



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING TEAMWORK

Youth Sports Coaching Guide
YMCA of Greater Charlotte





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Y MISSION & IMPACT

Our Cause Defines Us

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause.

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

YOUTH SPORTS PLEDGE

We require players, coaches, and parents to recite this pledge prior to the beginning of each youth sports game!

“WIN OR LOSE, I PLEDGE TO DO MY BEST, TO BE A TEAM PLAYER
TO RESPECT MY COACH, OPPONENTS, TEAMMATES & OFFICIALS,
TO IMPROVE MYSELF IN SPIRIT, MIND & BODY”

YMCA CORE VALUES

We encourage all coaches and parents to incorporate the core values of the YMCA into practices, games, and at home. We are not just teaching our children how to play sports, but how to be good people and adults.

1. **Caring**
2. **Honesty**
3. **Respect**
4. **Responsibility**
5. **Faith**

OPPORTUNITIES FOR ALL

The Y is for everyone. Our programs, services and initiatives enable kids to realize their potential, offer ways for families to have fun together, and empower people to be healthier in spirit, mind, and body. And that's just the beginning.

If you would like more information, visit www.ymcaofgreatercharlotte.org.



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PHILOSOPHY STATEMENT

YMCA Youth Sports is the development of Christian values through a progressive youth sports program stressing skill development, fun, physical fitness, and friendly competition. All children have an opportunity to play and families are encouraged to participate.

The objectives include:

1. Develop self-confidence and self-respect in each participant by helping them to develop an appreciation of their worth as an individual.
2. Develop respect for opponents, team members, coaches, officials, and others involved.
3. Encourage an understanding that each player is important to the group's ability to work together. Full participation as a team member is emphasized rather than winning.
4. Increase the physical fitness of the individual and expand related skills according to the individual's ability.
5. Develop positive experiences that can be shared by all participating.
6. Grant recognition on the basis of anticipation and sportsmanship rather than individual achievement.
7. Develop an awareness of value and importance of other individuals.
8. Provide opportunities to improve social skills.
9. Provide opportunities for personal growth through a value-enriched environment.

KEYS TO BEING A GOOD COACH

Have Fun – Make sure that smiles are your main focus. If each of your participants walk away every day excited about coming back, you know you accomplished your goal.

Be a Role Model – Your players will have a tendency to copy your actions and moods. Show the players how to act and carry themselves in the proper manner, at all times.

Be Positive – Stress everyone's good points. It will also help to make each situation, whether positive or negative, a learning experience.

Be a Friend – Give encouragement; take the time to talk and listen to the kids.

Everyone Plays – Every player must play at least one half of every game. Do not let your beginners sit on the sidelines.

KNOWLEDGE OF THE GAME

Although you do not need to be a pro, general knowledge of the game is expected. Rules and regulations will be provided to you in your coach's packet. These will also be emailed to you. Please share these rules with your team and parents of your players.

Everyone will be expected to know and abide by the rules. Please review the rules specific to your age group. This knowledge needs to be relayed to your players. All players are expected to know and understand the rules.

If you are new to coaching, please utilize the additional resources provided in this guide. These include drill suggestions and techniques of expected or each age group. Even if you are an experienced coach, these resources will be helpful to you. Also, if you are a new coach, please feel free to reach out to your Senior Sports Director for guidance.

COACH EXPECTATIONS

As a coach, it is essential that you understand the philosophy and mission of the YMCA as well as the responsibilities mentioned earlier.



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The YMCA doesn't intend to develop future professionals, but instead wishes to develop fitness, character development, sportsmanship, and safe play. You, as a coach, will have a great influence on the youth you coach. They will notice your actions, how you talk, act, and carry yourself.

Specific expectations are as follows:

- Communicate with administrative staff as needed
- Encourage individual growth and participation of every child
- Improve player skills
- Respect and support all referees, coaches and YMCA staff
- Foster a love of the game
- Promote good sportsmanship
- Treat all players with respect
- Play all players at least 50% of the time
- Provide the opportunity for players to develop skills at all positions
- Be on time!
- Teach players how to win and lose gracefully
- Provide all players with the opportunity to start in a game
- Emphasize team development
- Lead by example
- Provide your team with the best opportunity to succeed
- Communicate effectively and regularly with parents
- A genuine interest in the welfare of children, and a desire to make the team experience worthwhile
- Exercising self-restraint and tactfulness with all persons involved in or watching the game
- Basic understanding of the sport and thorough understanding of the rules provided to you
- Positively reinforce all players
- Clearly outline team rules and consequences; emphasize no bullying!

