



MESSAGE TO YOUTH COACHES

Welcome to the South Milwaukee Recreation Department! The role of a youth sports coach can be very rewarding. In Youth Sports, we are striving to provide a positive, supportive environment in which the children can improve on their skills and participate on a team that nurtures positive peer interaction and fun. The primary goal of this program is our commitment to all participants rather than producing an atmosphere of excellence for a talented few. To win at all cost may be the primary goal for professionals, but this is contrary to the basic philosophy of the South Milwaukee Recreation Department. With this in mind, no individual or team record is kept.

Coaching in a youth sports program is teaching—teaching values, ethics, sportsmanship, and skills. Try to incorporate all of these aspects into your interactions with your team members. Show your team the path to good sportsmanship.

In coaching your sports for the South Milwaukee Recreation Department, the objective is to provide organized, quality practices through **communication, preparation and safety**.

It is absolutely essential that you **communicate** initially and quite regularly with parents/guardians and your team members. It is imperative that your players and their parents/guardians know your name and phone number in case of any emergency.

Be **prepared** for the task at hand, whether it is practicing or getting ready for the game. Being prepared encompasses a wide variety of fundamental issues such as practice organization, proper equipment, knowledge of rules, and program philosophy.

A thorough knowledge and understanding of good **safety** procedures will save a lot of time. Horse play, climbing fences, or using faulty equipment are troublesome danger areas. These kinds of things are often overlooked, yet often take time away from actual practice or game time. You need to constantly be aware of safety needs.

As a coach, it is your job to help the players feel good about themselves, not to criticize or demean them. If a player makes a mistake, remain positive while encouraging them to do their best and work to improve their skills. A marked improvement in a team's play over the course of the season signifies far better coaching than simply scoring more points or winning more games than the opposition. In the long run, it will be more rewarding for you and your team.

"Fifty years from now it will not matter what kind of car you drove, what kind of house you lived in, how much you had in your bank account, or what your clothes looked like. But the world may be a little bit better because you were important in the **life of a child.**" *Anonymous*

Enjoy your time with the youth! Remember what an impact you can have on these children and your role as a mentor. Please feel free to call us or stop by the office if you ever have any questions or concerns. Looking forward to a great season!

Why do Kids Play Sports?

All kinds of kids sign up to play all kinds of sports. Some play because their parents push them to, some are natural athletes that want to show what they can do, and some sign up just because their friends do, but here are the top 10 reasons that kids play sports: FUN-Improve Skills-Excitement of Competition-Do Something They Are Good At-Stay in Shape-Challenge of Competition-Be Part of a Team-To Win-Go on to a Higher Level-Get Exercise

Why do Kids Quit Sports?

Most people realize that Youth Sports are different from Professional Sports and understand that Youth Sports are a recreational activity for their child that is educational and part of a maturation experience. The typical expectation is that the experience should be one of joy and adventure. When kids who dropped out of sports were asked what it would take to bring them to play again they answered "practices that were more fun" and "more playing time". Studies also reveal that 70% of all children drop out of sports by the age of 13. As coaches, you have the opportunity to control the outcome for every child on your team. It will be through your efforts that youth participating in sports will or will not have fun, improve their skills, make new friends, or want to remain involved in sports.

OBJECTIVES OF SM RECREATION DEPARTMENT YOUTH SPORTS

- To offer sports programs to fulfill the recreation needs as a service to the community.
- To provide equal opportunity for all youth regardless of race, creed, sex, economic status or ability.
- To enable our volunteer coaches to help our participants improve their skill level.
- To expect good sportsmanship and fair play as standard behavior.
- To provide each child with participation that is a worthwhile and a positive life experience that is FUN.

YOUTH SPORTS PARENT MEETING - SAMPLE OUTLINE

1. INTRODUCTION

- Background, sports experience, coach certified.

