

Oswegoland Park District

Volunteer Coach

Handbook



OSWEGOLAND
PARK DISTRICT

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Oswegoland Park District

www.oswegolandparkdistrict.org



Practice & Game Schedules

Team Sideline

1. Visit teamsideline.com/Oswego
2. Click on “Schedules” at the top of the page or search by team name
3. Choose league and division
4. Filter teams by using the drop down feature



Game Cancellations & Announcements

Rainout Line

1. Visit rainoutline.com
2. Search & Select Oswegoland Park District
3. Select the appropriate sport for program status
4. Choose Email & Text alerts from the left to subscribe to alerts



Philosophy

The Oswegoland Park District offers activities and programs designed to give each child an opportunity to be the best he or she can be, regardless of ability, skill, and or experience. Our youth programs emphasize skill development, teamwork, and sportsmanship through:

- Recreational leagues
- Avoiding team standings
- Equal playing time for all

Values of Coaching

Volunteer coaches are a vital part of our Oswegoland Park District Youth Sports Programs. Coaches are teachers, role models, and a provider of encouragement. The way you behave as a coach and the attitudes and ideals you project will have an influential impact on your players and the behaviors they demonstrate. It is imperative for coaches to recognize the value of coaching youth sports for their ability to inspire positive character in young players. Athletics can assist kids in learning important life lessons such as importance of hard work, following rules, teamwork, and setting and achieving goals, and as a coach you play a large part in that lesson.

In order to create a healthy, beneficial atmosphere of competition, coaches should encourage players to do their best, be a good teammate, and not to focus on outcome and winning. The quality of a child's experience in youth sports is highly dependent on the coach. Great coaches understand the sport, know how to communicate their knowledge, and the development of your players is more important than winning games.



Volunteer Coach Expectations

1. The Volunteer Coach agrees to conduct him/herself in accordance with the Code for Coaches listed on the other side of this document.
2. Volunteer coaches are expected to report to practice/game site a minimum of 10 minutes prior to the start of the practice/game, and remain until all participants have departed.
3. The volunteer coach has the responsibility to keep the Oswegoland Park District informed of any equipment that needs replacing or repairing, or if their first aid kit needs replenishing.
4. The Volunteer Coach agrees to notify the Oswegoland Park District in advance if he/she cannot fulfill the responsibilities of the season.
5. Programs and activities offered by the Park District are under the direct supervision of the program supervisor and other professional staff.
6. The Park District shall have the right to cancel or alter schedules due to abnormal weather, or other reasons deemed appropriate by the Park District.
7. The Park District will provide a team roster to the Volunteer Coach.
8. The Park District will coordinate facility use. The Volunteer Coach may schedule make-up practices or games only after coordinating with the Oswegoland Park District.
9. The Park District staff will visit and evaluate practices and games.
10. The Park District, with the cooperation of the Volunteer Coach, will make reasonable accommodations to allow individuals with disabilities to participate in district programs.



Coaches Code of Ethics

1. I will treat each participant, opposing coach/instructor, official, parent, and administrator with respect and dignity.
2. I will do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of my activity.
3. I will become thoroughly familiar with the rules of my activity.
4. I will become familiar with objectives and communicate them to my participants and their parents.
5. I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.
6. I will learn the strengths and weaknesses of my participants so that I might place them into situations where they have a maximum opportunity to achieve success.
7. I will conduct my practices and games so that all participants have an opportunity to improve their skill level through active participation.
8. I will communicate to my participants and their parents the rights and responsibilities of the individual in the group.
9. I will cooperate with the Oswegoland Park District in the enforcement of rules and regulations, and I will report any irregularities that violate sound recreational practices.
10. I will protect the health and safety of my participants insisting that all of the activities under my control are conducted for their overall well being, rather than for the vicarious interest of adults.



Coach & Team Behavior

Sport Programs are valuable tools for teaching positive attitudes and good habits such as discipline, sportsmanship, and teamwork. As a volunteer coach, you can encourage these attitudes and habits in the children on your team by following some simple guidelines:

- **Project a positive attitude and lead by example:** The children you coach are always watching you and modeling your behavior, words, and actions. Ensure you are using proper words, actions, and cues at all times.
- **Sportsmanship:** Demonstrate sportsmanship towards coaches, players, officials, and spectators at all times. Your actions will be mirrored by your players.....make your actions a positive one.

