

HASTINGS YMCA

CHARACTER COACHING - RESPECT

At the YMCA, helping kids develop and learn quality character through sports is more important than anything else. What sets the Y apart from everyone else is that we make this a priority. Please, right now, decide that you will join this vision and teach your team the right values and help them develop in character through your coaching. It is expected that coaches make teaching character development a significant part of their coaching. Kids need values modeled and taught to them so it is pivotal this is important to you so it is important to them. The following values are expected to be taught and modeled by you, the coach, every season while one of the YMCA core values is the main topic. Spend 5-10 minutes every practice and game.

Sportsmanship Principles for Coaches

These principles are expected to be modeled every practice, every game, and every season.

- Teach the proper perspective on winning and losing. Pressure should not be to win every game but to be a team player and try your best.
- Coach with style. Do not ridicule players but respectfully coach them with class.
- Keep your emotions in check. Yelling at players or officials loses any credibility as a coach. Respect the game, your players, opponents, and the officials.
- Be a good winner by being humble and not gloating over the opponents.
- Be a good loser by being respectful in defeat. Losing is a great opportunity to teach the value of practice, determination, not giving up, perseverance, and many other values.
- Speak words of encouragement to every player.
- Keep everything FUN! The #1 reason kids play sports is that they are fun.

Main Value for the Season: Respect

Mathew 7:12: So whatever you wish that others would do to you, do also to them.

- To be respectful honors and obeys God.
- Consider the interests, needs, or desires of others before yourself.
- Treat others how you would like to be treated.
- Accept differences in others and realize that not every person is the same.
- Be peaceful when someone says or does something unkind or you have disagreements.
- Shake hands and tell the other team "good game" after the game is over.
 - Don't brag or boast, be a gracious winner
- Help someone up if you knock them down.
- Play fair and abide by the rules.
- Follow the coach's directions.
- Never interrupt someone else while they are talking.
- Do not talk back or argue with coaches/officials but respect their authority.
- Help others when they are in need.

Modeling Respect as a Coach:

- Speak respectfully to your players, parents, and officials.
- Consider the interests and needs of others before yourself.
- Treat others how you would like to be treated – fairly and equally.
- Accept that officials are not perfect but respect their judgment. Communicate kindly and respectfully to them if there is a disagreement or problem.
- Be willing to listen to your players and parents.