

WELCOME

TRAIN to GAIN

Mountain Home

Laying A Strong Foundation for tomorrow's leaders by providing opportunities for learning and growth through sports and fitness.

Youth Sports & Fitness

- Staff Introductions
 - Chain of Command
 - Youth Sports Director – Kellus Eudy
 - Youth Program Director - Lissa Billings
 - Child and Youth Flight Chief – Chris Kitt



Why are you here?

- ▶ To be a positive role model
- ▶ To give back to the community.
- ▶ Love of the sport
- ▶ Love of children
- ▶ To help children develop good sportsmanship
- ▶ To teach children how to put winning and losing in perspective
- ▶ To learn and understand the philosophy of NAYS and MHAFB Youth Sports



Mission Statement

We develop, control and oversee programs that foster children's social, physical, character and leadership development. While nurturing children's capacity to learn life skills while enjoying team sports, we also strive to deepen children's commitment to pro-social values such as kindness, helpfulness, personal responsibility, and respect for others - qualities we believe are essential to leading humane and productive lives in a democratic society.

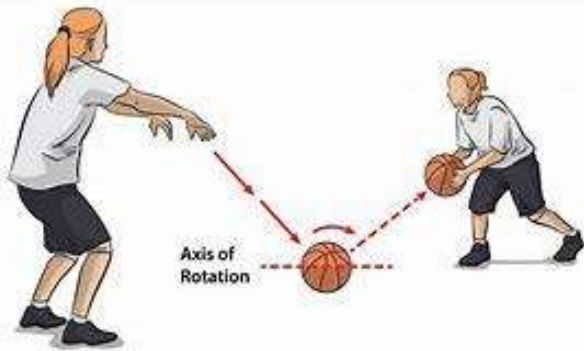


PHILOSOPHY

Our Program Philosophy is to focus on fun and fundamentals of each sport. We are a recreational league that de-emphasizes winning and focuses more on learning the sport. We want to encourage fun and sportsmanship in our leagues to help build a base for a life time of healthy activities.



GOALS



- ▶ Familiarize youth with the fundamentals
- ▶ Provide opportunity for participation
- ▶ Emphasis on good sportsmanship, fair play, and discipline
- ▶ Instill in youth the values associated with team sports, make new friends and have FUN

YOUTH DEVELOPMENT STRATEGY

▶ Sense of Personal Identity

- ▶ Pictures

▶ Building A Team

- ▶ Allow everyone to play every position
- ▶ Give them a chance to lead warm-ups or run a special play

▶ Build Character

- ▶ Set Goals
- ▶ Learn From Mistakes
- ▶ Teach players how to handle pressure





RULES OF ENGAGEMENT

- ▶ FUN FIRST!!!
- ▶ FUNDAMENTAL SPORT CONCEPTS
- ▶ WHATEVER ELSE HAPPENS - HAPPENS!

SPORTSMANSHIP



- ▶ Respect your opponent
- ▶ Role model
 - ▶ Shake hands with opposing coach
 - ▶ Compliment opposing team
 - ▶ Show respect toward officials
- ▶ Continuously discuss importance of good sportsmanship
- ▶ Ignore conduct from opposing team - don't become part of the problem

The Value of Sports

- ▶ Lessons learned
- ▶ Fundamentals
 - ▶ Ethics
 - ▶ Abiding by the rules
 - ▶ Winning and losing with grace
 - ▶ Coping with success and failure
 - ▶ Respecting authority figures
 - ▶ Always striving to do your best



Problems and Issues in Youth Sports

“Youth sports have become a hot-bed of chaos, violence and mean-spiritedness.”

“Physical and emotional abuse of children, rampant cheating, and total disrespect for opponents are but a few of the unacceptable behaviors being tolerated.”

