the best I can, to be a team player, to respect the other team, the rules and officials, and to improve myself, in spirit, mind and body.

FOCUS AREAS OF YMCA YOUTH SPORTS

1. **SKILLS** - We teach young people both important life skills and the basic skills of each chosen sport.
2. **ENJOYMENT** - We encourage young people to compete for the fun and enjoyment of playing sports.
3. **FAIR PLAY** - We strive to develop good sportsmanship, positive attitudes, dedication and determination among our participants.
4. **TEAMWORK** - We believe that individual accomplishment is secondary to teaching the value of good teamwork.
5. **WINNING** - We encourage everyone to do their best, never forgetting there are lessons to be learned from both winning and losing.

PROGRAM GOALS FOR YMCA YOUTH SPORTS

Our program exists to:

1. Present a fun, educational, encouraging approach to teaching girls and boys the basic concepts of the sport.
2. Instill our YMCA Character Pillars of Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.
3. "Everybody plays, everybody wins." Make our players feel better about who they are and their own unique abilities.
4. Our YMCA youth sport programs are designed to help children grow as individuals, clarify values, appreciate diversity, develop sportsmanship and have FUN.



THE YMCA COACH

Your job is to teach skills and team play within framework that includes these elements:

Work with every player on your team.

- The most highly skilled and least highly skilled player on your team should be given equal attention.

Work on basic skills and fundamentals and teach physical fitness habits.

- Younger teams especially should concentrate on fundamentals. Teach the skills and concentrate on the basics.
- Help players become conscious of the importance of proper techniques in execution. Stop the action often to help individual players improve. But don't interfere excessively.
- Demonstrate the importance of fitness habits such as warm-up and conditioning exercises. Talk to your players about what they eat, rest and involvement in other sports and activities.

Teach fair play.

- This means respect for oneself, one's teammates, the other team, the rules and the officials who uphold them.

Keep winning in perspective.

- Help players (and their parents) become aware of other important goals besides winning: learning skills, becoming more fit, being a good leader sometimes and a good follower other times, dealing with the emotions of sport, and having fun.



YOUR ROLE AS A YMCA COACH

Relationship to Players:

- Strive to make games and practices fun.
- Praise your team as a group and each team member individually.
- Refrain from shouting at any player. Never embarrass a player. Constructive criticism is okay, but should be low-keyed, positive and on a one-to-one basis.
- Be enthusiastic.
- Practices are important. Hold them regularly.
- Be at games and practices ahead of time.

Relationship to the Officials:

- Teach respect by being respectful.
- Avoid and discourage negative criticism, especially during a game.
- Voice your problems through the “Y” staff. Don’t ask an official to explain a call during play. Wait until half time or the end of the game.
- Be ready to forgive and forget, time and time again. Adults as well as youngsters will be growing in this program.

Relationship to Parents:

- Use your Orientation time to break the ice and start communicating.
- Get to know your parents as well as possible. They can be a great help to you. Invite their participation and involvement.
- Be positive about your players, the officials and your opponent. Encourage your parents to do the same.

Relationship to Program:

- Make sure your roster and contact info match the branch copy.
- Make sure you let the YMCA know of any dropouts or injuries on your team.
- Make sure all e-mails are read and handouts given out to each player.

YOUR ROLE AS A PARENT

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sporting events.
- Place the physical and emotional well being of your child ahead of any desires to win.
- Support coaches and officials in order to encourage a positive and enjoyable experience for all.
- Remember the game is for the youth - not for the adults.
- Help your child enjoy the youth sports experience by assisting with coaching and providing transportation.
- Make sure you and your child treat other players, coaches, fans and officials with respect.
- Insist in a safe and healthy environment - free of drugs, tobacco and alcohol - and will refrain from using them at all youth sporting events.
- Manage the actions of siblings by making sure they do not hang from equipment or bleachers and remain off the fields during practice and games.



6 Pillars of YMCA Youth Sports

TRUSTWORTHY

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

RESPECT

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 Super Sports we want to help kids learn these lessons.

