



# COACHES MANUAL

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### **Our Mission:**

A worldwide charitable fellowship united by a common loyalty to Jesus Christ For the purpose of helping persons grow in spirit, mind and body.

## **YMCA of Middle Tennessee**

### **YOUTH SPORTS PHILOSOPHY STATEMENT**

YMCA youth sports are played to help young people grow in spirit, mind and body. The learning of skills, the reinforcement of positive values, and having fun while playing are essential elements of the program and shall be considered more important than winning and losing. We strive to always put the growth and benefit of youth first, to maintain a balanced level of league play, and to create and preserve a Christian environment in which to compete.

#### **Goals of YMCA Youth Sports**

1. **SKILLS** - we teach young people the basic skills of chosen sports.
2. **ENJOYMENT** - we encourage young people to compete for the fun and enjoyment of playing sports.
3. **WINNING** - we encourage everyone to do their best, while keeping winning and losing in perspective.
4. **FAIR PLAY** - we strive to develop good sportsmanship, positive attitudes, dedication and determination among our participants.
5. **TEAMWORK** - we believe that individual accomplishment is secondary to teaching the value of good teamwork.

#### **YMCA PROGRAM GOALS FOR YOUTH SPORTS**

YMCA philosophy puts the sport, the game, the activity, winning or losing, and personal success into proper perspective. The emphasis is upon being "a winner for life."

The goals of the program are to:

- Build self-esteem
- Teach social skills - values, communication, human relations
- Teach physical skills - fitness and health
- Build relationships among peers, between parent and child
- Develop responsibility, decision making and leadership skills
- Create a fun experience for youth and parents

The YMCA believes that:

- Everyone participates (no tryouts)
- Everybody plays at least half the game (no first string)
- Major focus is on YMCA goals (learning and growing is more important than finishing first)
- Parents and children should have opportunities to learn and grow together (builds family strength)
- Personal goal setting and accomplishment should be emphasized (self-competition builds personal strength)

## **THE COACH AND TEAM**

### Suggestions for YMCA Coaches

#### Relationship to Players:

1. Strive to make games and practices fun.
2. Praise your team as a group and each team member individually.
3. 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.
4. Be enthusiastic.
5. Develop the idea that each youngster is important to the team.
6. Practices are important. Hold them regularly.
7. Be at games and practices ahead of time. Try to be there when the team arrives, this means a lot to a child.

#### Relationship to the Officials:

1. Teach respect by being respectful.
2. Avoid and discourage negative criticism, especially during a game.
3. 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.
4. Be ready to forgive and forget, time and time again. Adults as well as youngsters will be growing in this program.

#### Relationship to Parents:

1. Schedule parents' meeting before the first practice.
2. Get to know your parents as well as possible. They can be a great help to you. Invite their participation and involvement.
3. Be positive about your players, the officials and your opponent. Encourage your parents to do the same.
4. Be prompt beginning and ending practices.

#### Relationship to Program:

KEEP IN CONTACT WITH THE YMCA CONCERNING THE FOLLOWING:

1. Make sure your roster coincides with the office copy.
2. Make sure you let the YMCA know of any dropouts or injuries on your team.
3. Make sure all e-mails are read and handouts given out to each player.

## **40 Ways Coaches Can Build Assets for and with Youth**

The original 40 Developmental Assets are research based and copyrighted. But many communities and groups find it inspiring and thought-provoking to adapt the framework for specific purposes. Here is one group's interpretation of the assets for coaches.

### **SUPPORT**

- 1. Family support** - Have a team meeting with athletes and their families prior to the season to outline expectations and guidelines.
- 2. Positive family communication** - Remind parent to use positive encouragement and constructive criticism.
- 3. Other adult relationships** - Assign a player (not their own child) for parents to watch during the game and at the end to tell the player something he or she did well.
- 4. Caring neighborhood** - Remind players to invite people to the games.
- 5. Caring team climate** - Encourage team members to cheer for each other.
- 6. Parent involvement with team** - Encourage parents to be involved as assistant coaches, treat providers, etc.