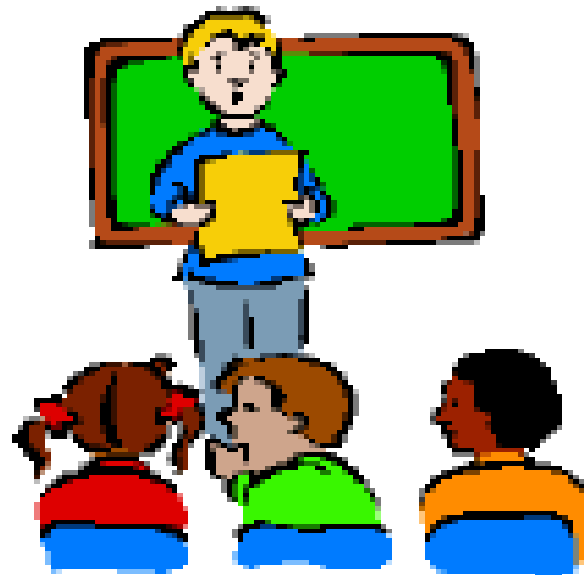
“These disgraceful behaviors have polluted the youth sports landscape, poisoned the fun, distorted child development and left behind countless children with broken hearts, crushed dreams and shattered psyches.”

Kids Speak Out: Violence in Youth Sports

- ▶ Sports Illustrated for Kids, Aug 01
Bad adult behavior children witness:
 - 25% - Coaches yelling at officials/kids

- ▶ Witnessing bad adult behavior,
children feel:

- ▶ 36% - Embarrassment
- ▶ 25% - Disappointment
- ▶ 23% - Anger
- ▶ 16% - Fear



Kids Speak Out:

What they want from sports

▶ Interest

- ▶ Teach them to fall in love with the sport

▶ Industriousness

- ▶ Develop Skills through playing experiences

▶ Independence

- ▶ Need Authority

Why they quit?

- 70 % drop by age 13
 - Not fun anymore
 - Needs Not Met



Including Everybody

1. Sex/role stereotyping and racial prejudice of any kind is prohibited.
2. As an adult youth sports leader, the coach must demonstrate a tolerance of, and respect for, people of all abilities, sizes, shapes, colors, cultural, and economic backgrounds.
3. **The Mountain Home AFB Youth Sports Program non-discrimination policy:** The Youth Sports program ensures participation for all youth regardless of race, creed, sex, economic status, or ability. All youth are given an equal opportunity to participate in the program and have the chance to develop socially, emotionally, physically, and cognitively.



Children with Disabilities – because our program’s belief in inclusion is SO strong, we will make any reasonable accommodation for children with disabilities.

We only ask two things:

1. A physician’s note allowing for participation in youth sports, and
2. A “Care Plan” be coordinated between parents, the Youth Sports director, and the coach(s). We want to make sure we meet your child’s needs, so let us brief the coach on what you would do to ensure inclusion!

CHILD ABUSE IN YOUTH SPORTS

- Benching Less Skilled Athletes
- Grabbing Players by their facemasks or equipment
- Cursing, yelling, or using “put-downs” that demean a child
- Using excessive physical training techniques to punish/discipline young athletes
- Name calling
- Not allowing water or bathroom breaks
- Throwing Equipment
- Paying attention to the best players only

PARENT RESPONSIBILITIES AND EXPECTATIONS

- ▶ To the children
 - ▶ Unwavering support, including positive reinforcement
- ▶ To the coaches
 - ▶ Be supportive of decisions and understanding
- ▶ To the league
 - ▶ Report situations that arise, evaluate coaches
- ▶ To other parents
 - ▶ Competition and taunting between parents not acceptable
- ▶ To themselves
 - ▶ Enjoy watching your child participate and learn

What Parents Want From A Coach



- ▶ To be in the information loop
- ▶ To hear good things about their children
- ▶ To see their kids play
- ▶ To be included

Dealing With Parents

Make contact with parents:

- ▶ Hold orientation meeting
 - ▶ Goals for the season
 - ▶ Your coaching philosophy
 - ▶ Things they can expect from you
 - ▶ Things you expect from them
 - ▶ Snack Schedules
 - ▶ Uniforms/Equipment Requirements
 - ▶ Cancellation Notification
- ▶ Make them feel important
 - ▶ Help out on drills
 - ▶ Team parent, stats
- ▶ KEEP THEM INFORMED
 - ▶ Send emails; make phone calls

How Parents Can Help

- Provide Transportation (carpooling).
- Provide treats for practices/games.
- Help prepare/inspect facilities before/after use.
- Notify you for excused absences (i.e., illness, school, church, or family function)
- Make phone calls.



