

Coaches Handbook

Introduction

This handbook is being provided to those who desire to help improve our community by volunteering their time and talents to help our young people. In volunteering, you will be helping our young people to actually learn more about how to become better citizens. A major goal is for our youth to have fun, while at the same time they are establishing healthy relationships and lifestyles.

Anyone considering serving as a Head or Assistant coach for the first time or even if you are a returning coach, you will need to complete an application and consent to the department's screening process

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Coaches Application

APPLICATION for VOLUNTEER POSITION

PLEASE PRINT. Complete all information please.

Applicant Last Name	First Name	Middle Initial
Applicant Home Phone	Work Phone	Cell phone
Applicant Street Address	Street Address line 2	City/State/zip
Applicant Email Address	Ok to publish contact info <input type="checkbox"/> Yes <input type="checkbox"/> No	
IN CASE OF EMERGENCY PLEASE NOTIFY:	RELATIONSHIP	Emergency Contact #
HAVE YOU EVER BEEN CONVICTED OF A FELONY OR RELEASED FROM PRISON WITHIN THE LAST SEVEN (7) YEARS, OR CONVICTED OF A MISDEMEANOR OTHER THAN TRAFFIC OFFENSES WITHIN THE PAST THREE (3) YEARS? A conviction record is not an absolute bar to acceptance. <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please explain: You cannot bypass this question		
HAVE YOU VOLUNTEERED PREVIOUSLY WITH AMHERST COUNTY? <input type="checkbox"/> Yes <input type="checkbox"/> No IF YES, INDICATE LOCATION/SUPERVISOR/DATES.	Date	Supervisor

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IV. Related Volunteer Experience List present or most recent organization. Attach additional sheet if necessary. AGENCY: SUPERVISOR'S NAME: MAY WE CONTACT?		
PLEASE LIST PERSONAL REFERENCES (NOT RELATIVES): NAME	Phone #	
#1	#1	#1 May we contact <input type="checkbox"/> Yes <input type="checkbox"/> No
#2	#2	#2 May we contact <input type="checkbox"/> Yes <input type="checkbox"/> No

Coaches are responsible for the general well being of their assigned players during practices and games that are scheduled and supervised by the Recreation Department. Therefore, players should never be left in the supervision of someone who has not been screened by the Recreation Department. Coaches are not required nor authorized to provide transportation for players.

I acknowledge that I have carefully read this **WAIVER OF LIABILITY AND ASSUMPTION OF RISK** and fully understand that I am waiving any right that I may now or hereafter have to bring a legal action to assert any claim against the Amherst County in connection with my participation in this volunteer activity.

I accept the conditions printed above:

Participant Signature Date

Print Participant Name

A parent or guardian signature is required if the participant is under 18 years of age. By signing this **WAIVER OF LIABILITY AND ASSUMPTION OF RISK** on behalf of a minor, the undersigned parent or guardian is agreeing to be bound by the above conditions on behalf of him or herself and on behalf of the participant.

Parent or Guardian Signature Date

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Amherst County's Job Description for Volunteers

Division/Department	Recreation Department
Location	Various parks and schools
Job Title	Volunteer Head or Assistant Coach
Reports	Alan Bumgarner

	Type of position: <div><input checked="" type="checkbox"/> Part-time</div>	Hours : Usually 4-6 hours weekly, depending on practice and game schedules. As a general rule, practices are held on weekdays after school. Games are held on weekends
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General Description

Purpose Provide instruction, leadership and supervision to children ages 4-18 in a variety of sports, including soccer, and basketball.

Duties Plan, organize and supervise practice sessions; organize and supervise game situations; communicate with parents information regarding their child's athletic experience; work closely with Recreation Department staff to ensure all department rules and policies are being observed.

Work experience requirements

Ability to work well with children of various age; basic knowledge of the sport or activity to which they are assigned; willingness to learn and follow department rules and guidelines regarding youth sports; prior coaching experience helpful but not required.

Responsibilities – Coaches are responsible for the general well being of their assigned players during practices and games that are scheduled and supervised by the Recreation Department. Therefore, players should never be left in the supervision of someone who has not been screened by the Recreation Department. Coaches are not required nor authorized to provide transportation for players.

Amherst County Recreation Department's Screening Policy

This document lists the items used to determine whether an applicant should be disqualified from a coaching position as a result of performing a background check.

Below are items that if found will disqualify a candidate from coaching. When it comes to deciding the answers to this question, some convictions are viewed as more obvious than others. If an applicant is found to have been convicted of any of the following offenses, no matter in what timeframe, he or she will not be allowed to work with children. Additionally, pending convictions or arrests for the following things will be considered disqualifiers until an organization decides otherwise:

Any sort of abuse or assault/battery — physical or sexual

Rape

Any crime of a sexual nature, including possession or dissemination of pornography

Homicide or manslaughter in any degree

Attempted murder

Domestic violence

Child neglect

Felony drug crimes

Animal cruelty

Theft/robbery

Forgery/fraud

Kidnapping

Arson

Weapons violations

Any crime, misdemeanor or felony, involving children as either an accomplice or victim

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Coaches Code of Ethics

I hereby pledge that:

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 promise to review and practice basic first aid principles needed to treat injuries of 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 of the skills that I teach.

I will remember that I am a youth sports coach, and that the game is for the children and not the adults.

Why Coach Youth Sports

Things to consider:

Most coaches volunteer because no one else would do it.

And/or They have a child that's playing

and/or They feel that they can contribute and make a difference

There are many more reasons why people coach, most are good and some not so good

20 years from now the kids that you coached won't remember who won a particular game, but they will remember how you treated them, whether you helped or hurt them. Whether you taught them something or whether you wasted their time. They will either not remember you at all or they will remember that you had a positive impact on their lives.

Coaching is a people business and the most important skills are not technical, but interpersonal. If a coach cannot communicate with the players or fails to understand their learning styles, how then can the coach be successful? Using the best drills in the world does not make a great coach. You can watch thousands of games a year on television and buy thousands of DVDs or books, so there is plenty of knowledge to be had. Knowledge alone however, does not make for a great coach. It's how a coach uses the information, relates to the players, motivates, challenges, and inspires that makes the difference.

Who needs good coaching?

Duh, doesn't everybody? The players of course need good coaching, but the parents need coaching and of course the coaches need coaching. Only dead people don't need good coaching.

Studies have revealed that 70% of the children drop out of sports by the age of 13.

Did you know?

Why do kids stop playing a sport?

- 48% - Didn't like their coach
- 27% - other reasons
- 17% - simply didn't like the sport
- 6% - suffered an injury

Have you ever witnessed a coach arguing with another coach, official or parent at a game or at practice?

- 53% - Occasionally
- 24% - Never
- 16% - Once
- 7% - Often

No player or coach should be here because of the potential for money. If it's money (scholarships etc) that you're after, then you would have a much better chance at winning the lottery;

With your help and continued commitment many kids will have a chance at more and greater opportunities than they would have had, had **you** not been their coach.

Thanks for taking on this wonderful and worthy challenge!