### **EMPOWERMENT**

- 7. Community values youth** - Have the players thank the team sponsor.
- 8. Youth as resources** - Ask players for input on how games are going and what they need to improve on.
- 9. Service to others** - Have players pick up trash around the gym or field after the game.
- 10. Safety** - Never jeopardize the physical health of a young person.

### **BOUNDARIES AND EXPECTATIONS**

- 11. Family boundaries** - Keep in mind that family commitments are important and come before sports.
- 12. Team boundaries** - Ensure that the team has clear rules and consequences.
- 13. Neighborhood boundaries** - Be respectful at the field, behaving in the neighborhood as you would want people to act in yours.
- 14. Adult role models** - Your behavior sets the standard for athletes and spectators.
- 15. Positive peer influence** - Practice and promote unselfishness and teamwork.
- 16. High expectations** - Have realistic expectations and maximize your athletes' potentials.

### **CONSTRUCTIVE USE OF TIME**

- 17. Creative activities** - Create a team cheer.
- 18. Youth programs** - Teach age appropriate skills. Encourage effort without focusing on results.
- 19. Religious community** - Don't schedule practices to conflict with religious commitments.
- 20. Time at home** - Encourage players to practice at home.

### **COMMITMENT TO LEARNING**

- 21. Achievement motivation** - Make sure athletes tell you what their goals are and praise them as they move toward meeting their goals.
- 22. Team engagement** - Encourage players to watch the game even when they are on the bench.
- 23. Homework** - Encourage players to get their homework done before their team commitments.
- 24. Bonding to team** - Remember, it's still a game, fun needs to be everywhere.
- 25. Reading for pleasure** - Have a book about an inspirational athlete to give to an MVP after each game. Have players write something that they learned in the book.

## **POSITIVE VALUES**

**26. Caring** - Praise players with a smile, nod, or compliment. Remember they look to you for approval.

**27. Equality and social justice** - Don't play favorites; move players around to different positions. Aim for active participation from every player.

**28. Integrity** - Treat players with respect, avoiding put-downs, sarcasm, or ridicule, & require the same from them.

**29. Honesty** - When you tell a player what you like about her or his effort or performance, be specific.

**30. Responsibility** - Give players responsibility such as helping with equipment.

**31. Restraint** - Focus on good sportsmanship. Stay clam when players make mistakes.

## **SOCIAL COMPETENCIES**

**32. Planning and decision making** - Be organized and ready for practices and games.

**33. Interpersonal competence** - Model for athletes the need to encourage players as they improve their skills.

**34. Cultural competence** - Make sure players who are new to the sport understand its rules and strategies.

**35. Resistance skills** - Remember that young people involved in positive organized activities are much less likely to be involved in risky behaviors.

**36. Peaceful conflict resolution** - Demonstrate how to peacefully resolve conflicts during games. Set the standard for absolutely no swearing.

## **POSITIVE IDENTITY**

**37. Personal power** - Involve players in making decisions by asking them for input and inviting their questions.

**38. Self-Esteem** - Help players develop confidence & self-esteem by greeting them individually when they arrive.

**39. Sense of purpose** - Praise players for the important role they play in the team (i.e., team leader, biggest fan) or for a particular skill they have mastered.

**40. Positive view of personal future** - Remember that you are developing good human beings first, developing athletes second.

This is adopted from the Search Institute's 40 developmental assets and tips for being a great coach and role model. [www.search-institute.org](http://www.search-institute.org)

## **Asset-Building Ideas for Coaches**

Coaches teach young people not only the rules and strategy of games but important lessons about life as well. You can help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Here are a few ways coaches can be asset builders:

**Learn the names of all the players on your team** and call them by name. Make a point to talk at least once with each player each time you practice or play.

**Create and maintain a positive atmosphere.** Two top reasons young people participate in sports are to have fun and to spend time with their friends. Winning is not one of their top reasons.