ROLES OF A YOUTH SPORTS COACH

- ▶ **Teacher** - Help children practice appropriate techniques specific to the age division.
- ▶ **Psychological Supporter** - to give positive advice and support.
- ▶ **Motivator** - to maintain participation.
- ▶ **Organizer and Facilitator** - be prepared and on time for practices and games, assign tasks to children & parents.



*Review NYSCA Coaches Code of Conduct

Coaching Challenges



▶ Sports Must Be Fun

- ▶ Fun = Skill + Respect + Encouragement
- ▶ Constant Activity = Skill
- ▶ Eliminate threats, negatives
- ▶ Separate self worth & performance - put errors in perspective

▶ Keeping Winning & Losing In Perspective

- ▶ Opponent as respected facilitator
- ▶ Personal best as standard

Coaching Challenges

Involve/Teach Parents

- ▶ Explain rules of “classroom”
- ▶ Have athlete teach parent to watch for skill cues
 - ▶ Positive reinforcement
 - ▶ Skill words
 - ▶ Perspective
 - ▶ Sportsmanship

The Gift of Skill

- ▶ Skill = Trial and Error – Repetition is the key to success!
- ▶ Kids as teachers = gift of understanding ...checklists
- ▶ Imitation important to learning



Coaching Challenges

TEACH HEROES

- Challenge Players to be role models from day 1
- Teach generosity
- Teach pressure = fun
- Teach confidence/humility
- *The illusion of confidence is as important as the reality of confidence.*

Responsibility

as

Discipline

The coach has the ultimate power to get a player to focus on their behavior – the carrot of participation.

Coaching Your Own Child

- ✓ Examine your motivations (must be willing to do whatever is best for your child's overall development)
- ✓ Preferential treatment
- ✓ Harder on Your own child

Coaching Challenges

Effective Discipline

No doubt there will be a time when you will find administering discipline to be appropriate. Realizing that there is a difference in “discipline” and “punishment”, here are some useful tips for administering appropriate discipline.

AVOID THE NEED FOR DISCIPLINE:

- Develop team rules and make sure they are clearly understood by each team member.
- Keep your players active and involved in practice.
- Allow your players to have fun.
- Issue one firm (with appropriate tone) warning before taking disciplinary action.
- Understand the developmental limitations of the age group of your team.

Coaching Challenges

Effective Discipline (What **NOT** TO DO)

- ▶ WHAT NOT TO DO WHEN TAKING DISCIPLINARY ACTION:
 - Do not single out a child to perform physical activities, such as running laps, push-ups, etc. as discipline. Building the youth's self-esteem and self-worth is the most important goal. In building the focus of a "TEAM" it is permissible to have the whole team perform a physical activity as long as it is within reason of the team's developmental level. Physical exercise is generally good for children; however, if they have to relate exercise to punishment it can cause the child to dislike certain physical activities.
 - Shout or yell at a child. Instead, take the child aside, away from peers, and explain why you are disciplining him/her. **Discipline the *behavior*, not the *child*.**
 - Threaten discipline and not follow through. Your players will look upon you as being weak and you will lose their respect.



Coaching Challenges

Effective Discipline (What TO DO)



- ▶ **WHAT TO DO WHEN TAKING DISCIPLINARY ACTION:**
 - Always talk to the youth in a firm but calm voice; using positive words to “build up” the child. Focusing on the “undesirable behavior” and not the “child.” Placing yourself at “eye-level” with the child is usually more successful than “towering” over them when they have committed an offense.
 - Sit the athlete apart from the rest of the team to “chill out”. Kids want to be part of the action, so, when you keep them away from the action, it provides them a chance to think about what they did in relation to the fun they were having. Just a reminder: Make sure that you do not keep an athlete out for an extended period of time.
 - Another approach would be to have the child do a “TIME IN” - make sure the child is “aware” of their action and why they must “sit to the side and watch” having them choose when they are ready to rejoin the team. Making it clear to them that when they do return they need to be ready to show good sportsmanship and team attitude.

