



RCRC Coaches' Training Program

Providing Positive Youth
Development for all Children

Coaches Code of Conduct

- As a coach, I will do my best to keep the game fun for all players.
- As a coach, I will show respect to all players, coaches and officials at all times.
- As a coach, I will be a role model for all of my players.
- As a coach, I will ensure the safety of all players, coaches and parents. I will not place any child in a dangerous situation.
- As a coach, I will place the well-being, emotionally and physically, ahead of the outcome from the game.
- As a coach, I will ensure practices are organized, fun, and appropriate for all players.
- As a coach, I will be free of any drugs, tobacco or alcohol.
- As a coach, I will know and understand the rules and regulations and teach them to my players.
- As a coach, I will have knowledge of basic first aid principles to help in any situation that may occur. I will only act within my certified training and will contact the appropriate staff or medical personal in emergencies.
- As a coach, I will always place the children's wellbeing first and realize that winning is not the most important outcome.

Facts about Youth Sports

Why Children play Youth Sports

- 1. To have fun
- 2. To improve their skills
- 3. To stay in shape
- 4. To do something they are good at
- 5. The excitement of the competition
- 6. The challenge of the competition
- 7. To play as part of a team
- 8. To get exercise
- 9. To learn new skills
- 10. To win
- Over 65% said they play to be with their friends.

Why children quit Youth Sports

- 1. They lose interest
- 2. They were not having fun
- 3. It required too much time
- 4. The coach played favorites
- 5. The coach was a poor teacher
- 6. They got tired of playing
- 7. Too much emphasis on winning
- 8. They wanted to participate in other non-sport activities
- 9. They needed more time to study
- 10. There was too much pressure
- http://www.thecenterforkidsfirst.org/pdf/The_Facts_about_Youth_Sports.pdf
- These list were taken from.

Facts about Youth Sports

- Keep the game fun. Research shows that players would rather have fun than win. Focus on positive aspects of the game.
- 45% of children surveyed said they have been called names, yelled at or insulted
- 44% of children have dropped out of a sport because it has made them unhappy- 70% quit before age 15
- 30-40 million children playing youth sports annually
- Less than 20 % of coaches have received any form of training
- Almost 95% of parents believe sports are an important development aspect for their child
- 56% said the biggest negative is that sports are too competitive

First-Aid/Injuries

- You must be prepared to handle any situation that may arise.
- First check to make sure the child is conscious and is breathing. If they are not, CPR must be started and have someone call for medical assistance immediately . All parks are now equipped with AED devices, Know where these are located.
- If a child has a neck or head injury, keep the athlete calm and restrained in the position found till medical assistance arrives.
- If ever in doubt, call EMS and notify Park Staff
- Know where the First Aid kit is located at your practice facility. Most of the time it will be with the Park Staff.
- Never place any of your players in a situation that is or may become dangerous.
- All coaches should learn CPR just in case of an emergency
- Never play a player who you believe may be injured. Always error on the side of caution.
- Have a plan in case something happens during a practice or game.

Injury Symptoms

- **Heat Cramps**- painful muscle contractions. Mostly caused by loss of body fluids
- **Heat exhaustion**- weak, dizzy, rapid pulse, abundant sweating
- **Heat Stroke**- Hot dry skin, convulsions, collapsing, rapid pulse,
- **Strains/Sprains**-limited movement, swelling, bruising, local pain
- **Dislocation/Fractures**- pain, loss of function or movement in area, deformity

What to do

- **Heat Cramps**-Drink lots of fluids, stretch and massage
- **Heat Exhaustion**- drink fluids, call EMS, rest in shade with legs elevated
- **Heat Stroke**- immediately call the EMS, cool child by placing in shade and removing layers of clothing, apply ice to lower body
- **Strains/sprains**- use the P.R.I.C.E techniques learned earlier
- **Dislocation/fractures**-Do not move player, call the EMS to transport player to the Hospital
- If you are ever in doubt about a heat related injury. Call the EMS and cool the player down.

