

HASTINGS YMCA CHARACTER COACHING - CARING

At the YMCA, helping kids develop and learn quality character through sports is more important than anything else. What sets the Y apart from everyone else is that we make this a priority. Please, right now, decide that you will join this vision and teach your team the right values and help them develop in character through your coaching. It is expected that coaches make teaching character development a significant part of their coaching. Kids need values modeled and taught to them so it is pivotal this is important to you so it is important to them. The following values are expected to be taught and modeled by you, the coach, every season while one of the YMCA core values is the main topic. Spend 5-10 minutes every practice and game.

Sportsmanship Principles for Coaches

These principles are expected to be modeled every practice, every game, and every season.

- Teach the proper perspective on winning and losing. Pressure should not be to win every game but to be a team player and try your best.
- Coach with style. Do not ridicule players but respectfully coach them with class.
- Keep your emotions in check. Yelling at players or officials loses any credibility as a coach. Respect the game, your players, opponents, and the officials.
- Be a good winner by being humble and not gloating over the opponents.
- Be a good loser by being respectful in defeat. Losing is a great opportunity to teach the value of practice, determination, not giving up, perseverance, and many other values.
- Speak words of encouragement to every player.
- Keep everything FUN! The #1 reason kids play sports is that they are fun.

Main Value for the Season: Caring

Philippians 2:3-4: Do nothing from selfish ambition or conceit but in humility count others more significant than yourselves. Let each of you look not only to his own interests but also to the interests of others.

- Being caring honors and obeys God.
- Consider the interests, needs, or desires of others before yourself.
- Never bully, and never say hurtful things.
- Always say kind things to and about others.
- Allow others to go first.
- Encourage teammates and celebrate when they do something well.
- When someone is sad or hurt, ask to help and offer words of comfort.
 - Never shame someone for feeling down
 - Attempt to relate to the person and tell them you're there for them
- Celebrate teammates when they do something well.
- Include everyone and never leave anyone out.

Modeling Caring as a Coach:

- The words you say and how you speak are critical in showing care for your team.
- Get to know your players! Ask what their interests are and relate to them. Develop a caring relationship.
- Comfort your players when they are hurt or sad.
- Include all players equally. Do not show favoritism or play the best players. This is what makes the YMCA the YMCA.
- When players do something well or follow instructions, tell them good job.
- High fives!