**Focus on helping players get better, not be the best.** It will reduce players' fear of failure and give them permission to try new things and stretch their skills (asset #16: high expectations).

**Know that highly competitive sports can often cause a great deal of stress for young people.** The intense pressure that goes along with trying to be the best can sometimes lead to unhealthy outcomes such as substance abuse and/or eating disorders. Be careful not to push young people too hard and learn about the warning signs of possible problems.

**Care about your athletes' lives outside of the sport** and show them that they are valuable people as well as team members.

**Adapt your teaching style and language to the players age level.** Young children do not always know sport terms. Use words and concepts they understand. On the other hand, older youth may be more successful when they understand the big picture of what they are trying to accomplish as well as the specific skills or strategies.

**Set goals both for individuals and for the team.** Include young people in setting these goals.

**Catch kids doing things right.** Be quick to praise a player's efforts. The best feedback is immediate and positive.

**Always preserve players' dignity.** Sarcasm does not work well with young people. They may not always remember what you say, but they always remember how you said it.

**Insist that all team members treat one another with respect.** Then model, monitor, and encourage respect. Have a zero-tolerance policy for teasing that hurts someone's feelings.

**Be specific about a code of conduct and expectations** for athletes, parents, spectators, and team personnel.

**Encourage athletes to do well in school** and to be motivated to achieve.

**Respect other activities and priorities in athletes' lives.** Avoid conflicts with their other commitments and respect their need for time with their families.

**Find ways each child can participate,** even if he or she is not particularly skilled in the sport.

**Listen to and encourage your athletes' dreams, concerns, and desires** – sports related or otherwise.

**Develop leadership skills in young athletes** by giving them opportunities to lead practice drills and develop a team code of conduct.

**Take time at the end of practice to have the group offer positive comments about each player's performance that day.** Make sure no one is left out.

**Split up cliques on the team** by mixing up groups for drills or scrimmages.

**Plan a community service project for the team.** It teaches players to give something back to the community.

**If you have an end-of-the-season gathering, take time to say a few positive things about each player.** Avoid Most Valuable Player awards and other "rankings." Focus on the relationships, the improvement of the team, and the unique contributions of each player.

## YMCA CHARACTER DEVELOPMENT

At the YMCA, our concern for youth goes beyond the sport they are in. The development of character in any context is a vital concern for the youth of today. All of our programs are designed to promote character development in four main areas.

**Caring** - Caring is compassion, empathy, concern for others. One's level of caring is reflected in one's actions, not words. Youth need to learn to care about the needs of others. They learn this by watching you, their parents. Would your child name you as the most caring person they know?

**Honesty** - Honesty is truth telling, reliability, forthrightness ethics, and integrity. Again, children's first impression of this is at home. Our programming deals with children in a true, open and forthright manner. We would never try to convince a child that their skills were beyond what they truly are. Encouragement and positive reinforcement should always be tempered by the truth.

**Respect** - Respect is showing regard for someone or something. In regards to people, it is valuing their dignity regardless of race, creed, or gender. Today because of the ever-increasing need for early childcare, children are at a very early age exposed to social interaction. The need for learning to respect other people, property, nature, animals and the environment has become very important. The simple lesson of why not abuse the YMCA ball or equipment extends much deeper into later life.

**Responsibility** - Responsibility is how one fulfills his or her obligations. A responsible parent loves, nurtures, disciplines, and guides a child. Too often today children have excuses made for them. Although this is the easiest most convenient way of dealing with the situation, a pattern of irresponsibility can be established with far reaching effects. Being encouraged to keep track of one's ball, equipment, and personal items at a practice or game helps to prepare for more important responsibilities in the future.