Concussions

- Concussions:
 - Symptoms
 - Headache
 - Dizziness
 - Nausea
 - Balance Issues
 - Blurred Vision
 - Altered Mental State
 - Loss of Memory
 - Loss of Consciousness
- Precautions:
 - Never force a player back into the game if they have any of these symptoms
 - Always let parents or guardians know about the situation
 - If you suspect a concussion let Officials, parents, park staff or league administrators know
 - Always error on the side of caution and never risk the health of a player
 - The player does not always have to lose consciousness to have a concussion

Children with Disabilities

- Players can and will be included on any team.
- Accommodations will be made to help support and enhance their experience
- Coaches should be supportive and answer any questions players may have
- Special accommodations for children with disabilities are not an advantage
- Be creative with how you incorporate children. Make sure it is in a meaningful way
- If there is any harassment, deal with it immediately and handle it in a way that is not embarrassing to either party involved.
- Rally the team around a child if a cruel remark is made. Let them know the team does not agree with that remark.

Child Abuse/Sexual Abuse

- If you suspect a child is being harmed- contact the Richland County Sheriff's Department at 803-252-2911
- Let the park staff, Athletics Department or any other RCRC staff member know about your suspicion.
- Your job as a coach is not to prove guilt or innocence in the situation.
- Abuse can be physical, emotional and sexual. These types of abuse are more typically found in combination than alone.

Physical and Sexual Abuse

Signs of Physical Abuse

- Sudden changes in behavior or performance
- Is overly compliant, passive or withdrawn
- Child comes to practices early, stays late and does not want to go home
- State they are being abused at home
- Is always watchful, as though preparing for something bad to happen
- Lacks Adult Supervision
- Has unexplained bruises, bites, cuts or broken bones
- Frightened of the parents or cries when it is time to go home
- Shrinks at the approach of adults

Signs of Sexual Abuse

- Has difficulty walking or sitting
- Reports nightmares or bedwetting
- Experiences a sudden change in appetite
- Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior
- Is pregnant under the age of 14
- Reports sexual abuse by a parent or guardian
- Child is secretive and isolated from other children
- Runs away

Sportsmanship

- Make sure all players get equal playing time
- Do not keep track of wins or losses for leagues under 9 years of age
- Communicate with parents about the importance of sportsmanship
- Show examples of good and poor sportsmanship by professional athletes
- Reward demonstrations of good sportsmanship. Make this the highest award on a team or league
- Support all officials and their calls. Be a good role model
- Teach the rules to all your players to eliminate any confusion
- 80% have seen some type of verbal or physical abuse from coaches during games or practices
- If you see bad sportsmanship, correct the problem right away.
- As a coach, you must stress sportsmanship. Always display good sportsmanship during games and practices.
- Stress fair play and civility toward all officials and players
- Control all problems early and let everyone know there are consequences for unacceptable behavior
- Let all players know winning and losing is part of the game
- Winning is considered doing your best and trying your hardest
- Demonstrate to your players how to be gracious in victory and defeat
- Never let any of your players or fans discriminate anyone based on race, gender, nationality, ethnic origin or parental affiliations
- Create an equal playing field for both teams so they may strive for excellence
- Do not expect the game to look like the professionals. Have realistic expectations.
- Players will listen to what you say and follow how you act. Never lose your control at practices or games.

Self-Esteem

- Children want to feel valued. They need to feel as though they are important to the team.
- Make sure your players understand that no one player on a team is more important than the other.
- Show the players they are valued as a person first and an athlete second.
- Let players know they should only expect their best, not what others expect out of them.
- Players should express statements that make them feel good about themselves.
- All children are not the same. Spread leadership roles around to all players. Give support to all players regardless of their ability.
- Let all players know that the team is first. The team must have every player to be able to work as a team.
- Sprinkle compliments around to all kids- Let them all know at some point they have done a good job.
- Never yell or scream at a child in private or in public. Always keep discipline positive.
- Always try to create a successful experience for all children. Set individual goals and personal best records for players. This will encourage players to try their best at all times.
- Winning is not the most important thing for youth sports. Skill development through the sport is the most important aspect.
- Make sure you do not make drills or practices too hard for the skill level of your players. Doing this will only discourage them.
- If players have problems, use successful stories of famous athletes to let them know they are not the only ones having problems.
- 20% of children quit sports because they do not feel wanted.
- Everyone loves a pat on the back. Make it a point to let your players know how well they are doing.

Yelling

- You can be excited about the game but do not go over board- watch your yelling and raising your voice.
- 70% players saw coach yell at someone for making a mistake.
- Always treat players as you would like to be treated. Never speak down to them or make them feel less than they are.
- Coaching is more about teaching- Winning is not the most important thing. Teaching your players is the most important thing you can do.
- Do not magnify a mistake by a player. They did not make the mistake on purpose.
- Players do not respond to coaches who yell and scream at their players



Group Discussion

- How do you react when a call goes against your team? How do you handle a situation when everyone is yelling at the official? What works and does not work in these situations?