2. TEAM RULES (coaches & players)

- Be on time to practices & games, dressed to play (sweats/shorts, shoes, socks, etc.)
- Safe play at all times
- Use appropriate language
- Be respectful to other teams, players and officials
- Alcohol and tobacco free environment at practices and games (included parents)
- Respect equipment and school grounds.
- Encourage your teammates and yourself

3. COACHES EXPECTATIONS

- Everyone plays
- Organized practices
- Teaching fundamentals/rules of game
- Practices may be cancelled due to weather (school announcement & call from coach to work/home). NEVER ASSUME PRACTICE OR GAME IS CANCELLED.
- Not worried about wins/losses/scores (prefer they understand what they did wrong)
- Water at every practice/game
- Use of appropriate language to the kids/parents/officials
- Please pick your child up by the end of practice. I am responsible for your child until you pick them up.
- Attendance taken at every practice/game (excused absence only if coach hears from parent)
- Coach will handle problems with officials/coaches/players. NOT THE PARENTS
- Communication
- I am responsible for all of my parents' behavior during the game, so please be supportive and a positive example to participants.

4. PARENTS EXPECTATIONS

- Attend games, support your child
- Take time to learn the rules of the game
- Sideline demeanor—please use appropriate language and remain positive to the officials, players, and coaches.
- In the interest of safety, parents and spectators are not permitted to enter the player box from the 20-yard line to the 20-yard line 6-yards deep. (Flag Football)
- This is not a professional sport—kids are here to have fun and learn the sport.
- Let coach know about injuries/inhalers/allergies, etc.
- Open communication—please call if you have questions/concerns/suggestions
- Stress positives, not negatives
- Alcohol and tobacco free environment at practice and games
- Team mom/dad—organize treats for games. Everyone will have a turn to bring treats.
- Remember that the game is for children, not adults. HAVE FUN!!
- Phone list may be distributed if it is ok with all parents.
- Email address for communication.

5. GAMES

- Start date
- Schedule will be available.
- Sit on our sideline
- Be at the game 15 minutes before game—time for warm-ups
- Positions are set on game day—if child is late, they may not start
- Looking forward to an exciting season
- FOOD AND DRINKS ARE NOT ALLOWED IN THE GYMNASIUMS

6. QUESTIONS/COMMENTS



Our Philosophy

Enjoyment of the game is what is important to the children. When the game ceases to be fun, it ceases to be a game. In these leagues, undue stress **must not** be placed on winning, but on participation. We urge parents and insist that coaches not put pressure on the children to win, but attempt to teach them to play to the best of their ability as long as they enjoy it.



A successful season is one in which a child improves their skills, learns new skills, and/or just tries to apply the lessons learned in practice. Adults should make every effort to set a proper example by their actions; to applaud all players, never yelling at any player or any team; to show sportsmanship by enjoying victory without "rubbing it in" and accepting defeat without making excuses; and to remember that **this is nothing more than a game of children's Basketball / Baseball / Kickball / Flag Football / Volleyball etc.**

Youth Sports Coach—Reports to Recreation Director Location: Various Recreation Facilities

Teach the fundamental skills of the game with an emphasis on individual skills, participation, sportsmanship and fun.

Duties and Responsibilities

- Teach participants the basics and fundamentals of the game.
- Teach participants the importance of teamwork and good sportsmanship.
- Develop team rules and guidelines.
- Conduct a parent meeting.
- Develop instructive practice plans/lessons.
- Maintain communication with participants and office staff.
- Maintain good supervision when using gym for practice and be sure to secure when leaving.
- Report injuries, facility hazards, and concerns to Recreation Director.
- Report to your location at least 10 min early to set up facility.
- Never leaves a child unattended, stay with them until their ride shows up.
- Assume other duties as assigned.

Knowledge, Skills, and Abilities

- Knowledge of rules, skills, drills, and activities in the sport they are coaching.
- Possesses leadership skills and organizational ability.
- Ability to organize large and small groups for practice and lessons.
- Ability to enforce program rules and regulations.
- Ability to follow-through on assigned responsibilities.
- Must maintain a positive attitude.
- Communicate in both oral and written form.

Special Requirements

- Must have reliable transportation



COACHES' CODE OF CONDUCT & ETHICS

- I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach.
- I understand that many children participate in sports for numerous reasons, and that the number one reason is to have fun!
- I understand that as a youth coach I am obligated to honor the rules of the games, opponents, officials, teammates, staff, and self, and to teach players to do the same.

Therefore, by participating as a volunteer coach, I am willing to agree to adhere to the following Codes.

I will place the emotional and physical well-being of my players ahead of a personal desire to win.