During an emergency, volunteers/coaches are responsible for notifying an on-site YMCA team member immediately. Our YMCA team members are trained to respond and volunteers can help in the following ways:

1. Call 911
2. Get additional staff help.
3. Crowd control – especially moving children away from the area
4. Bringing EMS over to the scene

Volunteers assisting in a medical emergency are covered under the Good Samaritan Act if they should choose to help in additional capacities.

1. Coaches Meeting - Coaches will receive their rosters, site directions, PlayerSpace training, coaches materials, season dates, rules, and more. Meeting held prior to the start of each season.
2. Practice Times - Practice times will be decided by the regions Senior Sports Director and the coaches.
3. Optional Snack/Drink List - Develop a list that states which family on which date should bring a snack or a drink. All drinks and snacks should be saved for after the game and should not be distributed in any gymnasiums.
4. Phone/E-Mail List – Official team roster will be provided to you by your Senior Sports Director prior to the first practice. Please confirm all phone/e-mails are valid, if there are any discrepancies on your roster, please notify the Senior Sports Director.
5. First Practice - For your first practice, make sure you have enough copies of your game schedule, phone/email list, site directions, and snack/drink list. Hand out all lists directly to the parents. If you feel you are going to need help with coaching your team, the first practice is a perfect time to ask the parents if they are willing to help coach. If a parent or assistant is interested in helping out, please have them reach out to your regions Senior Sports Director for the next steps. You will most likely need an assistant coach to run practice and coach during a game and a Team Manager to keep score or handle the kids on the sideline during the game. Always have a practice plan before you show up for practice. Having an idea of what you want to work on will help the practice run smoothly. If you need any help with curriculum, please reach out to your regions Senior Sports Director.
6. First Game – The YMCA will provide your jersey as part of your registration fee. Jerseys will be distributed the second week of practice. Players are required to wear shin guards for soccer, cleats/appropriate footwear and black shorts for game days (these items are not provided by the YMCA). Teams will be assigned Home Team or Away Team for each game. Please make sure your athlete wears the appropriate jersey color that corresponds with the team assignment. **Home Team: Lighter Color: Away Team: Darker Color.** Prior to the game, determine which position each player is going to play. If you have an extra player, make sure everybody sits out an equal amount of time.
7. The Season - Continue communication with the parents and players to make sure everybody is on the same page. Good communication between the parents and yourself will be crucial to a smooth running team. Remember, this is a positive learning experience. Improving the players' fundamentals and skills is important, NOT winning
8. The Last Game - This is your last opportunity to thank all the parents that have helped you out all season. Talk to your players. If you are coaching another sport or if you are going to coach next season let them know. This is a great way to build relationships with your players and their parents.

ONLINE COACH'S TRAINING

#1 – YMCA Youth Sports Programs (15 Minutes)

Discusses program philosophy and introduces the volunteer to Y youth sports programming.



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[YMCA Youth Sports Educational Course](#)

#5 – Coaching YMCA Youth Sports (30 Minutes)

Provides the new or experienced coach an overview of coaching YMCA youth sports and how they as coaches influence the development of today's youth in sports.

[Coach YMCA Youth Sports Course](#)

PLAYERSPACE.COM SPORTS SOFTWARE

PlayerSpace is our league management system for youth sports. As a registered participant, you will have access to a personal account within PlayerSpace. Once your account is active, you will receive an email* with your username and password as well as a link to access your PlayerSpace accounts.

Benefits of PlayerSpace include:

Parent Functionality:

- Access team game schedule and sync to personal calendar
- View updates posted by coach or other parents
- Message coach directly
- Post video and pictures of games



PlayerSpace

Coach Expectations:

- Coaches will communicate with teams primarily through PlayerSpace email and text messaging
- Coaches will post updates about any practice changes (time, date, location) on PlayerSpace and send out notifications through the PlayerSpace communication system
- Coaches will monitor posts by team families and respond within a few days

Senior Sports Director Communications:

- Email and text team alerts of game/practice cancellations due to weather/holidays/etc.
- Email and text team schedule changes.

*Notifications from PlayerSpace will be sent to the email address that you provided at registration. Please add noreply@playerspace.com to your safe sender list to ensure that you receive all notifications. If you or any of your families have concerns about the email address that was provided at registration, please contact your regions Senior Sports director.