**YMCA Character Development** can help differentiate us from organizations that exist only to provide recreation, sports, etc. Our programs are only conduits of our mission; character development is our product. Our Youth Sports Program is specifically designed to promote values education. It gives participants practical experience in using values and seeing them work. The YMCA teaches youth these skills through this program. Specifically, Youth Sports is working at these sportsmanship values:

### **Self Respect**

How people look at things influences what they do. So, if participants think of themselves as good players and as important parts of the team, they will play that way. Our goal is to help youth believe in themselves and see themselves as important in some things, if not in everything.

### **Respect for Teammates**

Each participant is not the only member of a team. All the players help the team and are important in some way. Players are taught to show teammates that they are important by praising them when they do well, by not scolding a player who makes a mistake, and by helping a teammate whenever they can. Players must be cohesive and play as a team in order to do well.

### **Respect for Other Teams**

You need the other team. Without two teams you could not play. Therefore, players are taught to show respect for other players by treating them as needed partners not enemies.

## **On Sidelines**

Each player spends about half the game on the sidelines. They already know that they can help their team when playing by scoring points and by stopping the other team from scoring points. But they can also be a big help even when not playing. Here are some things they can do: Cheer for their team and watch the whole game. Be ready to help the coach any time he needs someone to play. Recognize all good plays no matter who makes them.

## **Winning**

Everybody likes to win, but not everybody likes a winner. There are two kinds of winners: one kind is happy that he won and is happy that his team played a good game; the other kind brags about winning. He brags that if it were not for him, the team surely would have lost. He also rubs it in to the other team so that they really feel badly that they lost. Y-Winner participants work at being winners people like.

## **Losing**

Everyone should always play his best. But we do not always win. Therefore, we all must learn how to lose. There are two kinds of losers. The first is one whose whole day is shattered because he lost; he will not talk to the other team; he blames his teammates or himself for mistakes that lost the game. The other kind of loser tells the other team that he is happy for them that they won and he knows for himself that he tried the best he could and he looks forward to winning the next one...maybe!

## **Building the Team**

To be a good team member each participant needs to get to know all of his teammates and the coach and to let them get to know him. We are all different in ability and skills. It helps the team to listen to each other, learn from each other, share ideas and feelings, and help each other increase strength and reach goals.

## **Respect for Officials**

The rules of the game help everyone play the game better. So go along with the rules and cooperate with the officials. They are there for one main purpose: to make sure the game is played well. Players are taught not to argue with an official. If they make a mistake, let your coach take care of it. If they are really honest with themselves and with officials, it often turns out that they get more out of the game.

## **Respect for Coach**

The team leader is the coach. He is there to try to help the team win; but more importantly, to help each youth learn the sport better. The coach can help if the players listen to everything he says.

## **Role Modeling**

Whether we are aware of it or not, we are all providing value examples for our participants, good or bad. Through Youth Sports, we want you to become conscious of your role and do a good job with it! How do you do it? Here are a few guidelines!

Set a good example yourself. Actions speak much louder than words. Your conduct with other coaches, officials, and players is significant.

Create a value rich environment. Conduct your practices and chalk sessions in such a way that players can learn, clarify and test their values. A values rich environment is based on the house rules and open communication between players and coaches.

Take the opportunity to point out the value opportunities in games and practices. Talk about team spirit, avoiding put downs, being responsible for their own actions.

Set a special place to sit and review some of the happenings during that days session that help instill these values.

Take advantage of the resources available to you. YMCA staff can suggest value exercises and approaches even for the youngest players.

It is the little things that happen over a season that makes the value impact. These little things will provide a base for growth over the years.

