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Wellington Recreation  
Commission



**Coach Packet**

# **JOB DESCRIPTION**

**Title:** Volunteer Coach for the Wellington Recreation Commission

**Description:** Coach male or female athletes 18 years and younger. You will be considered a role model for young athletes assigned to your team; therefore sportsmanship, fair play, and full participation are mandatory.

**Responsibilities:**

- Plan and supervise games, practices, and events.
- Supervise assistant coaches and parents
- Teach the young athletes the fundamentals of the sport.
- Encourage involvement of the parents of the sport.
- Schedule practices and any parent or other necessary team meetings.
- Learn and follow all league rules, policies, and procedures.
- Give each player the required amount of playing time.
- Put the well being of players ahead of your own desire to win.
- Attend all league meetings, classes, tryouts, and functions.

# Coach Code of Ethics

- I will place the emotional & 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 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 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 the rules to my players.
- I will use those coaching techniques appropriate for all of the skills I teach.
- I will remember that I am a youth sports coach, and that the game is for children—not adults.

**\*Based on the National Youth Sports Coaches Association Code of Ethics.**

# Coach Responsibilities & Expectations

- Be a positive, enthusiastic role model and teacher, without being intimidating. Be sensitive to the children's feelings and teach with positive reinforcement.
- Be dedicated to serving the children and understand that youth sports provides physical and emotional growth for participants. Remember this is for the kids.
- Realize you are a teacher, you should help your players learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning.
- The coach shall consider the well-being and safety of the children above everything else.
- You need to be patient with your players, do not push players too hard in practice. Sports are meant to be fun.
- Let your players know when they are doing something right, not always pointing out what they are doing wrong.
- Remain in constant contact with parents regarding practice and game schedules or any other team related news.
- You must remember that the rules of the game are designed to protect participants as well as set the standard of competition. Never take advantage of or circumvent the rules by teaching deliberate misconduct.
- Be the model of sportsmanship. You will set the tone of your team and your players will follow your actions.
- Treat all parents, officials, and members of opposing teams with respect.
- Measure your success based on the respect from you players regardless of how many games you win or lose.

## South Central Jr. League Volleyball Rules

1. *Serving all serve lines shall be discussed before the start of the game with officials and coaches.* Serves may be under or overhand. No server will be allowed to serve more than 5 consecutive points. On this occurrence, the ball is awarded to the opposing team for service.
  - 5<sup>th</sup> and 6<sup>th</sup> grade will be required to serve from anywhere behind the next line forward from the serve line or approximately 4-5 foot forward of the serve line. (free-throw line in most gym)
  - 3<sup>rd</sup> and 4<sup>th</sup> grade will be allowed to serve from the spike line.
2. Scoring will consist of the Rally scoring first team to reach 25 points and be ahead by at least 2. If 3<sup>rd</sup> game is need play to 15.
3. Blatant, illegal hits will be called, which should include hands not clasped together in a bump pass attempt, attempting to set the ball from below the neck, catching and or throwing the ball, use of an open hands slapping the ball, and passing the ball which has been cradled above the elbows. These are all illegal and one warning shall be giving to the team. Next shall result in the other team being award the point.
4. Any part of the ball or body which makes contact with any part of the boundary line will be considered good.
5. Host team will provide a least one official and one score keeper for each match. Also each team playing will have a parent to act as a line judge for all matches.
6. Each team will be allowed a 30 second time-out per match.
7. ON court warm-up will be limited to 10 minutes if time permits.
8. Sub's are unlimited each player must sub in at the sub line.  
Uniforms: Same shirts with number on the back

# **Possible Parent Meeting Topics**

- **Introduce yourself!**
- **Sportsmanship-Parents along with coaches will be expected to display characteristics of great sportsmanship at all times. Show support for all players, coaches, and officials at every game, practice, or other youth sports events.**
- **Place your child's well-being ahead of your own personal desire to win.**
- **Encourage them to work with their children outside of games and practice to reinforce skills.**
- **Encourage parents to attend and help out at practices.**
- **Go over the practice schedule and game schedule when it is received.**
- **Go over the playing rules or pass out copies to parents.**
- **When making phone calls to parents, see which ones are okay with receiving text messages and the ones who are not. Do not assume everyone texts!**