Expected Behavior:

- Using appropriate language in appropriate tones when interacting with players, league officials, game officials, parents and spectators.
- Include all players in team activities without regard to race, religion, color, sex, sexual orientation, body type, national origin, ancestry, disability, ability, or any other legally protected classification.
- Treat all players, league officials, game officials, parents, and spectators with dignity and respect.
- Play all players according to the equal participation rules established by the league and the spirit of those rules.
- Encourage youth to participate in other sports and activities to promote all aspects of their development.
- Allow reasonable absences from practice.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

Expected Behavior:

- Recognize the differences of each child and treating each player as an individual while demonstrating concern for their individual needs and well-being.
- Encourage all players, regardless of skill level, to be included as a member of the team and to remain involved in sports.
- Recognize that some physical tasks, drills, and demands are not appropriate for all youth.
- Recognize that youth may vary greatly in physical, social, and emotional maturation and considering these factors when setting up competitions and when interacting with youth.

I will do my best to provide a safe playing situation for my players.

Expected Behavior:

- Maintain a high level of awareness of potentially unsafe conditions.
- Protect players from sexual molestation, assault, and physical or emotional abuse.
- Correct and avoid unsafe practice or playing conditions.
- Using appropriate safety equipment necessary to protect all players.
- See that the players are provided with adequate adult supervision while under the coach's care.

I will promise to review and practice the basic first aid principles needed to treat injuries of my players.

Expected Behavior:

- Keeping basic first aid supplies available in all practice and game situations.
- Recognize and administer proper first aid to an injured player.
- Demonstrate concern for an injured player, notifying parents, and cooperating with medical authorities.
- Protect the players' well-being by removing them from activity when injured and not returning them to activity if they are compromised by injury.

I will do my best to organize practices that are fun and challenging for all my players.

Expected Behavior:

- Establish practice plans that are interesting, varied and productive. Practices need to be aimed at improving all players' skills and individual abilities
- Devote appropriate time to the individual improvement of each player.
- Conduct practices of reasonable length and intensity appropriate for the age and conditioning of the players.

I will lead by example in demonstrating fair play and sportsmanship to all my players.

Expected Behavior:

- Adopt the position, teaching, and demonstrating that it is our basic moral code to treat others, as we would like to be treated.
- Abide by and supporting the rules of the game as well as the spirit of the rules.
- Provide an environment conducive to fair and equitable competition.
- Using the influential position of youth coach as an opportunity to promote, teach, and expect sportsmanship and fair play.

I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all South Milwaukee Recreation Department youth sports events.

Expected Behavior:

- Be alcohol and drug free at all team activities or in the presence of players.
- Refrain from the use of any type of tobacco products at all team activities or in the presence of your players.
- Refrain from providing any type of alcohol, drug, or tobacco products to any of your players.
- Encourage parents to refrain from the public use of tobacco products or alcohol at team activities.

I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.

Expected Behavior:

- Become knowledgeable, understanding, and supportive of all applicable game rules, league rules, regulations and policies.
- Teaching and require compliance of these rules among players.

I will use those coaching techniques appropriate for each of the skills that I teach.

Expected Behavior:

- Teaching techniques that reduce the risk of injury to both the coach's own players and their opponents.
- Discouraging illegal contact or intentional dangerous play and administering swift and equitable discipline to players involved in such activity.

I will remember that I am a youth sports coach, and that the game is for children and not adults.

Expected Behavior:

- Maintain a positive, helpful, and supportive attitude.
- Exercise your authority/influence to control the behavior of the fans and spectators.
- Exhibit gracious acceptance of defeat or victory.
- Accept and adhere to all league rules and policies related to the participation of adults and youth.
- Fulfill the expected role of a youth coach to adopt a "children first" philosophy.
- Allow and encourage the players to listen, learn and play hard within the rules.
- Place the emphasis on fun and participation.

The South Milwaukee Recreation Department reserves the right to take appropriate disciplinary action (up to removal) involving any coach in violation of this code of conduct.

I acknowledge that I have read this **Code of Conduct** and will do my best to fulfill the promises made herein.

SOUTH MILWAUKEE RECREATION DEPARTMENT
(414) 766-5081 (414) 766-5082
www.smrecdept.org

PARENTS CODE OF ETHICS



I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth—not adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

Coaches must review this code of ethics pledge with parents and players at the parent meeting, and you may make your own copies to pass out.

PLAYERS CODE OF ETHICS



I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Players' Code of Ethics Pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials, and fans with respect regardless of race, sex, creed, or abilities that I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

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