### **BILL OF RIGHTS FOR YOUNG ATHLETES**

1. RIGHT OF THE OPPORTUNITY TO PARTICIPATE IN SPORTS REGARDLESS OF ABILITY LEVEL.
2. RIGHT TO PARTICIPATE AT A LEVEL THAT IS COMMENSURATE WITH EACH CHILD'S DEVELOPMENTAL LEVEL.
3. RIGHT TO HAVE QUALIFIED ADULT LEADERSHIP.
4. RIGHT TO PARTICIPATE IN SAFE AND HEALTHY ENVIRONMENT.
5. RIGHT OF EACH CHILD TO SHARE IN THE LEADERSHIP AND DECISION MAKING OF THE SPORT PARTICIPATION.
6. RIGHT TO PLAY AS A CHILD AND NOT AS AN ADULT.
7. RIGHT TO PROPER PREPARATION FOR PARTICIPATION IN THE SPORT.
8. RIGHT TO AN EQUAL OPPORTUNITY TO STRIVE FOR SUCCESS.
9. RIGHT TO BE TREATED WITH DIGNITY BY ALL INVOLVED.
10. RIGHT TO HAVE FUN THROUGH SPORTS.

### **"Y" PLEDGE**

"WIN OR LOSE ... I PLEDGE BEFORE GOD ...  
TO PLAY THE GAME AS WELL AS I KNOW HOW;  
TO BE A TEAM PLAYER,  
RESPECT MY TEAMMATES; MY OPPONENTS; AND OFFICIALS  
TO OBEY THE RULES;  
TO BE A GOOD SPORT AT ALL TIMES; AND  
TO IMPROVE MYSELF IN SPIRIT, MIND, AND BODY."

## THE YMCA COACH

The youth coach's job is to teach skills and team play within a 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. Every player can be helped to improve in ability and enjoy playing.

And it's more important that every player participate and have fun, than that a few good players dominate the action.

**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 diet, rest and involvement in other sports and activities.

**Teach fair play.** Playing fair is an essential part of youth sports. It's a set of attitudes, which include ...

- **Respect for oneself** – taking responsibility for one's own behavior and learning.
- **Respect for one's teammates** – working to become a team player who unselfishly contributes to the good of the whole team.
- **Respect for the other team** – considering the other team an essential partner in competition.
- **Respect for the rules and the officials who uphold them.**

**Help players set and evaluate individual goals.** Competing against oneself is perhaps the best way to improve skills. Help players measure their skills, set goals for the future and work to reach those goals.

What is important is not so much how players measure up against each other, but how much each player learns and grows and reaches new levels of skill and enjoyment.

**Keep winning in perspective.** Winning games is only one of the many goals which are important in sports. Help players (and their parents) become aware of other important goals; 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.

YMCA coaches should provide keen, intense competition, but not at the expense of any of these important goals.

**Encourage lifetime involvement in sports and physical activity.** Sports are fun for life. More importantly, regular cardiovascular exercise is important for a lifetime.

Unlike some sports which are appropriate primarily for the young, soccer and basketball may be enjoyed for many years. Encourage parents to play the game with your players at home, and discuss the importance of physical exercise through sports as a lifetime interest.

**Work with the whole person: spirit, mind and body.** Physical fitness is important but so are mental attitudes and spiritual growth. YMCA sports programs emphasize overall personal development.

By working with each person individually to realize his or her physical limits, potentials, ideas and feelings the YMCA coach has an opportunity to build strong values along with strong bodies.

## **WHAT A COACH SHOULD BE**

1. Be knowledgeable of the rules and of the game in theory.
2. He/She communicates well with players and parents.
3. He/She conducts good, well-organized practices.
4. Be well organized in every aspect of coaching.
5. He/She works well with all Y staff and other coaches.
6. He/She develops all players.
7. He/She changes line-ups as much as possible.
8. He/She plays each player as much as possible.
9. Conducts Him/Herself in a very positive manner during games.
10. He/She does not argue with referee's decisions.
11. He/She shows good sportsmanship at all times.
12. He/She coaches how to be a gracious Winner and Loser.
13. He/She attends all meetings so everyone is working with the same information.
14. Follow through with handouts and other YMCA information.

## **A CHECKLIST FOR PRACTICE SESSIONS**

Practice sessions can be tedious for a player and frustrating to a coach. Often, a quick evaluation of your previous session will give you a clear idea of an area of weakness. The following checklist should provide any coach (from youth to state select) the opportunity to improve their practice sessions and create meaningful practices for their players.

