



COACH ME IF YOU CAN!

**YOUTH SPORTS
COACH'S PACKET
YMCA OF CATAWBA VALLEY**

“Train a child in the way he should go, and when he is old, he will not turn from it”

Proverbs 22:6

Dear Coach,

We would like to thank you for volunteering your time to coach at the Y. Without volunteers like you, our sports programs would not exist. We believe that all kids deserve the opportunity to discover who they 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. Volunteers like you allow our Youth Sports Programs to instill everlasting values into today’s youth that allow them to become upstanding community citizens. Many groups can run successful sports programs that produce good athletes, however, we want to run a successful sports program that produces good athletes AND GREAT KIDS! This Coach’s Packet has been prepared as an aid in helping you better understand our Sports Philosophy and offer ideas to help instill these everlasting values. We look forward to working with you throughout the season as we nurture the potential of every child together.

Sincerely,

Antionne Mayhew and Abbey Tarr, Program Directors

KEY CONTACTS

- Hickory Foundation YMCA
 - Antionne Mayhew
 - 828-324-2858
 - antionnem@ymcacv.org
- Adrian L. Shuford YMCA
 - Abbey Tarr
 - 828-464-6130
 - abbeyt@ymcacv.org
- YMCA Sports Weather Hotline
 - 828-838-1507

SPONSORSHIPS

Youth Sports is a great way for a company to get involved in a local community program. Sponsorships help keep program costs to the community as low as possible. They ensure that as many youth as possible have the opportunity to participate in our sports programs. If you, or someone you know, would be interested in sponsoring our program, please contact us as soon as possible.

Available Sponsorships

- \$250: Business name on back of uniform
- \$500: Business name on back of uniform and

YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all

COACHING EXPECTATIONS

Communication

- Coaches are the liaison between the Director and participants. We will be communicating as best we can with parents through email but many don't check their emails. So anything we communicate, please recommunicate to your parents.
- Call or text families on your roster as soon as possible to introduce yourself and welcome them to the Y. Provide families with the following information:
 - ⇒ Coach's name and contact information (and assistant coach if applicable)
 - ⇒ Practice day, time and location
 - ⇒ Sports hotline information in case of inclement weather (Page 2)
 - ⇒ Any pertinent information regarding the season such as game schedule release, picture day information, uniform information etc.)
- If you have bad contact information or cannot get in touch with a family, let us know immediately

Practice Expectations

- Parents are encouraged to stay at practices, however, if they must leave they must return in a timely manner to pick up their child. DO NOT leave a child at a practice or game unattended. If you have a problem with parent's timeliness in picking up their child, please let the Director know.
- If you cancel a practice, please be sure to let the Sports Director know as well as thoroughly communicate with the parents.

Game Day Expectations

- Coaches are to make sure that all families on their roster know that one sideline is for the spectators and the other is for the teams. No one is allowed on the baselines of the fields/courts other than the Y officials and staff.
- Help control parents or players who do not adhere to YMCA standards and policies.
- If you are unable to make a game, it is up to YOU to communicate with the Sports Director AND to ask a parent from your roster to cover for you. It is not always promised that we will reschedule a game due to coach availability.

Coaching Suggestions

- Team snacks is not a requirement but is highly encouraged. Coaches can create a sign up list for parents to pitch in and provide the team with snacks on game day.
- Hosting an end-of-the-season party gathering where you highlight each player on the team.

GENERAL SEASON INFORMATION

WEATHER POLICY

The Sports Hotline will be updated in the event of inclement weather. A message will be left by 4:30pm on weekdays and 8:30am on weekends. If there is NO new message, practices/games are on as scheduled. Practices and games will be rescheduled if time permits. The Sports Hotline number is 828-838-1507.

PICTURE DAY

The Y typically hires an outside photography business for our picture day. A schedule will be released at least a week prior to Picture Day. It is very important that all players arrive at the scheduled picture time. Pictures for kids and coaches is encouraged but not mandatory.

TROPHIES/MEDALS

The Y will provide medals for each participant. In the tournament divisions (ages 7+), the winning team will receive trophies instead of medals. We will give them to the coach who will, in turn, distribute them to the players however he/she chooses.

SNACKS

Snacks are not required, nor are they forbidden. However, we do ask that if you choose to do snacks that each child's allergies are accounted for. We suggest asking parents to help take turns providing snacks.

