



Dear Valued Volunteer,

We are pleased that you have chosen to volunteer with the Williston Recreation Coaching program. As a coach; head or assistant, you play a vital role in the development of the youth sports program. Your influence, guidance, and support will have a significant impact on the participants' attitudes toward sports, learning, and future involvement.

We believe that sports are not only about teaching skills but also about creating positive memories and fostering personal growth. Our goal is to encourage children to return to the program year after year, having built new skills, enjoyable experiences, and cherished memories.

As a coach, you are not only a leader and teacher but also a mentor. You have the ability to shape the attitudes, self-esteem, problem-solving skills, and social development of the children in your care. You may encounter children with different backgrounds and learning styles, and it's essential to accommodate and support their needs.

We encourage you to prioritize the well-being and enjoyment of the players above all else. Your patience, understanding, and control will enable you to create a safe and enjoyable learning environment. If you have any questions, or concerns, or need assistance, please don't hesitate to reach out to us. We are committed to supporting you in making this season a successful and enjoyable experience for everyone involved.

Once again, thank you for volunteering your time and expertise. We appreciate your dedication to the Williston Recreation Coaching program and look forward to a successful season.

Sincerely,

The Rec. Staff

# YOUTH SPORTS MISSION, PHILOSOPHY & VALUES

## Youth Sports Mission

To offer sports programs that provide FUN and social interaction with peers, while promoting fitness and fundamental skill development to players. In doing so, players are encouraged to participate and learn new skills, while using good sportsmanship always. How do we accomplish this?

## Youth Sports Philosophy

To provide the opportunity for All children to participate in sports, in an atmosphere, that is enjoyable and will:

1. Promote self-confidence.
2. Encourage the development of character values such as teamwork, respect, responsibility, fair play, and perseverance.
3. Distribute playing time equally.
4. Enable children to try all positions of a sport.
5. Enable children to play and compete with peers of the same grade and/or age.
6. Help all children realize their personal best and potential.
7. Spell out the rules and consequences.
8. Enforce all rules and consequences fairly and consistently.
9. Enable coaches and parents to model the values they want their players to learn and display.
10. Teach that winning and losing are only the result of a game.

## Youth Sports Values

Teaching the whole child requires the involvement of the whole community.

**Respect-** Regard for the dignity and worth of all persons (including self). Treat all people as individuals and accept human differences.

**Responsibility-** Being accountable for one's actions- to self and others, acknowledging duties to self and others.

**Teamwork-** Work and cooperate with others toward mutual goals, stress collaboration over self-interest. Embrace the values of respect and responsibility.

**Fair Play-** Refers to equality and the rights of individuals and underscores the importance of following the rules and principles.

**Perseverance-** Keep trying despite setbacks, disappointments, or opposition, and stay determined and focused on pursuing one's goals and dreams.

## Youth Sports Methods

How to put the values into practice and learn from them.

**Respect-** Care and respect oneself (body and mind) and others- both teammates and opponents.  
Do not participate in "Trash Talk" or other conduct that is likely to hurt others.

**Responsibility-** Strive for your personal best, both on and off the playing field.  
Be reliable and dependable to your teammates, coaches, and parents.

**Teamwork-** Combine the diverse talents and skills of each team member to achieve a common goal.  
One important measure of success is how well a team plays together.

**Fair Play-** Following the rules of the game.  
Play fair and never cheat. Be honest with coaches and referees.  
Recognize that your opponent wants the same things you do.

**Perseverance-** Do not worry about a bad shot or poor performance.  
Learn from mistakes, move on, and look forward to the next opportunity.

## **Guidelines For Coaches**

Specific guidelines pertaining to individual sports will be developed for programs sponsored by the Recreation Dept. This guideline will detail the responsibilities of everyone connected with a program.

- Model and only expect good sportsmanship towards all players, coaches, officials, and supporters.
- Continually offer praise and encouragement to all players all the time.
- Provide equal playing time for all players and have them rotate through different positions.
- Work with parents/guardians to create the best outcome for players.
- Collaborate with opposing coaches to create the safest and best outcomes for all players.
- Coaches must not promise any parent or child that they will be on your team.
- Communicate to any prospective player/family that all registrations must go through the Rec. Dept. first. After registration is complete, players will be placed on a team.
- Ensure that no unregistered players or coaches participate in practices or games without registering first and being placed on a team.
- Coaches and volunteers will be required to sign off agreeing to work within the Youth Sports Mission, Philosophy, and Values.
- All coaches, volunteers, and anyone working with children or vulnerable populations will undergo a yearly background check to include but not be limited to Criminal Conviction Information & Abuse Registry Checks.

