

YUMA RECREATION YOUTH SPORTS

COACHES MANUAL

The Yuma Recreation Department requests the following from all of our coaches/instructors.

Code of Ethics

- 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 practice the basic first aid principles needed to treat injuries of 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. 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 each of the skills that I teach.
- I will remember that I am a youth sports coach and that the game is for children and not adults.

Responsibilities

- To abide by the Code of Ethics
- To understand the role and influence of a “Coach”
- To recognize the special needs of EACH athlete, gifted or not gifted.
- To provide a safe and fun sports environment.
- To provide appropriate and caring touch.
- To keep program free from put-downs, trash talk, profanity violence and abuse.
- To limit physical interactions while conducting instruction.
- To never touch out of anger.
- To motivate with praise and instruction.
- To not use physical punishment.
- To learn effective ways to channel frustrations.
- To communicate respectfully with parents, athletes & officials.