TRASH

This is a great time to teach our children the importance of caring for our environment. If a team consistently leaves trash on the field/court, their snack privileges will be revoked. Please inform a Y staff member



AVAILABLE COACHING TRAINING

As a volunteer coach for the Y, we make sure to prepare you to the best of our ability. If you have never coached before, you are not alone in figuring out how to coach! You may ask sports directors and veteran coaches for tips but the Y also provides a website with training courses that contain practice plans, skills, drills, rules and tactics of the sport. The courses are available at training.ymca.net and are for you to utilize if you feel necessary

BLOW OUT GAMES

As a YMCA Coach, you'll inevitably be involved in a blow out game. While we hope not to experience many of these, this may occasionally happen. We expect our coaches to recognize when they are in this situation and to be prepared to change their coaching techniques to maintain a positive experience for all - whether you are on the winning or losing side. This advice is relevant regardless of whether or not you are in an age group that keeps score.

YMCA COACH REQUIREMENTS

As a volunteer coach at the Y, we require coaches to partake in two different programs that ensure safety and care for our players. Once you have completed the background check and the Praesidium training, please be sure to notify your Program Director.

1. Background Check

- ⇒ The link to access the YMCA Volunteer Tracker database is: <https://appgarden6.appgarden.com/VolTrackNCYMCA.nsf>
- ⇒ Volunteers will select activities under LEVEL 2 on the main registration page. *Please note: Our YMCA Human Resources Director will be the only person who has access to view your background check results and will notify you if there is an issue with your results but will not discuss those results with anyone but YOU, the volunteer.*
- ⇒ Please complete your background check before the first practice.

2. Praesidium Training - Armatus Learn to Protect

- ⇒ New Praesidium Users:
 - ◆ Check your email for an invite from Praesidium (might be in your Spam)
 - ◆ Click "Accept Invite" and create a username and password
- ⇒ Complete the Following Trainings:
 - ◆ Athletic Protection Training Part 1 and 2
 - ◆ Abuse Risk Management for YMCA Volunteers
- ⇒ *If you already have an account with Praesidium from coaching with us in the past, login and complete the required trainings that it lists for you. You may still be required to do the trainings listed above if it has expired. Otherwise, it will ask you to complete the training refresher.*

PROGRAM PHILOSOPHY

Our goal is to give each child the opportunity to develop to their fullest potential mentally, physically, emotionally, and spiritually. Self-confidence and leadership are developed while nurturing the Y's core values of respect, responsibility, caring and honesty.

SEVEN PILLARS OF YMCA YOUTH SPORTS

1. Everyone Plays

We do not use tryouts to select the best players, nor do we cut kids from Y sports. Everyone who registers is assigned a team. Everyone receives equal practice and playing time. Please ensure every child gets a chance to play at least half the game.

2. Safety First

Although children may get hurt playing sports, we do all we can to prevent injuries. We ask coaches to make sure the equipment and facilities are safe and to teach the sport as we've prescribed so that the skills taught are appropriate for each athlete's developmental level. Please involve a YMCA staff member immediately if an injury or emergency occurs.

3. Character Development

Remember the Y is more interested in developing athlete's character through sport rather than developing highly skilled players. The coaches are to be role models of good sporting behavior and to guide their players to do the same.

4. Positive Competition

Learning to compete is important for young people and learning to cooperate in a competitive world is an essential lesson of life. Coaches are to keep competition in the right perspective by putting the best interest of the athlete over the priority of winning the game.

5. Family Involvement

Y sports encourage parents to be appropriately involved in their child's participation in our sports programs. We encourage their presence at practices and games to support their child's participation.

6. Sport for All

Y sports is an "inclusive" program. That means that players who differ in various characteristics are to be included, rather than excluded from participation. We offer sports programs for kids who differ in physical abilities by matching them with kids of similar abilities and modifying the sport. We offer programs regardless of race, gender, religious creed or ability. We ask our adult leaders to encourage the players and their parents to do the same.

PLEASE COMPLETE THIS PAGE AND RETURN IT TO YOUR PROGRAM DIRECTOR

Name: _____

Age Division: _____

Email Address: _____

Cell Phone: _____

Shirt Size: Adult S Adult M Adult L Adult XL Adult XXL Adult XXXL

Assistant Coach's Name (if applicable): _____

AC Email Address: _____

AC Cell Phone: _____

AC Shirt Size: Adult S Adult M Adult L Adult XL Adult XXL Adult XXXL

List, in order of preference, the 3 nights per week you are available to hold practice:

- 1.
- 2.
- 3.

Team Name: _____

List, in order of preference, the top 3 color choices for your team jersey:

- 1.
- 2.
- 3.

Please list any conflicting dates that we should be aware of when scheduling practices and games.

****Please Note:** We may not always be able to accommodate your schedule. If you are unable to attend a scheduled game, it is up to you to ask a parent to fill in for you that day.
