



Coaches Code of Conduct

The goal of the athletic program at St. Bernadette School is to provide its students with an opportunity to play organized team sports in a safe and supporting environment. The program is also intended to provide training and teaching of the fundamental skills needed to play the game and compete to the best of each student's ability. The program emphasizes the importance of sportsmanship and teamwork; success in this endeavor is strictly dependent upon the effort and quality of the coaches.

By signing below I acknowledge my role in the fulfillment of this mission and hereby agree to the following:

- I will place the emotional and physical well being of players ahead of any desire to win.
- I will lead by example in demonstrating fair play and sportsmanship at ALL times.
- I understand that playing time is a valuable commodity and I will promote an environment that ensures each player is afforded an opportunity to play his or her fair share of time.
- I will start and end every practice and game with prayer.
- I will not leave practice or a game unless I know that each player has been appropriately released to a parent.
- I will keep attendance records for every practice and game.
- I will notify the Athletic Director of any changes to the schedule (game or practice), of any volunteers that want to assist in the program and of any injuries, incidents, unsportsmanlike conduct and behavior issues.
- I will work with the Athletic Director and school administration in a professional manner and do my best to support the entire school community, reflecting a positive image of the school.
- I will fill out all CORI forms on a timely basis as requested by the Athletic Director and complete appropriate Safe Environment Training

Name: _____

Signature: _____ Date: _____

HOW TO BE A SUPPORTIVE COACH

- Know your players as individuals.
Be sensitive to their needs in both sports and in their personal lives.
- Be patient.
Players get frustrated too. A tense atmosphere is not conducive to learning.
- Be fair.
Players depend on a coach to make decisions that are fair. A fair coach teaches fair play.
- Be free with praise and give constructive criticism.
Praise motivates, harsh words hurt.
- Be consistent.
Do not give preferred treatment to the superstar. Discipline and team rules apply equally to all team members.
- Be available to your players.
As a coach you will earn trust and respect.
- Provide players with a mentor/role model in yourself.
Lead by example. What you say and what you do must be consistent.
- Listen to your players and let them have input into planning activities.
Players get frustrated too. A tense atmosphere is not conducive to learning.
- Never use a player to further your own interests.
Looking at a player as your "ticket" is not coaching. There is no place for a self-serving coach.
- Never break a player's self-confidence.
Always give specifics when making changes or giving constructive criticism.
- Know how to motivate your players
Each individual has a unique motivating factor; find out what it is.
- Vary practice routines and make workouts fun.
Fun is the top motivating factor for participating in sports for most athletes at this age
- Keep the team functioning as a TEAM.