



COACHES HANDBOOK

**Everything you need to know to have a great experience coaching this
YMCA Sport Season**

Avalon Park YMCA Family Center

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Caring

Honesty

Respect

Responsibility

Faith

YMCA of CENTRAL FLORIDA MISSION STATEMENT

The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families, and communities with opportunities based on Christian values that strengthen spirit, mind and body

YMCA PHILOSOPHY

The YMCA Youth Sports philosophy is unique. We emphasize good sportsmanship, teamwork, values, and fellowship with others, in addition to teaching fundamental skills. We are not concerned with wins or losses or league standings. The two most important goals as a coach are to make sure each child has fun and learns the fundamentals of the sport. The YMCA enforces certain rules to help ensure that this philosophy is fostered:

- **NO TRY-OUTS OR CUTS**
- **EACH PARTICIPANT PLAYS AT LEAST HALF THE GAME**
- **EMPHASIS IS PLACED ON PARTICIPATION, NOT WINNING**

YOUTH FIRST, SPORTS SECOND

These words are the essence of the YMCA sports program. The emphasis is on the individual and personal concern for each child, rather than merely teaching the sport. In attempting to meet the individual needs for the youth, the rules of a particular sport are molded and sometimes modified from the actual rules of the sport.

LEARNING BY WINNING AND LOSING

One of the major goals of the sports program is learning rather than a polished performance. Part of a learning experience involved in a sport, and also in life itself, is the experience of winning and losing and all that both involve. We feel that it is important for a team to have the benefit of experiencing both victory and defeat.

With the competitive emphasis in sports being as strong as it is in our society, the YMCA feels that it is not necessary to emphasize the need to win in sports. The competitive desire to win is necessary and good in an appropriate amount in all sports, but studies show that an over emphasis is often more harmful than none. Thus, the YMCA does not emphasize the need to win because we assume it is present. Instead we choose to place the emphasis upon learning and sportsmanship, rather than on winning itself.

ROLE OF THE COACH

Thank you for your decision to be a coach for the Avalon Park YMCA. As a YMCA coach, you will introduce a group of young people to the game of basketball. This is your opportunity to not only teach fundamental skills of the sport but also instill in our youth the core values of the YMCA.

BEING A GOOD COACH – Just what makes a good basketball coach?

- A person who genuinely cares about and wants to teach basketball to young people. Excellent teachers are motivated, have a positive attitude, and give the time to do the job well
- Be prepared!! Have practice plans prepared for each practice and a line-up or roster prepared for each game. If you're not familiar with the sport, be sure to view the required YMCA Flag Football Coaches Clinic and study more about the sport. Drills & assistance with practice can be found at:

training.ymca.net

JOB DESCRIPTION – YOUR DUTIES AS A COACH...

- 1. Teach the skills and tactics of basketball to the best of your ability. Teach the children the physical skills and tactics to play the sport to the best of their ability. Kids value learning these skills and tactics, and they respect those who can help them master them. Be a good teacher, but remember that not all children have the same ability to learn.**
- 2. Teach your players the rules and traditions of basketball. Beyond the rules, teach the basic traditions of the sport. By traditions, we mean the proper actions to show courtesy and avoid injury—in short, to be a good sport.**
- 3. Help your players become fit and value fitness for a lifetime. Help your players be fit so they can play basketball safely and successfully. Ensure that a portion of practice is devoted to conditioning. Make fitness fun and help them learn and understand its value, enjoy training and will want to continue playing for many years to come.**
- 4. Help young people develop character. Character development is teaching children the core values—caring, honesty, faith, respect, and responsibility. These intangible qualities are no less important to teach than the athletic aspects. Teach these values to children by conducting team huddles, which are built into every practice plan, and by demonstrating and encouraging behaviors that express these values at all times.**
- 5. Ensure the safety of your players. You are responsible for supervising every aspect of your players’ participation in basketball. Make sure the court is clear of hazardous objects and that the kids do not engage in activities that might injure themselves or others. You have a moral responsibility to supervise them closely.**

DRESS CODE FOR COACHES

Practice/Games- Coaches should wear the Coaches shirt provided by the YMCA, black shorts and tennis shoes. Flip-flops or sandals are not permitted.

Basketball Practice

Practices are held in the evening during the week (usually between 5:00pm & 9:00pm depending on age and court space). Teams practice once a week during the entire season, usually the same time and day every week. Practices last for 45 minutes to one (1) hour.

Gymnasium Policy

Water bottles with a sports top are allowed on the court. Post game snacks, food, gum, juice boxes, and sports drinks are to be consumed outside the gymnasium facility. We must insist that all coaches, parents, and players be responsible and clean-up after each and every practice and game. Let’s always leave it better than we found it.



Volunteer Coaching Contract

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 core 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 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.
5. 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.
6. I will conduct my practices and contests so that all athletes have an opportunity to improve their skill level through active participation.
7. I will communicate to my athletes and their parents the rights and responsibilities of individuals on our team.
8. 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.
9. 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.

Sport

Signature

Date