- Decide on a topic for emphasis based on previous match or practice and make written plans for the sessions.
- Arrive 15 minutes before scheduled start time.
- Assure that water and medical kit are available.
- Arrange all equipment and field or gym set-up for exercises before practice begins.
- Begin practice on time.
- Warm-up to be related to theme of practice.
- Verbal explanations to be concise, meaningful, and to the point. Players allowed chance to experience and learn. Avoid lecturing.
- Ample number of balls. Don't spend time chasing balls.
- Keep all players actively involved.
- Exercises to provide game-like pressure on players.
- Exercises conducted on proper third of field.
- Arrange grids in proper size to get proper pressure training, improve speed of decision-making and improve technical ability.
- Use positive reinforcement with all players.
- Use "freeze" method of explanation from the point of the mistake. Players to begin from the point of the mistake and follow instructions correctly.
- No more than five "freezes" during the session.
- Do not interrupt play during the final scrimmage or match/game condition.
- Allow time to cool down and stretch at the conclusion of practice.
- Ask players questions relating to the practice theme and solicit their input.
- Remain enthusiastic and upbeat during the entire session.
- Provide information concerning upcoming matches/games and tournaments to players.
- Recognize improvement in play related to the practice topic.
- End session on time.

Quality practice sessions will result in quality players. Have enough confidence in yourself to ask a coach you respect to watch your training session and make suggestions. When experiencing difficulties with your sessions ask for help or use the checklist. Your players deserve the best.

## OUTLINE OF FIRST MEETING WITH PARENTS

1. Introduce yourself
  - A. Briefly tell about yourself and why you coach
2. Explain the "Y" philosophy and it's youth sports programs
3. Conduct, and how you handle it as a coach
  - A. "Y" Rules and Regulations
  - B. Player conduct
  - C. Parent conduct
4. Equipment:
  - A. What "Y" furnishes
  - B. What parents furnish
  - C. Shoes, guards, misc. eyewear strap
  - D. What the player cannot wear, (ie. earrings etc.)
  - E. Bad weather clothing
5. Safety
  - A. Rule that Coach may enter playing field/gym floor
6. Practices
  - A. Where
  - B. Time (starting and ending promptly)
  - C. Rules for practice – attendance and conduct
  - D. Playing time is a minimum of one(1) half, but try to average 3 quarters
7. Handouts
  - A. Equipment, schedules, name list (see examples)
8. Establish call list for information flow
  - A. Coach and assistant
  - B. 2 - 4 parent responsibility for rest of team
9. Refreshments
  - A. Make list to be followed by parents
  - B. Take up enough money to supply for entire season, to be handled by coach or team parent
10. Have a question and answer session
11. Prayer and/or "Y" Pledge before game is encouraged!
12. Have a team parent plan a team and parent function (pre-season & post-season)

## **YMCA of Middle Tennessee Coaches Code of Conduct for Youth Sports**

To successfully accomplish our organization's mission and the goals of YMCA youth sports, the YMCA encourages only behavior which exhibits good sportsmanship and prohibits behavior which is negative, disruptive, and not in keeping with the spirit of a program designed for the growth and **enjoyment of children**. The code of conduct's primary purpose is not to be punitive, but to clearly communicate in advance that negative behavior has consequences. The YMCA strives to maintain an atmosphere in which competition, fair play, and gracious winning or losing exist under the umbrella of the YMCA's Christian heritage and mission.