ADMINISTRATION & COMMUNICATION

YMCA sports coaches serve as the go-between for the YMCA and the program participants. This necessitates some administrative duties. To succeed administratively as a YMCA volunteer coach, it is very important to recruit helpers. Any additional coaches or volunteers must complete a background check and Child Abuse Prevention training.

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At the coaches meeting, each coach is given a roster with phone numbers. It is the coaches' responsibility to contact each player 3 days after the coaches meeting (within 72 hours). All coaches are responsible for parent communication at minimum before practice, and before the game.

Before the meeting/practice, the coach should be prepared with the following (but not limited to):

- Copies of game schedule and directions to all venues.
- Practice day/times and location (if applies).
- A potential assistant coach/team manager/team parent.
- The coaches' expectations of players and parents.
- Rules of the game for parents.
- Answering any questions or concerns.

Recruitment of an assistant/helper/manager and delegation of most or all of the administrative functions will go a long way to making the season a success.

Parent communication can be in the form of email, Playerspace communication tools or group chats. Should you encounter any problems with parents, please notify your regions Senior Sports Director.

As your administrative staff, we are here to help/assist in any way possible. Please feel free to use us as a resource at any time.

Please make sure that all parent communication occurs in a timely fashion. When you initially receive your roster, you must contact each player/parents 3 days (72 hours) after the coaches meeting. When making contact with parents, please confirm that each parent has been reached.

Sometimes, emails may bounce back. Please initially contact each parent through PlayerSpace and/or by telephone and confirm that the email address listed is the best way to contact him/her. Often parents will supply an additional or alternative email address.

If you plan to email to distribute information, please make sure that you send it to your own email and that all other addresses go in the "BCC" line to protect privacy of all participants.

COMPLAINT, SUGGESTION AND INAPPROPRIATE BEHAVIOR PROCEDURES

Complaints:

- All complaints are to be brought to the Site Supervisor or YMCA Staff, **immediately**
- The problem is to be resolved on site if possible
- If problems cannot be solved on site, bring it to the attention of a YMCA Senior Sports Director
- Meetings to take place if necessary
- Parents or coaches and staff are to be notified of the decision

Suggestions:

- All suggestions are to be taken seriously



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- Suggestions can either be in writing or verbal and must be brought to the attention for further review by the Senior Sports Director.

Inappropriate Behavior – Players:

- Cursing, dangerous play, poor sportsmanship, and any form of violence or threats will not be tolerated
- All of these offenses are to be corrected immediately and the player and parents will be contacted by the Senior Sports Director for the next steps.

Inappropriate Behavior - Coaches and parents:

- Cursing, encouragement of unfair play, hassling referees, and obnoxious behavior will not be tolerated
- All of these offenses are punishable by warning, while making them aware that we will ask them to leave the site. Depending on severity, a warning does not have to be given. An immediate dismissal can be issued.

SEASON IN REVIEW FALL 2024

- Practice begins week of September 3rd
- Games begin Saturday September 14th
 - *Make-up date November 2nd
 - Post Season play for U12 and older November 2nd
- Game Dates and Times: Saturdays between 8AM-8PM (Week day games, double-headers, and “bye weekends” are a possibility based on scheduling)
- Schedules Released: Week of September 9th (uploaded to PlayerSpace: Playoffs are scheduled at the end of the season and determined by league standings for U12 and older age groups)

Who do I contact if I have questions?

Individual branch front desks can answer basic information as well as register you for the program. Specific program questions can be sent to the following:

North: NorthSportsRegion@YMCACharlotte.org

Ryan Swengros can also answer regional questions at Ryan.Swengros@YMCACharlotte.org

Central North: CentralNorthSportsRegion@YMCACharlotte.org

Charles Young can also answer regional questions at Charles.Young@ymcacharlotte.org

Central South: CentralSouthSportsRegion@YMCACharlotte.org

Logan Spaulding can also answer regional questions at Logan.Spaulding@ymcacharlotte.org

South: SouthSportsRegion@YMCACharlotte.org Andrew Maronich can also answer regional questions at Andrew.Maronich@YMCACharlotte.org

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Coaches Checklist

Coaches Meeting (Pre Season)

Confirm practice time (Pre Season)

Receive schedule and roster (Pre Season)

Correct amount of uniforms (First Practice)
