

Team Handout

Key Contact Information:

Team

Coach

Coach's Phone Number

Coach's Email Address

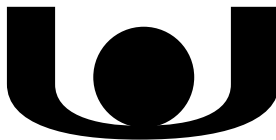
League Contact

League Phone Number

Team Activity Coordinator

Team Activity Coordinator's Phone Number

Team Activity Coordinator's Email Address



Sports Esteem

About this Team Handout

This handout is intended for distribution and usage at the first coach and parents meeting. It is part of the Sports Esteem program which emphasizes active parent participation, season planning, goal setting and parent and coach guidelines.

Together these points keep parents, coaches and players working toward a common purpose - building better kids.

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Don't Forget to Download the Free Book "Building All-Star Kids"

The book "Building All-Star Kids" by Jeff Farris builds on the information provided in this handout. Quick and easy to read, this book gives parents and coaches the information they need to have a successful season. "Building All-Star Kids" is available free at the Sports Esteem website:

<http://www.sportsesteem.com>

Agenda

Introductions

- Coach's background 2
- Parent ice breaker..... 2

Season Overview

- Coaching philosophies 3
- Team goals..... 3
- Player goals 3
- Emphasis on the Skills Development Cycle..... 4
- Team policies 6
- Parent Code of Conduct 7

Parent Involvement

- Parent Involvement..... 8

Administrative Tasks

- Collecting Parent and Player Information forms
- Obtaining signed Codes of Conduct
- Collecting funds for team needs, events or trophies (as required)

Question and Answers

- Open discussion
- Frequently asked parent questions..... 9
- 101 Ways to Praise a Child..... 12
- Breakout discussions (as required)



Coach's Background

Name: _____

Employment: _____

Hobbies: _____

City of Residence: _____

Previous Coaching Experience: _____

Best Method of Contact: _____

Parent Ice Breaker

Interview another parent (preferably one you don't already know) and ask these questions. Then, introduce this parent to the group.

Name: _____

Employment: _____

Hobbies: _____

City of Residence: _____

Child's Name: _____

Child's Favorite Thing to do Besides Sports: _____



Season Overview

Coaching Philosophies

Philosophy on Winning:

- It is fun to win but winning is secondary to the goals for the players and the team. Fun encourages players to develop. Development teaches players how to win. Winning rewards fun. You can't do this in reverse.

Philosophy for Player Time During a Game:

- All players play an equal amount and substitutions occur regardless of the game time situation.

Philosophy on Parent Involvement:

- Parents are as much a part of the team as their kids. Teams and coaches need constructive parent involvement.
- Parents will be given assignments to help with their child's sports development.
- Parents are expected to help their child make progress with skills development through positive encouragement, praise and help with understanding the game.

Team Goals

- Work together to demonstrate team play.
- Show good attitude in all situations.
- Consistently show good effort.
- Be leaders in sportsmanship.

Player Goals

- Have fun.
- Improve skills.
- Develop positively as players and as people.
- Learn the rewards for hard work and a good attitude.
- Want to return to play again next season.



Emphasis on the Skills Development Cycle

Fun is the most important part of youth sports. Fun is the energy that players use to motivate themselves. Fun makes players want to improve their own skills and stay competitive with their friends. When sports are no longer fun, kids quit playing and turn to other activities.

However, fun doesn't mean goofing off. For players, fun is the start and end of a Skills Development Cycle. Fun leads to skill which leads to accomplishment which leads to confidence. This confidence is fun and starts the cycle again. As parents, keeping kids moving through this Skills Development Cycle is the only way to help them improve.

In order to keep this cycle moving, parents should praise the things their children do right and then help them to understand, in a positive way, the things their children do wrong. Although fun starts the cycle, the inability to master a skill or the failure to recognize an accomplishment can stop the cycle. Even though some skills require hard work, this effort can make the accomplishment more significant for the player.

The Skills Development Cycle is critical to players continuing to play the sport and is not based on winning. Winning is a team accomplishment, not a player accomplishment. So, parents need to judge a game or a season by other standards for the benefit of their children.

Things to look for after a game include the following:

- Players had fun.
- Players improved their knowledge and skills.
- Players knew their responsibilities and relied on teammates.
- Players listened.
- Players showed good attitude regardless of what was going on.
- Older players helped mentor younger players.
- Players showed good sportsmanship in victory or defeat.
- Players focused on making smart plays rather than just scoring.



Then, parents are asked to judge the season based on the following:

- Players had fun.
- Players want to return next season.
- Players made new friends.
- Players developed their skills, both as individuals and as teammates.