- I will be a positive role model for my players, leading by example by always demonstrating sportsmanship and emphasizing fair play.
- I will demonstrate a positive attitude towards youth sports, not embarrassing myself or any other participant by yelling or creating a scene. I will keep winning and losing in perspective and applaud good effort in victory and defeat.
- I will organize practices that are both fun and challenging, designed to teach techniques and strategies that emphasize team play.
- I will emphasize skills development and improvement based on individual players needs, helping them gain confidence and self-esteem.
- I will strive to be consistent, honest, fair, and just in treating my players. I will seek to be both a good communicator and listener. I will be generous in praise and never criticize publicly.
- I will maintain an open line of communication with the parents and encourage them to participate as instructors, team parents or liaison.
- I will become knowledgeable in the rules of the sport, teach them to the players and support all league policies and regulations.
- I will always inspect practice and game venues to insure safe playing conditions. I will require players to be properly equipped at all times. I will teach safe and proper techniques.
- I will review and learn basic first aid and emergency procedures.
- I will create a healthy environment for sports by refraining from drug, alcohol and tobacco use at all sports events.
- I will treat all players with respect, realizing that sport is for youth, not adults.
- I understand that to play the game is great, but to love the game is better.
- I understand the Youth Sports Department has the inherent authority to exercise discretion in the enforcement of this Code of Conduct.
- By signing the YMCA of Middle Tennessee Coaching Agreement on the last page of this Coaches Manual you acknowledge you understand and agree with this Code of Conduct.

**YMCA of Middle Tennessee**  
**Parent's, Player's, Spectator's and Official's Code of Conduct for Youth Sports**

To successfully accomplish our organization's mission and the goals of YMCA youth sports, the YMCA encourages only behavior which exhibits good sportsmanship and prohibits behavior which is negative, disruptive, and not in keeping with the spirit of a program designed for the growth and **enjoyment of children**. The code of conduct's primary purpose is not to be punitive, but to clearly communicate in advance that negative behavior has consequences. The YMCA strives to maintain an atmosphere in which competition, fair play, and gracious winning or losing exist under the umbrella of the YMCA's Christian heritage and mission.

- I will encourage good sportsmanship at all times by setting a positive example. I pledge to support all participants, including teammates and opponents, coaches, referees and spectators.
- I will demonstrate a positive attitude towards youth sports, not embarrassing myself or any other participant by yelling or creating a scene. I will keep winning and losing in perspective and applaud good effort in victory and defeat.
- I will strive to learn the rules of the sport and support the officials in their enforcement of these rules.
- I will support the goals of youth sports, including skill development, emphasizing fundamentals, building teamwork and encouraging fair play.
- I will demand a healthy environment, refraining from alcohol, drug or tobacco use at all sports events.
- I will monitor game and practice venues for safety.
- I will respect other players, coaches, referees and spectators, regardless of their race, creed, gender or ability.
- If I identify problems or have concerns, I will calmly seek solutions at a proper time and location, refraining from negative confrontations.
- I will participate in youth sports for the fun and enjoyment of the game.
- I understand the Youth Sports Department has the inherent authority to exercise discretion in the enforcement of this Code of Conduct.

## YMCA STATEMENT OF PURPOSE

"The Young Men's Christian Association is a worldwide charitable fellowship united by a common loyalty to Jesus Christ, for the purpose of developing Christian personality and building a Christian society."

### YMCA of MIDDLE TENNESSEE Coaching Agreement

As a coach in the YMCA sports program you will have a tremendous influence on the lives of the youngsters on your team. They will look up to you and try in many ways to mirror your actions.

This puts a great responsibility on you as a YMCA coach. The boys and girls may notice things about you that you may not even notice yourself. They will copy your personal habits and attitudes toward the total program.

The most important influence is your personal attitude. If you are having fun working with your team, they will enjoy working with you. Your attitude can make this a growing, enriching, healthy experience. You can grow and help others grow in the "Y" program.

With these thoughts in mind, we request that you read and sign the following coaches agreement:

**As an adult volunteer coach in the YMCA of MIDDLE TENNESSEE 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 and 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.**

**By signing below I acknowledge I have read, understand and agree with the YMCA of MIDDLE TENNESSEE Code of Conduct for Youth Sports and this coaching agreement.**

\_\_\_\_\_

**Print Name Here**

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**Sign Here**

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**Our Mission:** A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping person grow in spirit, mind and body.