

# PULASKI COUNTY YOUTH SPORTS COACHES GUIDE

Our objective is to help young athletes not only become better players, but also become better people. We recognize that not every athlete can be on a winning team, but every kid can be a winner in Pulaski County.

## Our Philosophy of Youth Sports

To run a successful sports program we believe the program must be structured around seven major goals.

- **Everyone Plays.** Everyone who registers by the deadline is assigned to a team. During the season everyone receives equal practice time and as close as possible half of every game. Each child will start at least one quarter.
- **Safety First.** Although kids may get hurt playing sports, we do all we can to prevent injuries. Coaches make sure the equipment and facilities are safe, and they teach the sport so that the skills taught are appropriate for athlete's developmental levels. And coaches constantly supervise their players and stop any unsafe activities.
- **Fair Play.** Fair play is about more than playing by the rules. It's about coaches and players showing respect for all involved in Pulaski County sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.
- **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 essential lessons of life. Through Pulaski county sports we want to help kids learn these lessons.
- **Volunteer Involvement.** Pulaski County sports encourage 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 child's participation.
- **Sport for Everyone.** Pulaski County sports programs are 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 parents to do the same.
- **Sport for Fun.** Sports are naturally fun for most kids. Sometimes when adults become involved in children's sporting activities they over-organize and dominate the activities to the point that it destroys their enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports.

## Coaching Qualifications

A head coach must:

1. Be at least 18 years of age.
2. Have a general knowledge of the sport.
3. Know the rules.
4. Attend coaches meetings.
5. Have leadership skills.
6. Have good moral character.
7. Care about kids, be patient, and be motivated to coach.
8. A sense of humor can't hurt. Enthusiasm is a plus!

## **Your Responsibilities as a Coach**

As a youth sports coach you have a great opportunity to positively influence young athletes. To do that, you need to first understand your responsibilities as a youth coach.

1. Be on time and well prepared for scheduled practices and games.
2. Distribute schedules, rules, equipment, and any other pertinent information to parents.
3. Keep parents informed of any practice or game schedule changes.
4. Promote fun, and good sportsmanship along with basic fundamentals of sport.
5. Play all team members in accordance with the minimum play standards.
6. Report any unusual incidents or injuries to the sports coordinators as soon as possible.
7. Keep winning in perspective and help the athletes to do the same.
8. Oversee the treatment of equipment and return at the end of the season.
9. Make sure all players are picked up after games or practices.
10. Have fun!

## **Coaches Behavior**

1. Exhibit nothing less than exemplary behavior.
2. While acting in the capacity of a coach and in the presence of others the use of tobacco product or the influence of drugs or alcohol prohibited.
3. Profanity, abusive language, negative attitude, fighting, pushing, and threats toward players, parents, officials, or staff will not be tolerated. Failure to comply is grounds for immediate dismissal.
4. Abide by the rules of the sport and respect the judgments of the officials. Any discussing must be in a rational manner.
5. Respect opposing players and coaches. Players should line up and shake hands with opposing team regardless of outcome of game.

## **Rights of Young Athletes**

1. Right to participate in sports.
2. Right to participate at a level commensurate with each child's maturity and ability.
3. Right to have qualified adult leadership.
4. Right to play as a child and not as an adult.
5. Right of children to share in the leadership and decision-making of their sport participation.
6. Right to participate in safe and healthy environments.
7. Right to proper preparation for participation in sports.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity.
10. Right to have fun in sports.

**Prefer a loss to a dishonest gain; the one brings pain at the moment, the other for all times. - Chilton**