Team Policies

All parents must sign and comply with a Code of Conduct. A copy of this Code is on the following page. In addition, this team has certain policies that are designed to help implement these Codes and increase everyone's enjoyment.

Before Games and Practices

- Make sure the player is ready to go at least 15 minutes before game time. The 15 minutes before a game are set aside for preparing for the game. Parents are asked not to interfere with these discussions.

During Games and Practices

- Except for positive expressions, parents must not yell at the players or officials.
- Parents should not give coaching instructions to their child at any time during the game or practice.
- Parents are expected to cheer for all players and show good sportsmanship no matter what happens during the game.
- Player behavior problems will not be tolerated.

After Games and Practices

- The first 15 minutes after a game are set aside for reviewing and discussing the game. Parents are asked not to interfere with these discussions.
- If parents wish to discuss concerns or objections to things arising from a game or with a practice, they must wait 24 hours before contacting the coach. No issues will be discussed at the game or practice location.

Special Considerations for Practices

- Parents are asked to treat practices like games and show the same efforts at attendance and punctuality. Practices are where the players learn their skills.



Parent's Code of Conduct

As a parent, I agree to receive the Sports Esteem Email Newsletter and to read the book ***Building All-Star Kids***. During the season, I will:

1. **Emphasize fun.** I will create a positive and fun environment for my child in order to promote life skills and good health.
2. **Not pressure my child to participate.** I will help my child develop internal motivation and love of the game. I will not pressure my child into participating.
3. **Encourage learning and development.** I will work to educate myself and my child about the game so that my child can get the best exposure to the sport.
4. **Emphasize fair play by the rules.** I will always insist that my child plays fairly and by the rules.
5. **Help the coach achieve team goals.** I will work with the coaches to help my child develop a mastery of the skills and an appreciation for team contributions. I will work to help the coaches achieve the goals and objectives that have been defined for the team.
6. **Let the coach control the game.** I will not yell instructions to my child from the sidelines or give my child instructions counter to the those of the coach.
7. **Express only positive comments and attitude.** I will be a positive role model for my child. I will show emotional maturity by controlling my anger and never using obscene language or gestures. I will show a positive attitude toward the game and all its participants. I will not argue or yell about an official's call.
8. **Demonstrate good sportsmanship.** I will treat everyone fairly and with respect. I will set high standards for my child to follow. I will respect the importance and contributions of volunteer coaches.

I have read and understand the above Code of Conduct and agree to follow its guidelines at all league activities. I understand that if I do not follow this Code of Conduct, I may be asked to leave the league activity (such as a game or practice) or I may be asked to withdraw my child from the league.



Parent Involvement

The team will make use of a parent designated as a Team Activities Coordinator. This Coordinator will be responsible for getting all parents involved in making the team better. Parent activities can include:

- Arranging team meetings
- Coordinating team parties
- Helping with practices
- Helping with player management during games
- Helping with snacks during practices and games
- Helping with water during practices and games
- Taking pictures for a team scrapbook
- Taking video for a team film
- Contacting other parents about schedule changes
- Helping with team events
- Helping with team trophies or other rewards
- Helping with uniforms
- Raising funds
- Researching opponents
- Coordinating activities for parents during practices

Please indicate on the parent information form those activities you would like to work on. After this meeting, your Team Activities Coordinator should:

- Distribute the team list to all parents.
- Schedule and coordinate team meetings after discussion with the parents and the coach concerning the desired frequency.
- Allocate tasks (such as snacks, water, etc.) and schedules to parent volunteers.
- Follow-up as needed with parents who have task responsibilities.
- Make sure all parents are receiving the Sports Esteem Email Newsletter.



Frequently Asked Parent Questions

The following section attempts to answer some of the more common questions from parents.

- Q. Why didn't my child seem to get as much playing time as some of the other players?**
- A. The team tries to balance out time so that all players get equal playing time. However, substitutions are done based on a game time situation and those situations don't happen at regular intervals. Therefore, over a single game, some players will get more game time than others. However, over a season, these playing variations should even out.
- Q. Why didn't the referee call the obvious penalty for my child (or team)? What should I do when I see a bad call?**
- A. Game officials are people and make mistakes like everyone else. Officials have to see the infraction to call it and often they just aren't looking at the right place at the right time. Mistaken calls happen at every level of the sport and are just part of the game. Often, games at younger levels just aren't called as critically as those at older levels. If you feel strongly that the official was not acting in a professional manner, then you should write a letter to the league officials with all the details and let them handle the complaint. Do not discuss the matter directly with the referee or in the presence of your child.
- Q. What should I be doing to help my child reach a professional sports team?**
- A. There are probably more things you can do to keep a child from reaching a professional team than there are ways to help. To reach the professional levels requires a tremendous amount of dedication on the part of a player. This dedication can only come from an absolute love of the game. This love of the game can only come from within and is based on positive and fun experiences. Therefore, the best thing a parent can do is make sure the child is enjoying the sport.