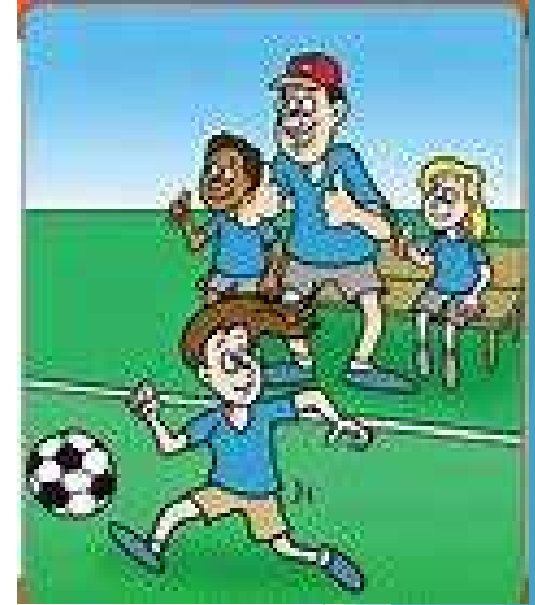
TEACHING CHILDREN

- ❖ Building confidence
 - ❖ Picking something that the athlete is capable of doing and reassure
 - ❖ Build momentum so that child feels good about trying and seeing improvement
- ❖ Tell each athlete that they are contributing
- ❖ Make less skilled athletes feel as if they are an equal part of the team
- ❖ Give each child a chance to show, feel and be a part of the team



Positive and Negative Coaching Styles

Coach spends a lot of time encouraging and listening to his/her athletes' needs. Tactfully offers corrections and sees corrections as a learning experience. Rewards athletes for their efforts and doesn't focus entirely on the final outcome. Listens to the needs of his/her players and/or parents and adapts accordingly. Includes all players, giving each of them the opportunity to participate in all areas of the sport i.e. in the planning of practices and games, having a chance to be the "captain" or team leader and learning all positions.



Coach dwells on what went wrong instead of what went right. Views the final score as a measure of success or failure and doesn't look at the effort the players put forth. Plays the most talented players in the game because the focus is on "winning" not being a "winner". Doesn't listen to the needs of the players and/or parents. Has a difficult time controlling emotions and blames everyone except him/herself. Speaks negatively of the program as a whole.

"A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done." - Vince Lombardi



HEALTH AND SAFETY

Coaches Responsibilities

- Coaches Certification Requirements
- CPR/First Aid
- Monitor
 - Weather conditions
 - Equipment
 - Playing surface
- Adequate Supervision
 - Never leave any child unattended
 - Never transport any child to/from practice/hospital
- First Aid Kits
- Heat Stress
 - Water Breaks
 - Bring Water Bottles to practice & games
- Cool Comfortable Clothing
 - Cotton clothes
 - Dress in layers



HEALTH AND SAFETY

Treatment of Injuries

Treatment of Injuries



Stay Hydrated

- ▶ Drink before you're thirsty.
- ▶ Drink 8 oz. Immediately before sports activities
- ▶ Drink at least 4 oz. every 15-20 minutes
- ▶ Drink 8-16 oz. After sports activities

HEALTH AND SAFETY

Injuries

► CHECK, CALL, CARE

- + Check - the *scene* for your safety and the safety of the victim; check the *victim's ABC's* (airway, breathing and circulation) and look for life threatening conditions (bleeding, broken bones, wounds, injuries)
- + Call - decide whether you need to call for immediate medical support (911) or if you can help them up and move them to the sidelines (if you suspect a head, neck or back injury DO NOT move the victim)
- + Care - provide first aid / CPR until victim is okay, more help arrives or until the emergency medical service arrives.



