

Thank you for volunteering to serve as a coach or an assistant coach in the Center of Clayton Recreational League. The Center of Clayton is partnering with the [All In Clayton Coalition](#) to acknowledge the important role coaches play in the lives of our youth. To strengthen this relationship we want to introduce some key tips from the PurposeFull People program that teaches skills to help kids be successful in sports, at school and in life. At the bottom of this page there is a link to a simple pledge. We are asking our Volunteer Coaches to I pledge to try and incorporate the PurposeFull People ideas and suggestions found below in your interactions with players and as you work to create a positive team culture.

As you know, kids need to have safe, predictable places to learn and grow where they feel included. They also need healthy and helpful connections with coaches and teammates. It is helpful for them to experience learning that will help them tackle challenges both on and off the court/field. PurposeFull People is a partnership with coaches, teachers and families to create places where kids feel like they belong and learn skills that will help them be the best they can be!

Often the most successful coaches have strong communication skills:

- Weekly communication to parents/guardians
- Parents/players have an avenue to communicate directly with the you if they have questions
- All players know their roles and make sure athletes who are not getting as much playing time feel valued

Please click on this link to watch a three and a half minute video: <https://youtu.be/uGm5noEu6TE>

PurposeFull People Key Takeaways:

Purposeful People - 4 R's

- Role Model - teach/coach alongside instead of “at”
- Remind- using learned skills on and off the playing field/court
- Recognizing - feedback to grow learned skills via positive praise (catch them making healthy choices)
- Review - circle back after an opportunity for growth has occurred (individual or team reflections on how to use learned skills)

3 Things:

- Greet each player by name with a handshake or fist pump, make eye contact and say, “ _____ I am glad you are here, let’s make it a great practice.”
- Remind kids to give a compliment or offer help to a teammate, then recognize the skill when you notice it.
- Ask kids to set a practice goal at the start and reflect at the end to see if it was accomplished.

Four on the field/court:

1. Eye to Eye - Make eye contact
2. Hand to Hand - shake, fist pump, high five
3. Name to Name - Make sure they know you’re Coach_____ and greet each player by name.
4. Heart to Heart - Ask a quick question to connect. Ex: “What is your favorite thing about baseball?”

10 Minutes to Build Community - This? Or That?

Ex: Ask players if they like popcorn? or potato chips? Have popcorn players do 5 jumping jacks and potato chip players do 5 toe touches.

Ex: Ask players if they like cold snowy days? or hot sunny days? Have cold days players do 5 push ups and hot days players do 5 sit ups.

Positive Reinforcement:

“Be Kind, Be Strong, Be Well”

“Heads up, Hearts in!”

"Hustle with Heart"

Please take the Pledge: [Volunteer Coach Pledge](#)