

COACHES EXPECTATIONS

As a coach, it is essential that you understand the philosophy and mission of the YMCA as well as the responsibilities mentioned earlier. The YMCA doesn't intend to develop future professionals, but instead wishes to develop fitness, character development, sportsmanship, and safe play. You, as a coach, will have a great influence on the youth you coach. They will notice your actions, how you talk and most of them will run through walls to please their coach.

You are there not only to make good players better, but also to provide the same opportunities for the beginners. It is also important to remember that the pressure from parents and spectators must not overshadow the importance of a safe and positive experience for all the participants. Stress to your participants that winning is not their main focus, but rather to have fun, learn new skills, learn sportsmanship and also to enjoy the game that they play.

Keys to Being a Good Coach

Be a Role Model - exemplify sportsmanship

Be Prepared and Organized - Communication to parents, players. Come prepared to all practices and games

Focus on Skill Development - make a priority in all practices & games. Teach and demonstrate skills

Positive Attitude and Approach

Have Fun - practice, games, atmosphere

YMCA SPORTS PHILOSOPHY

ATHLETES FIRST, WINNING SECOND

Supporting this philosophy means that every decision you make based, first, on what you think is best for your athletes and second, on what may improve the athlete's or the teams chance of winning. There's no suggestion that winning is unimportant. Striving to win is essential for enjoyable competition. Unless you instill this desire you'll be cheating your athletes out the enjoyment and development sports can bring. Winning is fun and exciting... only if it is kept in perspective!

HELP EVERY PLAYER IN THE PROGRAM

Give all players equal attention and help regardless of their skill level. The more skillful players will receive many opportunities to play so pay particular attention to the less skilled. It's impossible to predict a child's potential ability when given encouragement and assistance.

HELP DEVELOP - SPIRIT, MIND, and BODY

Remember that the young people in your program are not just bodies to be trained, but also have minds and spirits. Physical fitness and skills are important, but are important, but so are mental attitudes and spiritual growth. The goal in YMCA Youth Sports is to bring these elements together in one experience.

TEACHING FAIR PLAY

Organized sports provide unique opportunities for the development of the whole person. Experiences can be positive or negative depending on the value placed on qualities of fair play and sportsmanship. As a coach, you are responsible for setting and maintaining standards in these areas. Remember when your players are uncertain what to do, they will look to you for guidance and copy your behavior. Let's make it positive!