

HASTINGS YMCA

CHARACTER COACHING - RESPONSIBILITY

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: Responsibility

1 Corinthians 10:31: So, whether you eat or drink, or whatever you do, do all to the glory of God.

- Being responsible honors and obeys God.
- When you make a mistake, do not blame others but take personal responsibility. Learn from your mistakes.
- Pick up and take home your own equipment or items.
- Always try your best because every player contributes value to the team.
- Don't give up when it gets hard, keep going.
- Think before you act and consider the consequences.
- Act and speak kind words to others.
- Do what is right all of the time. Have integrity when no one is watching.
- Do what the coach asks and never talk back.

Modeling Responsibility as a Coach:

- Be consistent with what you will and will not allow during practices and games.
- Treat every athlete the same, regardless of skill level or ability.
- It's not always what you say but how you act and carry yourself. Actions speak louder than words with kids.
- Be prepared for practices/games so kids can get the most out of them.
- Communicate regularly and remind parents about:
 - Times, days, locations of practices and games.
 - Picture day.
 - Needed equipment for game day.
 - Who is responsible for snacks.