RESPONSIBILITY

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.

FAIRNESS

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.

CARING

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 children's participation. To help parents get involved appropriately, YMCA Youth Super Sports offers parent orientation programs.

CITIZENSHIP

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.



A PARENT IS TOO INVOLVED WHEN

- They are overly concerned with the outcome of the game.
- They spend a lot of time talking with the coach about the game plan, player skill levels, and the way he or she conducts practices and coaches games.
- Their son or daughter has stopped enjoying the sport.
- Their son or daughter has asked them to stop coming to games or practices.
- They require their son or daughter to take extra practice.



POLICIES AND PROTOCOLS

LIGHTNING

Lightning can strike 6 to 10 miles away from the base of a thunderstorm cloud.

Practices and games will be stopped/shelter will be taken if:

- Lightning is seen by staff and/or volunteers
- Thunder is heard from staff and/or volunteers

**If you can see lightning or hear thunder
you can be struck by lightning**

In the case of lightning, shelter should be taken in a substantial building with wiring and plumbing or in a hard-topped metal vehicle with the windows closed. Shelter should NOT be taken in small outdoor buildings such as dugouts, rain shelters, sheds, etc. Once in shelter please stay away from windows and doors as well as anything that conducts electricity (corded phones, wiring, plumbing, etc.).

Practice/games will resume 30 minutes after the last sighting of lightning or sound of thunder or at the staff's discretion.

SEVERE WEATHER

Tornado Watch

This is an indication that there is a possibility of a storm forming that could produce a tornado. Decision will be made by Program Director and Executive Director of the YMCA. In the case of a Tornado Watch please contact your branch to determine if the sport is taking place.

Tornado Warning

This is an indication that a tornado or funnel cloud has been spotted or that a tornado is radar indicated. In the case of a tornado warning all play will be suspended and shelter should be taken immediately. (Please visit our online guidance for specific measures to take on case of a tornado warning.)

INJURIES

In the case of an injury please locate a staff person or a trained 1st aid person immediately for help. It is up to the discretion of the participants parents on whether or not the participant needs additional medical attention.

Head Injuries

A participant shall be suspected of suffering a concussion or head injury if any of the following symptoms are observed arising from possible blunt trauma, acceleration of force or deceleration of force:

- Confusion, disorientation or impaired consciousness
- Dysfunction of memory
- Loss of consciousness
- Other signs of dysfunction include seizures, irritability, lethargy, vomiting, headache, dizziness and fatigues.
- Or a visible fall or blow to the head that could produce these symptoms

In the case of any of the above symptoms it is highly recommended that the participant go to the closest medical care facility and get checked out/cleared by a medical professional. Depending on the severity of the injury, it may be required by the Program Director that the participant get cleared by a medical professional before resuming activity.

CHILD ABUSE GUIDELINES

Abuse crosses all socioeconomic backgrounds.

WHY TRAIN VOLUNTEERS IN CHILD ABUSE AWARENESS?

- To protect, detect, and prevent children who are being abused
- Protect volunteers from false claims of abuse
- Send a strong message to all those involved that any abuse of children will not be tolerated and we will do our best to give volunteers tools to identify signs of abuse.

SAFETY STEPS AT THE Y

The YMCA of Central Stark County has hundreds of staff members and volunteers working with youth in the many program we offer. We want all children to be safe.

While rare, every major youth-serving organization in the country has had incidents or allegations of abuse by a staff member, volunteer or program participant.

- The Y takes these steps to keep your child safe:
- We thoroughly screen staff and volunteers, including completing criminal background checks.
- We train staff and volunteers in abuse prevention.
- We carefully supervise and monitor our programs.
- We ensure that staff understand their responsibility to report abuse.
- We teach children about appropriate and inappropriate touching through our personal safety talks.
- We have policies to limit circumstances in which staff and volunteers are alone with a child or teen where other cannot observe them.
- We have policies that limit staff contact with children and teens outside of YMCA program.



NOTES