## **Checklist of Qualities of a Youth Sports Coach**

Knowledge and Teaching Skills:

- Do you know the rules and techniques of the sport? Can you communicate these to children?
- Can you demonstrate how to perform and give clear explanations?
- Are practices and games well organized, safe, and fun for all children?
- Is instruction matched to the age and knowledge level of the children?

Motives and Philosophy:

- Do you have a sincere interest in children, or is this an ego trip for you?
- Do you put winning and losing in perspective? Is the focus where it should be on fun, participation, and learning?
- Do you teach values as well as skills?
- Can you communicate your coaching philosophy to players and parents?

Coaching Style:

- Do you motivate players through encouragement and praise, or do punishments and criticism dominate?
- Are you enthusiastic and enjoy relating to your players? Do you have fun?
- Are all players given attention or just the stars? Are there players who are made to feel unimportant or ignored?
- Do you keep things well organized and prevent misbehavior or do you scold players to get control?
- Do you recognize and praise good effort, even when things are not going well?
- Do you ask for input from players and listen to it?
- Can you control your emotions and model the behavior you want to see from your players?

Relationship Skills:

- Are you sensitive to the individual needs and feelings of your players?
- Are you flexible and know how to acknowledge differences among your players?
- Can you generate respect without demanding it and show respect for players, officials, and opponents?

## **Recreation Dept. Role**

- All decisions regarding the operation of the youth sports program are at the sole discretion of the Recreation Department.
- This includes but is not limited to registration, team roster construction, and scheduling of practices/games.
- If a coach has a concern about a particular participant regarding their safety or the safety of their teammates, the Recreation Department must be notified immediately.

# VOLUNTEER YOUTH SPORTS COACH

## JOB DESCRIPTION

*Position Title:* Volunteer Youth Sports Coach

*Purpose of Job:* To provide a positive recreation sports experience to a group of youngsters where sportsmanship and fair play are stressed.

*Description:* Williston Recreation emphasizes skill development, fair play, sportsmanship, and FUN. Participants are provided the opportunity to play in each game, and the size of the balls and courts are proportional to the player's size.

*Supervisor:* Recreation Staff

*Qualifications:*

1. Understanding the reason children play sports is to have FUN
2. Desire to work with children
3. Enthusiastic, always remembering to keep communication positive and encouraging
4. Commitment to equal participation
5. Patient, you understand the game, children are learning the basics
6. Ability to meet players where they are when teaching skills.
7. Organize, and know what you are going to teach before practice.
8. Reliable and dependable (the first to arrive, last to leave)
9. Know the rules, and how they will be enforced by the referees.

*Responsibilities And Duties:*

1. To coach a sport to youngsters while emphasizing skill development, fair play, sportsmanship and fun.
2. To be conscious of how your actions and words are portrayed to players and parents.
3. Adhere to the Recreation Youth Sports Mission, Philosophy, and Values.
4. Lead one-hour practices or game sessions.
5. Be responsible for children under your supervision.
6. Work to increase team unity and sportsmanship.
7. To see that every player participates equally in every practice and game.
8. To ensure that in every game and practice players are evenly matched and understand the importance of Sportsmanship - de-emphasizing the 'must-win' aspect.
9. To teach players how to win with sportsmanship and accept defeat graciously, coaches must lead by example.
10. To be creative when your team is more skilled or outscoring the other. Never run up the score.
11. To have all players and coaches shake hands after the game. A positive cheer can be said at the end of the game to thank the other team.
12. To ensure that equipment is accounted for and maintained in usable condition.
13. To leave facilities in the same, if not better, conditions than was found when the team arrived.
14. Understand Mandatory Reporting (Coaches are Mandatory Reporters of Child Abuse required by the State of VT)

*Requirements:*

1. Annual Background Checks- VCIC and Abuse Registry
2. Concussion Training
3. Mandatory Reporting- Training on Child Abuse
4. Sport Specific Training

# **YOUTH SPORTS COACH'S CODE OF ETHICS/CONDUCT**

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- 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 youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all the skills that I teach.
- I will remember that I am a youth sports coach and that the game is for children and not adults.

*Taken from the National Alliance for Youth Sports Code of Conduct*

**Recreation is for All, Recreation is FUN!!!!**

## **COACHES AGREEMENT**

I have read and understood the Williston Recreation Youth Sports Coaches Welcome Packet.

As a volunteer coach in a Williston Recreation Youth Sports Program, I agree to do my best to promote and follow the mission, philosophy, and values of Youth Sports in Williston.

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Coach's Signature

Coach's Printed Name

Date

**(WE WILL HAVE A COPY OF THIS PAGE FOR YOU TO SIGN AT THE COACH'S MEETING)**