



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CARING
HONESTY
RESPECT
RESPONSIBILITY

COACH GUIDELINES

YOUTH SPORTS
ADAIR COUNTY FAMILY YMCA

Adair County Family YMCA, 1708 S Jamison, Kirksville, Missouri 63501
660-665-1922 www.adairymca.org

YMCA MISSION:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Youth Development: We believe that all kids deserve the opportunity to discover who they really 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.

Social Responsibility: Whether developing skills or emotional well-being through education and training, connecting diverse populations through global services, or preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the respect all people need and deserve.

PICTURE DATES

The Program Director will contact you at a future date with details regarding pictures.



FOCUS AREAS OF YMCA YOUTH SPORTS

Skills

- We teach young people important life skills and the basic skills of each chosen sport.

Enjoyment

- We encourage young people to compete for the fun and enjoyment of playing sports.

Fair Play

- We strive to develop good sportsmanship, positive attitudes, dedication and determination among our participants.

Teamwork

- We believe that individual accomplishments is secondary to teaching the value of teamwork.

Winning

- We encourage everyone to do their best, never forgetting there are lessons to be learned from both winning and losing.

PROGRAM GOALS FOR YMCA YOUTH SPORTS

- Developing self-confidence
- Reinforcing healthy habits with exercise
- Building stronger families
- Teaching teamwork

THANK YOU!

Our volunteer coaches are the backbone of our Youth Sports programs. We simply could not provide these nurturing, family-oriented activities year in and year out without your support and cooperation. Thank you for helping us make the Adair County Family YMCA a special place for our community's youth.

YOUR ROLE AS A YMCA COACH

Your job is to teach skills and team play within a framework that includes these elements. Work on basic skills and fundamentals and teach physical fitness habits:

- Work with every player on your team. All players are given equal attention regardless of skill level.
- Younger teams especially should concentrate on fundamentals. Teach the skills and concentrate on the basics.
- Help players become conscious of the importance of proper techniques in execution. Stop the action often to help individual players improve, but don't interfere excessively.
- Demonstrate the importance of fitness habits such as warm-up and conditioning exercises. Talk to your players about rest, and involvement in other sports.

TEACH FAIR PLAY

This means respect for oneself, one's teammates, the other team, the rules, and the officials who uphold them. Keeping Winning in Perspective:

- Help players (and their parents) become aware of other important goals besides winning: learning skills, becoming more fit, being a good leader sometimes and a good follower other times, dealing with emotions of sport, and having fun.



RELATIONSHIP TO PLAYERS

- Strive for fun games and practices.
- Praise your team as a group and each team member individually.
- Make sure that every player has the correct uniform and equipment.
- Refrain from shouting at any player. Never embarrass a player. Constructive criticism is okay, but should be low-key, positive and on a one-to-one basis.
- Be enthusiastic!
- Practices must be held weekly.
- Be at games and practices early.

RELATIONSHIP TO OFFICIALS

REMEMBER: YOU ARE A ROLE MODEL

- Avoid negative criticism.
- Voice your problems through the YMCA staff. Don't ask an official to explain a call during play. Wait until a stoppage in play.
- Be ready to forgive and forget, time and time again. Adults as well as youngsters learn character through this program.

RELATIONSHIP TO PARENTS

- Get to know your parents very well. They can be a great help to you. Invite their participation and involvement.
- Be positive about your players, the officials, and your opponent. Encourage parents to do the same.

RELATIONSHIP TO THE PROGRAM

- Make sure your roster and contact information match the branch copy.
- Make sure you let the YMCA know of any dropouts or injuries on your team.



THE Y SPORTS PLEDGE

“Win or lose, I pledge before everyone to play the game as well as I know how, to obey all the rules, to be good sport at all times, and to improve myself in spirit, mind, and body.”



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