**American
Red Cross**

Together, we can save a life





HEALTH AND SAFETY

Injuries

▶ IF 911 is called:

- ▶ CALL Youth Sports & Fitness Staff if there is not one located at your location (WE ALL HAVE CELL PHONES).
- ▶ CALL the parent(s) if the parent is not at the location.

▶ Document *all accidents* on the Accident Report Form & return it to the Youth Sports & Fitness Office within *24 hours*.

Injury Prevention

- Warm muscles prior to stretching and sports activities

(stretching is not a warm-up).

- Stretch muscles specific to the type of sport before and after activities

PROGRAM SPECIFICS

- **Age Divisions** –

- **4 Developmental** – No Scores or Standing Kept

- **5 Developmental** – No Scores or Standing Kept

- **6-7 Instructional** – No Scores or Standings Kept

- **8-9 Organization** – Team Building – No Scores or Standings Kept

- **10-12 Skill Enhancement and Game Strategy**

- **Rules** – Should be Stepping Stones

- **Physicals Required** to register and for continued participation

- **Disciplinary Procedures**

- in place for Coaches, Youth and Parents

PROGRAM SPECIFICS

Practices

► Policy on Parents Attending Practices

- parents are required to remain at practices for all ages

- Location of Practices

- length

 - 45-60 minutes for ages 4-12

- frequency

 - Allowed *only* on scheduled days and times.

 - Allowed *only* in assigned gyms / facilities.

 - *NOT* allowed on Holidays.



Being A Successful Coach



ORGANIZATION

- Have a team roster with you at all times.
- Have a list of parents/guardians who are willing to volunteer.
 - Snakes after games
 - Parent Assistance Coach
- Have all of the equipment and supplies needed to get practices and games on time.

COMMUNICATION

Communication is probably the biggest key to being a successful coach!

- Listen! Listen! Listen! Good communication involves both talking and listening.
- Realize that you must speak firmly, but respectfully, to the players in order to develop credibility and respect in their eyes. An important point to remember is that speaking firmly does not mean yelling, degrading, or humiliating the players!
- Non-verbal communication (i.e., body language; facial expressions) sometimes tells a lot more about what you are thinking than verbal communication.
- Keep lines of communication open between yourself and your parents.
- Give your team regular motivational and pep talks.

Practices

How to conduct your practice



- ▶ Brief team meeting previewing the first day of practice.
- ▶ Warm up and stretches
- ▶ Practice specific skills
- ▶ Team drills, station work
- ▶ Water / rest break
- ▶ Fun game incorporating skills and drills
- ▶ Brief review

Practices

Be prepared!

- ▶ Know the site
- ▶ Time allotted for practice
- ▶ Team Rosters - take attendance, have team intro, phone numbers
- ▶ Skills to cover and drills to use
- ▶ Set goals - what does each practice lead to...evaluate your practices at the end of each week
- ▶ Keep practices moving and fun, kids become bored and can cause discipline problems
- ▶ Above all... **HAVE FUN!**



Warm up and Cooling Down Tips

Protection Provided

- Loosened tendons and ligaments
- Increased blood circulations that provides increased oxygen and raises muscle temperature
- Muscles prepared for more intense activity
- Flexibility - increases playing ability
- Improved fitness
- Reduced chance of injury

Sequence of Warm Up Exercises

Limber Up Walking or jogging easily in place
Stretching Lower back, hamstrings, groin, neck, shoulders, upper back, calves, hips, and ankles, etc.

