



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Volunteer Coach Handbook

Youth Development is the social-emotional, cognitive, and physical process that all youth uniquely experience from birth to career. A successful development process fulfills children and teens' innate need to be loved, spiritually grounded, educated, competent and healthy.

OUR OPPORTUNITY is to create positive experiences for all (youth, parents, family, coaches and the community)

OUR ULTIMATE GOAL is to ensure youth are prepared for life by helping them achieve, build relationships and feel like they belong.

YMCA OF NORTHWEST NORTH CAROLINA SPORTS

775 West End Boulevard Winston-Salem, NC 27101

P 336 721 2100 F 336 721 2106 www.ymcanwnc.org/sports A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body." Financial Assistance available.



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COACH VALUES AND EXPECTATIONS

MENTOR

You are more than a volunteer coach; you are a volunteer mentor! These players will look up to YOU as a role model. Your actions, language, attitude and energy will be watched by your players. Don't take this responsibility lightly. Work towards these three goals for a successful season:

1. **ACHIEVEMENT**- everyone sets a goal and achieves it during the season
2. **BELONGING**- everyone feels like they play an important role in the team
3. **RELATIONSHIP**- everyone builds life-long relationships, teammates and coach

YOUTH SPORTS PHILOSOPHY

YMCA youth sports are played to help young people grow in spirit, mind and body. The YMCA stands for youth development, healthy living, and social responsibility. Youth Sports is part of Youth Development. Our ultimate goal is to ensure youth are prepared for life by helping them achieve, build relationships and feel like they belong.

YMCA Coaches help support our philosophy by creating positive experiences for all (youth, parents, family, coaches and the community.) Using the Seven Pillar of YMCA Youth Sports helps create the positive experiences we desire.

SEVEN PILLARS OF YMCA YOUTH SPORTS

Everyone Plays- at least half the game

Safety First- get official or staff involved immediately if injury or emergency occurs

Character Development- model **Honesty, Respect, Responsibility, Caring and Faith**

Positive Competition- learning over winning, the Y is not about winning

Family Involvement- positive support

Sport for All- inclusive not exclusive, no discrimination

Sport for Fun- we put the FUN in fundamentals

MEET WITH PARENTS THE FIRST NIGHT OF PRACTICE

YMCA Coaches have a greater impact on youth than the Y Staff. Coach interaction and communication with parents and children are key. Start off on the right foot by meeting with parents the first night of practice. Make sure to go over the following:

1. Introduction
2. Explain YMCA Sports Philosophy
3. Parent and Player Conduct- I am in charge of your behavior, Only I will speak with the official
4. Rules for Practice
5. Picture Schedule
6. Team Parent to handle Snack Schedule
7. Game Schedule on Playerspace (if applicable)

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COACHING IN BLOWOUT GAMES

If you're a youth sports coach, you'll inevitably be involved in a blowout game. While we hope not to experience any blowout games, this may occasionally happen. We expect our coaches to recognize when they are in a blowout game and to be prepared to change their coaching techniques to maintain a positive experience for all.

If you are on the Losing – end:

Accept Reality- This allows you to seize creative opportunities to address the situation at hand.

Re-adjust Goals- Find ways to set achievable goals for your team that don't involve scoring.

Redefine "Winner"- Establish a standard for your players where they know they're being judged on their effort, improvement, and how they respond to mistakes they make.

Set "Character Goals"- There are only two ways to respond when being blown-out; quit or keep trying. Ask your team what kind of people they want to be and encourage them by telling them how much you admire people like them.

Scramble Player Positions- This will help keep players interested and enthused about the game.

Post-Game Conduct- Encourage players to be proud of their effort and to stand tall and make eye contact when congratulating their opponents.

If you are on the Winning – end:

Accept Reality- Avoid humiliating your opponents either by "pouring it on" or by mocking them through overdone restraint.

Make Adjustments at Defensive "Attack Points"- The "attack point" is where the opponents' offensive effort is initiated. Placing less capable players in these positions can help enable an opponent's offensive attack.

Scramble Player Positions- This will present a challenge to your players as they learn an unfamiliar position and can also serve to reduce the dominance over your opponent.

Focus on Player Weaknesses- Challenge your team in ways that aren't related to the scoreboard. For instance, put them in positions where they're focused to perform with their weaker hands/legs.

Post-Game Conduct- Stress to your players the importance of respecting the opponent. They should treat the opponent with dignity by acknowledging their effort.

For more detailed information on Coaching in Blowout Games, please visit our Coach Corner.

CHILD ABUSE PREVENTION POLICY

Every staff member has an absolute duty to report and document any suspicion of child abuse, molestation or sexual misconduct to the proper authorities. Volunteers should notify a staff member immediately should they have any suspicion. The Department of Social Services will determine the accuracy of the report.

Protect yourself against possible accusations. Never allow yourself to be alone with a youth; always have another adult with you. Do not escort youth into their house when their parents are not there. Do not show any special treatment for one particular youth. Never transport children. For more information, please refer to our Child Abuse Prevention Policy.

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INCLEMENT WEATHER POLICY

It is our intent to get every practice and game in as scheduled, however, the safety and well-being of our participants, volunteers, staffs and officials is our top priority. Practices that are cancelled will not be made up.

PLAYERS, PARENTS & YMCA STAFF EXPECTATIONS OF A COACH

- Constant communication with parents starting with an introductory phone call or email prior to the first practice.
- Plan practice sessions and line-ups for games.
- Control parents and players who do not adhere to YMCA standards and policies.
- Show up for practices and games early. Wear attire that makes you easily identifiable.
- Inform YMCA of any absences. Line up an assistant coach to handle any games or practices you are absent.
- Host an end-of-season gathering where you highlight each player on the team.
- Get YMCA Staff involved immediately for any injury, missing child or emergency situation.

COACH EXPECTATIONS OF THE YMCA

- Staff Liaison to go to when you have questions or concerns.
- A minimum of half a field or court with one goal for each practice.
- An easily identifiable Site Supervisor for practice nights who will provide you with balls, cones and pinnies and is trained in Basic First Aid, CPR and Emergency Oxygen.
- An easily identifiable Sports Official on game day who will review rules and conduct a pre-game devotion and prayer before your game.
- Coaching resources including drills, practice plans and rules online at our Coach Corner.

COACH AGREEMENT

As an adult volunteer coach in the YMCA of Northwest North Carolina sports program, I understand that my first responsibility is to provide a positive learning experience for the youth that I will be associated with.

I will abide by all YMCA rules and policies related to this program.

I understand that winning is not the main objective of YMCA sports, will keep winning in perspective and will help players and their parents become aware of other important goals of the program. I will teach good sportsmanship in winning situations as well as in losing situations. I will set good examples by my personal attitude toward my team members and parents.

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