- Q. What else can my child do to improve playing skills?**
- A. If a child wants to improve, there are many ways including workbooks, private lessons, backyard drills, exercising and just more experience. The most important thing is that the child wants to improve. Parents can't force a child to get better, but they can help by participating along with their child and by making the process of improving a positive and fun experience. This gives children the chance to share this experience with their parents.
- Q. If the primary goal is not about winning, why publish wins, losses and other statistics?**
- A. Parents, coaches and players are going to keep their own standings whether the league does or not. Although winning is not the primary goal, sports is about competition. During games, coaches want players to compete against their previous performances to raise their level of play and they want the same thing at a team level. Tracking wins and losses is one method of motivation to improve and measure performance. Parents shouldn't focus on wins to determine the success of a season.
- Q. Why do the kids always start practice with something that doesn't seem to emphasize or build new skills?**
- A. Players can't just go straight into maximum effort. Their muscles need time to warm up and stretch before attempting more aggressive drills. They also must mentally switch from school or family issues to physical performance. Therefore, practices often start with drills that help the kids loosen up, both physically and mentally.
- Q. Am I a bad parent for wanting my child's team to win?**
- A. Being competitive is perfectly normal. However, it is important to separate your desire for wins with your child's desire to have fun. Wins and losses are team accomplishments and a win or a loss shouldn't determine how or in what mood you talk with your child after a game. If you want to make sure you can continue watching sports activities in the future (because your child continues playing), you must keep wins and losses in perspective.



- Q. Why do coaches continue substituting players when the score is close and the game is almost over? Why not leave the best players in to give the team a chance to win the game?**
- A. The team is committed to winning and losing as a team with every player given equal playing time. All players should experience the highly competitive end to a game in order to develop their understanding of these situations.
- Q. My child doesn't try his hardest at practices or games. What can I do to make him try harder?**
- A. There is little you can do to make a child try harder. Children must do it for themselves. A lack of effort is typically due to a lack of fun. Work with your child to start the skills development cycle. Find something your child is doing right and praise the accomplishment. Provide other ways for your child to excel if his skills are not up to those of other players. For example, helping your child understand position play can make them one of the smarter players even if they are not one of the fastest.



101 Ways to Praise a Child

From the Pebble Project/Communities in Schools.

- Wow!
- Way to go
- Super
- You're special
- Outstanding
- Well done
- Excellent
- Great
- Good
- Neat
- Well Done
- Remarkable
- I knew you could do it
- I'm proud of you
- Fantastic
- Superstar
- Nice work
- Looking good
- You're on top of it
- Beautiful
- Now you're flying
- You're catching on
- Now you've got it
- You're incredible
- Bravo
- You're fantastic
- Hurray for you
- You're on target
- You're on your way
- How nice
- How smart
- Good job
- That's incredible
- Hot dog
- Dynamite
- You're beautiful
- You're unique
- Nothing can stop you now
- Good for you
- I like you
- You're a winner
- Remarkable job
- Beautiful work
- Spectacular
- You're spectacular
- You're darling
- You're precious
- Great discovery
- You've discovered the secret
- You figured it out
- Fantastic job
- Hip, hip, hurray
- Bingo
- Magnificent
- Marvelous
- Terrific

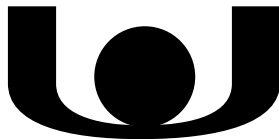


- You're important
- Phenomenal
- You're sensational
- Super work
- Creative job
- Super job
- Excellent job
- Exceptional performance
- You're a real trooper
- You are responsible
- You are exciting
- You learned it right
- What an imagination
- What a good listener
- You are fun
- You're growing up
- You tried hard
- You care
- Beautiful sharing
- Outstanding behavior
- You're a good friend
- I trust you
- You work really hard
- You mean a lot to me
- You make me happy
- You belong
- You've got a friend
- You make me laugh
- You brighten my day
- I respect you
- You mean the world to me
- That's correct
- You're a joy
- You're a treasure
- You're wonderful
- You're perfect to me
- Awesome
- Tremendous
- A+ job
- You're A-OK-My Buddy
- You made my day
- That's the best
- A big hug
- A kiss
- I love you



Season Goal

A successful season is one where the players have fun, improve their skills, become better people and want to play again next year.



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