

COACH NEEDED – Your Team Needs a Coach.

What does this mean?

- This team will still attend practices and play games.
- We will continue to work together to secure a coach, co-coaches, or group of team parents to organize this team's activity.
- Keep in mind that ALL COACHES with the YMCA of Greater Tulsa are VOLUNTEERS.

What can I do?

Please help your team be successful by offering whatever assistance you can. Whether that be in a Coach or Co-Coach role, or by simply contributing to a positive atmosphere within your team.

There is no role too small in helping organize your team. You may not have all the answers or a detailed sports background, but by offering to lead activities (*such as stretching/warm-up or basic dribble/shoot/pass drills*) you are providing an opportunity for your athlete to experience some of the social benefits associated with sports participation.

There are many benefits associated with Youth Sports Participation that are not tied to skill development. Studies show that team activities enable children to participate in social interactions and build skills such as teamwork, leadership, and responsibility as they learn to work with others to achieve a common goal.

What if I want to Learn more about Coaching or the Sport?

We have materials for you! You can visit the "Coaches Corner" page on your Branch's YGametime Website for COACH MANUALS that contain information about being a coach and provide a practice outline for you to follow if you like.

Google, YouTube and other online resources are a great place to find information about sports drills & activities specific to your athlete's age group.

Your Sports Director or Coordinator is a great resource to ask. They provide Coach Meetings before the start of each season that highlight ways to be successful in the coaching role.

What does it take to Coach?

- Having an outline or agenda for practices: a simple list of drills & activities that athletes will do.
- Attending Games: giving guidance on rules, substitutions, and play during sporting events.
- Utilizing other Parents & Fans from the team to help with practices, games, snacks, end-of-season parties, and communication. COACHES ARE NOT DOING THIS ALONE!
- **Fill out a Volunteer Packet** and submit it to the Front Desk or Sports Staff at your Branch. Volunteer Packets are available by visiting the Front Desk of your Branch or online at the YGametime website on the Coaches Corner page.

*Attendance at all practices and games is NOT a requirement to coaching/co-coaching.

What do I experience through coaching?

Come away with a sense of pride and accomplishment: watching young athletes accomplish and discover something they never thought possible is a great feeling.

Learn and re-learn life lessons: While instilling character values into athletes, coaches learn many life lessons along the way.

Get a workout: keeping up with a team full of young athletes is active and energizing!

Spend more time with your child: as your athlete grows they will naturally start to spend more time with friends and teammates and less time hanging out with parents. Coaching their team is a wonderful way to keep a strong connection.

Expand your social network: getting involved in our athletes' teams can be an introduction to like-minded families who value healthy living and sometimes life-long bonds are forged.

Have fun: the #1 reason kids play sports is to have fun, and honestly so is coaching!