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 – Kerry Oberg
    - Youth Program Director - Anthony Coward
    - Family Member Program 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 NYSCA and Osan Youth Sports
Benefits of Membership

Initial
- $1,000,000 Excess Liability Insurance
- Youth Sports Journal Delivered quarterly
- Intro to Coaching Youth Sports publication
- Membership Card
- Discounts for selected hotels, car rentals, theme parks, products

Continuing
- Youth Sports Journal delivered quarterly
- $2,000,000 excess liability insurance
- $250,000 excess accident/medical insurance ($50 deductible) for injuries sustained while performing coaching duties
- Membership card and member decal
- Discounts for selected hotels, car rentals, theme parks, products
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

- Focus on Participation
- Help Youth Develop Physical, Emotional and Social Skills
- Placing Winning and Losing In a Healthy Perspective
- Defining success as striving for the best that they can do
- Develop a lifetime commitment to sports and personal fitness
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
Kids Speak Out:

Why they quit?

- 70% drop by age 13
  - Not fun anymore
  - Needs Not Met
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
Is the need to excel emphasized more in one area than another?

Do we respond with positive reinforcement that is similar in both areas?
ATTITUDE IS CONTAGIOUS
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
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 cont’d.

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

Involve/Teach Parents

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

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

**Responsibility as Discipline**

**Constant Repetition of Value Messages**

*How you play is who you are.*

Deliver value messages in a non-judgmental, matter of fact, way...no anger.
Coaching Challenges cont.

**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.

**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 cont.

Embrace Diversity
- Females
- Racial minorities
- Disabled

Held to the Highest Standard

Recognize dangers of sport history

INSEPARABLE

SKILLS AND VALUES
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 chance to show, feel and be a part of the team
HEALTH AND SAFETY
Shared Responsibility

- Profane, derogatory or demeaning language will not be tolerated.
- Alcohol, smoking, dipping, chewing tobacco, or such will not be allowed during any Youth Sports & Fitness event or activity.
- All players should wear appropriate clothing during practices and uniforms during games.
  (shorts or pants without pockets or belt loops)
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
- 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
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.
HEALTH AND SAFETY

Treatment of Injuries

R.I.C.E.

- R – rest the injured area
- I – apply ice to the injured area
- C – compress to minimize swelling / bleeding
- E – elevate injured area
HEALTH AND SAFETY

Emergency Treatment of Athletic Dental Injuries

- Avoid additional trauma to the tooth.
  (do not handle by the root, do not brush or scrub tooth)
- If debris is on tooth, gently rinse with water.
- If possible, re-implant and stabilize tooth by gently biting on towel or handkerchief (within 30 minutes is best).
- If unable to re-implant place tooth in milk, under athlete’s tongue or in a cup of water.
- Save any broken portions and fragments and transport to the dentist.
- Avoid contact with other teeth, air or tongue.
- Immediately transport injured athlete with tooth to the dentist.
HEALTH AND SAFETY

Injuries, cont’d

- 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.
Communication

On everyone’s part is the key to success.
- If you’re going to be late to practice.
- If you’re going to be canceling practice.
- If practice schedule will change.
- If you have an issue with behavior. (parent and / or child)
- Updated game schedules.
PROGRAM SPECIFICs

• **Age Divisions** – Required 2 Year Age Span
  - **5-6 Developmental** – No Scores or Standing Kept
  - **7-8 Instructional** – No Scores or Standings Kept
  - **9-10 Organization** – Team Building – No Scores or Standings Kept
  - **11-12 Skill Enhancement**
  - **13-15 Complex 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 ages 5-8
  - parents can leave with the consent of the coach for ages 9-15

- Location of Practices
  - length
    45-60 minutes for ages 5-12
    60-90 minutes for ages 13-14
    90-120 minutes for ages 15-18
  - frequency
Practices

- Allowed only on scheduled days and times.
- Allowed only in assigned gyms / facilities.
- NOT allowed on Holidays.
Practices
(How to conduct your practice)

- Brief team meeting previewing the day’s practice session.
- 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 info, 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
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?”
SEASON SPECIFICS

- Team Structure
- Special Requests
- Waiting Lists
- Game Schedule

- Monday through Thursday evenings
- released a week prior to 1st game.
- distribute to parents

- Play Time and Rules
- Inclement Weather – Play In Rain
- Concession Stand
- Playoffs
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

Offer more guaranteed games (10 – for ages 11 & up)
SEASON SPECIFICS

GUESTS IN FACILITIES

- Ensure safekeeping of the facility
- Children supervised at all times – includes sibling(s) – not running around
- Theft or damage to property will not be tolerated
- Cleaned and left the way you found it – remove all trash, clothing and bags
- NO FOOD or DRINKS allowed inside (other than bottled water)
Most Commonly Asked Questions
WHAT DO MY REGISTRATION FEES COVER?

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

Program Primarily Supported By Parent Fees
CAN I GET A REFUND?

- Before teams are formed……$5 surcharge
- After teams are formed BUT before the season starts…..$10 surcharge
- After uniforms are purchased ..... NO REFUNDS are given.
No names are put on individual jerseys.
No teams names are put on jerseys.
Only Osan and numbers are put on jerseys.
Important Information

- Office phone numbers and staff cell phone numbers
- Season timeline
- Field and/or facility locations
- Rules for facility users
- Photographer information for team photos
- Accident report forms
- Example of school grade policy / study group sessions.
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'."
INFORMATION LINE

784-4668
Let’s have a great season!

Thank YOU