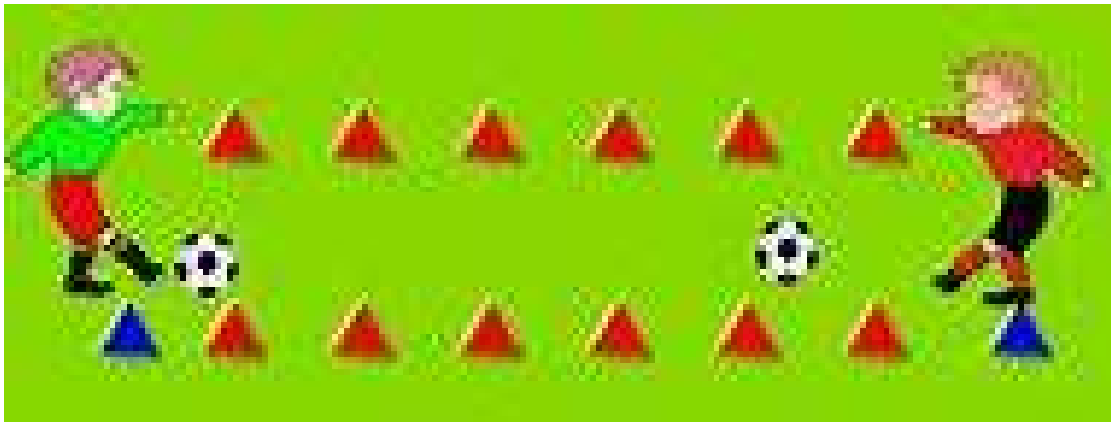
Warming Up Start out slowly and increase pace (e.g., a runner may jog and then increase speed)

Warm ups need variety that break the monotony from a regular routine. Warm ups should simulate the sport being played (e.g., two basketball players jogging then running while passing the basketball back and forth)



Cool Down During Practice or Competition

Vigorous activity should never end abruptly. The gradual cooling down by stretching and slower activity is as important to athletes as warming up. The cooling down process helps prevent stiffness, soreness, and dizziness caused by the sudden change in the cardiovascular system.



Practices

Proper Techniques

- ▶ Consider what is appropriate for the age group
- ▶ Consider differences in maturity and experience within the age group
- ▶ Do the kids understand you?...keep techniques simple, basic and fun
- ▶ Get and keep everyone involved
- ▶ Use skilled players to demonstrate
- ▶ End on a positive note
- ▶ Avoid frustrating phrases like, "It's easy!" and "Why can't you do it?"

Why Don't We Have Playoffs or Championships in the Older Divisions?

Unsportsmanlike conduct of the parents and coaches



- ▶ Coaches Not Playing Kids Fairly
- ▶ Unacceptable Yelling at the children
- ▶ Derogatory comments from parents in bleachers
- ▶ Overly competitive parents & coaches
- ▶ Yelling at referees/umpires
- ▶ "Win At ALL COST" Attitude

WHAT DO MY REGISTRATION FEES COVER?



- Uniforms
- Individual Participation Awards
- NAYS Coaches Certification
- Safety Gear
- Staff Payroll
- Sports Equipment

Program Primarily Supported By Parent Fees

NAMES ON JERSEYS ???



- ❖ No names are put on individual jerseys.
- ❖ No teams names are put on jerseys
- ❖ Only Mountain Home AFB and numbers are put on jerseys.

Important Information

- ▶ Office phone numbers and staff cell phone numbers
 - ▶ Office Number 208-828-2501
 - ▶ Sport Director Number 208-506-8953
- ▶ Season timeline
- ▶ Field and/or facility locations
- ▶ Rules for facility users
- ▶ Photographer information for team photos
 - ▶ Team Photos and Individual Photos are taken during the season and posted on Facebook
- ▶ Accident report forms



Evaluations



➤ Coaches

End of Season

(Comprehension, Outlook, Affection, Character, Humor, Overall)

➤ Program

Customer Evaluation Survey

End of Season – via Email, Fax, Mail or in Person.

CHALLENGE TO ALL

Remember, it's not about winning – it's about developing ALL children to their fullest potential. Gifted athletes are going to step up and perform at their highest level – what we want to see is that you are training all of your team to perform at their highest level. You should be challenging your “gifted” players to develop some of his/her weaknesses. Remember, when they reach the high school or college level, these children may not be playing in the position that you put them in now. Children should be well aware of what each position demands and acquainted with all aspects of the game. ALL players should have the opportunity to experience the “ENTIRE” game.

"Volunteers don't get paid...not because they are worthless, but because they are 'priceless!'"



Let's have a great season!

Mountain Home

YOUTH SPORTS



Thank You