



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.



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Coach Values

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.

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

SEVEN PILLARS OF YMCA YOUTH SPORTS

Everyone Plays- at least half the game, everyone should have an opportunity to start one 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

Coach Expectations

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.

YMCA OF NORTHWEST NORTH CAROLINA SPORTS

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FIRST PRACTICE PARENT INTERACTION

Coach interaction and communication with parents and children are key. You will have more interaction with the parents and children on your team than YMCA staff, which is why we ask that prior to practice beginning, review the following with your teams' parents:

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)

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. Please visit our website at <http://ymcanwnc.org/wp-content/uploads/2015/10/Coaching-In-Blowout-Games.pdf> to learn valuable tools for coaching on both the winning and losing side of a blow out game. This advice is relevant regardless of whether or not you are in an age group that keeps score.

The YMCA Difference

- There will always be an easily identifiable member of our sports staff to go to when you have questions or concerns during practices or games. This staff member is trained in Basic First Aid, CPR and Emergency Oxygen.
Call 911 first in case of emergency.
- You will always have a minimum of half a field or court with one goal for each practice.
- We will provide you with balls, cones, pinnies and any other sports equipment for practice.
- On game day, there will be an official who will review rules and conduct a pre-game devotion and prayer before your game.
- We offer coaching resources including drills, practice plans and rules online at our Coach Corner.
- 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 due to inclement weather will not be made up

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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CHILD ABUSE PREVENTION POLICY AND SAFE SPORT ACT

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. Never take pictures of children. For more information, please refer to our Child Abuse Prevention Policy and Child Electronic Communications Policy.

The Safe Sport Act expands the list of individuals required to report child sexual abuse. Now, it is likely any adult who is authorized to interact with youth athletes will be required to report suspicions of abuse to the appropriate law enforcement agencies. Therefore, all staff and volunteers working with youth could be considered mandatory reporters.

YMCA YOUTH SPORTS eLEARNING

<https://training.ymca.net/>



Thank you for volunteering as a Y coach. As a volunteer at your YMCA, you have an opportunity to positively influence the development of youth and shape and support your community.

We want to help you have the best season ever, and so we have created the online courses listed in the table on our website to get you started. These eLearnings describe the Y's philosophy on youth sports; offer basic coaching techniques, including practice plans, skills, drills, rules, and tactics; and outline valuable volunteer resources.

Our eLearnings allow you to move at your own pace, so your time for completion may differ from the estimate provided. That's OK! Course lengths are vary between 15-45 minutes each. YMCA Youth Sports eLearnings are FREE! See below for suggested courses:

YMCA Youth Sports Programs- Discusses program philosophy and introduces the volunteer to Y youth sports programming. (15 minutes)

Coaching YMCA Youth Sports- Provides an overview of coaching Y youth sports programs and discussed how coaches influence the positive development of today's youth. (30 minutes)

Coaching YMCA Basketball/Soccer/Baseball-Softball/Volleyball/Flag Football- Provides tools and techniques for coaching the sport of your choice for children ages 3 & up. (45 minutes each, per sport)

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YMCA of Northwest North Carolina Sports Concussion Policy

In continued efforts to keep sports participants safe the YMCA has adopted a concussion policy. Please read the information below and acknowledge the concussion statements on page two. Once you have acknowledged the concussion statements please return the signed form to the Senior Sports Director.

- All Sports Directors, Sports Coordinators and Site Supervisors must read the information below and have a signed copy of the concussion policy on file prior to the start of the Spring Sports Season.
- It is highly recommended for coaches to have a sign copy of the concussion policy on file but is **NOT** required.

Concussion Basics:

- A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.
- Concussions can happen in any sport, but are more common in sports that involve collisions, such as tackling.
- Remind athletes that they need to report a possible concussion to you, no matter whether it happened outside of sports.
- **Signs:** Athlete looks dazed or stunned, Is confused about assignment or position, Is forgetful, for example, the athlete has trouble following instructions, Is uncertain of the score or who is the opponent, Has clumsy movements, Is slow to respond to questions, Has mood, behavior or personality changes, Is unable to recall events *prior* to or after the hit or fall
- Most concussions occur without loss of consciousness. In fact, less than 5% of students actually lose consciousness due to a concussion.
- **Symptoms:** headache, nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light or noise, feeling sluggish, hazy, or foggy, concentration or memory problems, and confusion.
- If an athlete shows any signs or has symptoms that make you think they may have a concussion, your responsibility is simple—remove the athlete from the game or practice right away. Always side with safety: “When in doubt, sit them out!”
- Be sure to tell the athletes parents about the possible concussion. And remind them that a student with a possible concussion should be evaluated by an appropriate health care professional.
- **Keep a student with a possible concussion out of play the same day of the injury and until cleared by an appropriate healthcare professional.**
- If an athlete returns to sports activity before they are ready, they are at risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first one can:
 - Make symptoms worse,
 - Lead to a longer recovery, and
 - Increase the risk for long-term problems

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Please initial beside each statement, indicating that you have read and understand the following information

Initial:	Statement:
	A concussion is a brain injury.
	A concussion can affect an athlete's ability to perform everyday activities, their ability to think, their balance and their classroom performance.
	I realize I cannot see a concussion, but I might notice some of the signs of a concussion in an athlete right away. However, other signs/symptoms can show-up hours or days after the injury
	If I suspect an athlete has a concussion, I am responsible for removing them from the activity and referring them to a medical professional trained in concussion management.
	I will not allow any athlete to return to play or practice if I suspect that he or she has received a blow to the head or body that resulted in signs or symptoms consistent with a concussion.
	I should not allow any athlete exhibiting signs and symptoms consistent with concussion to return to play or practice on the same day.
	I acknowledge that athletes must receive written clearance from a medical professional, trained in concussion management, in order to return to play or practice after a concussion.
	I acknowledge that following concussion, the brain needs time to heal. I understand that athletes are more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.
	In rare cases, repeat concussions can cause serious and long-lasting problems.
	I have read the Concussion Information Sheet including, but not limited, to the signs and symptoms of a concussion.

I am A(n): Program Director Program Staff Coach Program Volunteer
(Please Circle)

By signing below, I agree that I have signaled my understanding by initialing appropriately beside each statement.

Signature

Date

Please Print Name

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Practice Plan

Warm Up and Word of the Week (10 minutes)

Drills and Skills (40 minutes)

Cool Down Activities (5 minutes)

Parent Announcements (5 minutes)

Print out more practice plan sheets at www.ymcanwnc.org/coachcorner

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SNACK SIGN UP LIST

Team Name: _____

	Game Date and Time	Parent Name	Parent Email or Phone
Game 1			
Game 2			
Game 3			
Game 4			
Game 5			
Game 6			
Game 7			
Game 8			

Details

Each parent will sign up for a date in which they provide a small nutritious snack/drink (low or no sugar) for each player on the team. No one is required to sign up for more than one date, but it may be necessary in order to have every game covered. We are offering a suggested healthy snack but you are not required to get a snack from the list. **We ask that snacks be individually wrapped and passed out quickly to avoid gatherings.**

Healthy Snack Ideas

- Yogurt (in tubes)
- Fruit (apples, oranges, bananas) or Fruit Cups
- String Cheese
- Cheese Crackers
- Graham Crackers
- Animal Crackers
- Goldfish
- Pretzels
- Granola Bars
- Fruit Bars
- Z Bars
- Be creative!

