

## Mission Statement

<u>ACT</u>	<u>with</u>	<u>PRIDE</u>
Accountability		Passion
Character		Responsibility
Team		Integrity
		Dedication
		Enthusiasm

The coach represents the backbone of stability in a program. He/She is the motivational force in: 1. The athlete's development; 2. The success of a program; and 3. The overall sportsmanship displayed by the athletes. Parents entrust their child to the coach expecting him/her to improve the whole person, not just the athletic skills. We expect coaches to take ownership of their programs and show the athletes: 1. That hard work and patience pay off; 2. That all things are possible when the dream is shared by enough people; and 3. That in winning or losing, one must maintain poise and class.

## Goals/Objectives

Throughout the season the coach will make every effort to:

1. Improve the skill level of players.
2. Improve the physical fitness of all.
3. Help each player develop an enjoyment and appreciation for the sport.
4. Demand that players learn and abide by the rules of the game.
5. Insist players practice good sportsmanship.
6. Encourage the development of patience, cooperation, and teamwork.

7. Develop mental toughness for competition in the players.
8. Teach players that "striving to win" at all times is the path to success.

## Coaches Responsibilities

### Preseason

- Meet with prospective team members.  
*Cover team rules and expectations.*
- Complete all required online rules clinics.
- Assure that all participation have proper forms.
- Ensure no player practices until all forms are completed and handed **into the office**. You will receive a list from the office.
- Order equipment as needed.
- Schedule any preseason conditioning with weight room supervision.
- Hand out equipment, record all information.
- Submit roster to athletic office.
- Maintain medical kits.
- Plan and fill out proper paper work for any fund raising.

### During Season

- Coordinate practice schedules with AD
- Communicate schedules for practice and games to parents.
- Maintain equipment.
- Stay up to date on eligibility of players.

### Post Season

- Meet with and evaluate athletes individually.

- Collect, inventory, clean and store all equipment.
- Charge players for lost equipment.
- Meet with AD for end of the season evaluation. Fill out **End of the Season Report**.
- Return All Emergency cards to the Office.
- Attend Awards banquet.
- Plan to attend at least one clinic or workshop.

## Parent – Coach's Meeting

It is preferable to meet with parents of your squad after any cuts have taken place and before the first scheduled contest. The coach will include the following items in the agenda:

1. Coaches Philosophy
2. Team Rules
3. Commitment expectations for players
4. Health, safety and welfare of athletes.
5. Risk inherent in the sport.
6. How we handle injuries and emergencies.
7. Season goals and objectives.
8. Game and practice schedules.
9. Attendance at practices.
10. Team social functions.
11. Requirements for earning a letter.
12. Sportsmanship.

These meeting will occur for each season; Fall, Winter and Spring before the first day of practice. It is up to the coaches of that season to set up a date and time.

### Rules to Emphasize with Players/Parents

1. If an athlete visits a physician, he/she must bring a note from the doctor before being allowed to return to practice.
2. Student must be in school the full day, have a pre-arranged absence, or an acceptable reason approved through the office, if they are to participate in either practice or contest.
3. If an athlete is to miss practice they must be pre-excused with the coach. It is up to the coach to clarify with the athlete what is an acceptable excuse
4. Eligibility to participate in contests requires a 2.0 GPA at semester as well as not failing 2 or more classes, or 1 class for 2 weeks consecutively.
5. Students who are failing are required to attend study hall until grades are at passing levels.
6. Any drugs, tobacco or alcohol will result in a suspension from that sport. School rules and WIAA policy apply.
7. Any athlete who is ejected from a contest will be suspended at least until after the next contest at the same level is completed.
8. Athletes should use school transportation to and from all competitions unless they have a note from a parent in advance.

### Miscellaneous

- Insist on Integrity from all involved in the sport.
- Always supervise your athletes.
- Keep buses, coach's room, locker room, training room, weight room, storage areas clean.
- Don't give up on any athlete.
- Dress appropriately.
- Demonstrate enthusiasm.
- Be a Role Model.
- Always do what is in the best interest of the athlete.
- When criticizing, focus on the act not the actor.
- No bantering or verbal abuse – no derogatory remarks or names.
- Document any unusual event – injury, vandalism, angry parent, suspension, fight, etc.

# ACT with PRIDE



### COACH'S GUIDLINES