Coach/Parent Meeting

- Open communication is the key to a great relationship between parents and coaches.
- Introduce all assistant coaches and helpers to all parents
- Explain that you will do your best to have equal playing time for all players
- Explain that learning the skills of the game are more important than how many games they win.
- Discuss your coaching philosophy with the parents. Let them know what they can expect from you as a coach.
- Address the issue of sideline coaches. We do not want parents yelling from the stands or trying to be coaches. Let them know this leads to confusion for the players.
-
- Go over the game and practice schedule for the entire season in order for them to plan ahead.
- Talk about any equipment players may need for practices or games
- Let parents know you are always available to discuss any situations or concerns they may have during the season
- Elect a team parent. Someone willing to take on the responsibility to organize snacks , phone calls and parties.
- Let parents know about any equipment issues or items they will need to purchase for the season. Give them plenty of time to get these items purchased.
- Give out your contact information.

Group Discussion

- How do you handle parents? What has worked in the past? What has not worked in the past? How have you handled out of control parents? How can you change the behavior of your parents to show sportsmanship at all times?

Practice Organization

- Plan every practice
- It is better to have too much planned than not enough planned
- Start practice when the first player arrives
- Choose warm-up drills and stretching that reflects the activity or sport
- Keep warm-up drills the same for all practices. Routines make it easier for the players to know what is coming next
- Provide as many repetitions of the skills as possible.
- Minimize lecture and listen time.
- Make your practices fun, competitive and challenging for all your players
- Supervise all activities during practice
- Discipline players by removing them from the activity. When they return, welcome them back and the discipline should be over. Never use corporal punishment as a form of discipline for players.
- Use lots of positive reinforcement.
- Keep a positive attitude.
- Be patient and persistent with how you handle all situations.
- All coaches should be on the same page. Utilize them to help teach the players .
- Keep it fun and positive at all times.
- Use drills that will allow for the maximum amount of participation in your team.

Conditioning Athletes

- Never push your players too hard during conditioning drills
- Try to find a medium that will benefit all players.
- Start at a level that all players can accomplish and work your way from there. Starting too high can discourage to your players.
- Conduct warm up drills or exercises before all practices.
- Have some sort of cool down drill at the end of practices or games.
- Demonstrate all drills for your players.
- Make sure your players are ready before the game by having them stretch and do warm up drills.

Fundamentals

- No matter what sport, teach the fundamentals first. Stress these at all times because it will help in the long run
- Teach to overcome adversity, have patience; to not display frustration when players do not pick up on certain things.
- Build a trusting relationship with your players. Let them know you will not teach them the incorrect way to do things
- Show examples of players who had a hard time but overcame their struggles.
- Try to maximize the potential for all your players. Get them to be the best they can be.
- Always stay positive when players are having a hard time with any fundamental or drill.
- Show examples of the fundamentals to the players. Break them down so they can comprehend what you are trying to teach.

Coaching your own Child

- 90% of Youth Coaches have their own child on their team.
- There will be additional challenges to coaching your own child- There will also be added rewards.
- Do not give special treatment to your child. Try to refrain from showing favoritism to your child.
- Do not place your child above everyone else on the team. Treat all players like you would want someone to treat your child.
- Don't have different expectations for your child.
- Do not be harder on your child.
- Do not try to relive your past through you child. Let them have their own experiences.
- Let your child and players enjoy the game. Do not put extra pressure on your child to perform better than everyone else.
- Do not practice your child harder than other players. Let them develop at their own pace.
- Hold all players to the same standard. Do not have separate standards for your child.

Group Discussion

- How do you handle coaching your own child? What has worked in the past? What has not worked in the past? Do you think you show favoritism toward your child? Are you harder on your child than other players?

Role of Winning

- Teach your players to put forth their best effort
- Look for other things other than winning- Improvements, fun, learning
- Use adversity or losing as a way to teach them that winning is not the most important thing about the game. Good experiences can come from losing
- Make sure every child has a good time. Having Fun is more important than winning
- Winning is not the most important thing in youth Sports.
- Most players want to have fun. Research shows they would rather have fun than win a game.
- Let players know that it is okay to lose as long as they put forth their best effort.
- Encourage all of your players and be supportive. Avoid negative feedback or criticism

Group Discussion

- What role should winning play in Youth Sports? How important is winning to the player? How important is winning to the coaches? Should winning be the #1 goal in youth sports?