Teaching Skills

It is the responsibility of a coach to create an environment in which players main focus is on improving their skills. If you keep players focused on enjoying while building skills, your players will that learn that doing their best if fun and rewarding. As you train young players, keep in mind these guideline:

- **Make corrections:** Regardless of ability and experience, every player has areas to improve on and correct. Focus on each player's individual needs. Focus on more than the obvious.
- **Be specific:** Make corrections and suggestions as specific as possible. Avoid "good job" and "watch your form" and instead use "good bounce pass" and "remember to bend your knees." This delivery instructs and encourages.
- **Methods to teach:** Players learn and different rates and through different forms of delivery, so change up your teaching methods. Use a combination of demonstrations, drills, short instructional sessions, get in the action and be involved.



Players' Individual Paths to Success

To provide opportunities for young players to succeed, you should identify the roles suited best for each player-the ones which enable them to immediately contribute to the team. Each player has their own potential, ability, personality, and level of confidence. Attempt to match these traits to the specific individual and team roles that fit the player the best.

- **Your Message:** Modify your message to reach all players by making sure you are age appropriate and clear to all players, regardless of skills, knowledge, and experience. Effective messages should reach each player's individual personality and learning style.
 - **Communicate that every role has value:** Every position and every player contributes to the team's success. Provide words of encouragement throughout practices and games to everyone, regardless of their current role.
 - **Coachable moments:** Take advantage of the opportunities to teach as play unfolds. Interactive coaching is much more effective than "lecture" style following the play.
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Coaching Tips: Do's & Don'ts

Do's

- **Come with a plan:** Be prepared with practice plans, activities, games etc. Not all plans will work, so have a back up.
- **Importance of development:** Be attentive to individual needs of each player and take time to understand them physically and emotionally.
- **Repeat & Reinforce:** Have a theme for your sessions and find every opportunity to focus on 1-2 key points. Build on progress each session and make sure you dedicate time to basics.
- **Demonstrate:** Kids respond to visual examples over lengthy explanations
- **Finish with a game:** Reinforce your practice points with a game to conclude your session
- **Teach the rules:** Young players need to know the basic rules-don't assume they know them
- **Be enthusiastic:** Coaches are met with the challenge of getting player's attention and respect-winning the players over is achieved with a combination of enthusiasm, empathy, and preparation

Don'ts

- **Treat everyone as equal:** From the perspective of development the players on your team are not equal. Give individual attention
- **Constantly commentate:** Avoid telling players what to do during play constantly and allow them to make decisions on their own. Mistakes are part of the learning process
- **Primarily use line drills:** Keep lines drills short, face paced, and with a limited amount of players. Focus is lost if practices are full of a lot of "standing" around time
- **Underestimate your impact:** The experiences youth have in sports are life-long lessons and memories and coaches have a significant part in making those enjoyable ones
- **Base agenda on the most talented player:** Statistics show that coaches who focus on the most talented players are setting 90% of players up for failure



Rights of Participants

1. The right to participate
2. The right to participate at a level commensurate with each child's maturity and ability
3. The right to have qualified leadership
4. The right to play as a child and not as an adult
5. The right of children to share in the leadership and decision-making of their participation
6. The right to participate in safe and healthy environments
7. The right to proper preparation for participation
8. The right to an equal opportunity for success
9. The right to be treated with dignity
10. The right to have fun



Personal Contact Guidelines

1. Use good judgment. Never put yourself in a compromising situation.
2. Always be sensitive and respect a child's feelings regarding touching. Remember that some children are not comfortable being touched by people outside their family.
3. Some children who have experienced abuse or who are shy do not like to be touched and do not like touching others.
4. Be cautious about touching a child's head or messing up his or her hair. In some cultures, the head is a spiritual place of the body and touching the top of the head is reserved for certain traditions and rites of passage. Some children simply do not want their hair messed up, just the same as some adults.
5. DO NOT TAP, PAT, OR SLAP a child's buttocks. Touching a child's buttocks, although meant well, can leave children feeling frightened and/or violated.
6. Avoid being alone with a child if possible. Find another adult to accompany you.
7. Make sure there is another adult present in any sensitive situation such as assisting a child in changing clothes.
8. Never give a child a piggyback ride. It is a safety issue for you as well as the child.
9. A child should never sit on your lap. Have them sit next to you instead.

3 positive touch messages:

High Fives

Handshakes

Pat on the Back

