

St. Anastasia Coach's Code of Conduct

Program Objectives (as outlined by the St. Anastasia School Bylaws and Handbook).

1. The student athlete will develop spiritually by learning to place God at the forefront of their athletic endeavors.
2. The student athlete will develop physically by learning sport skills, improving physical conditioning, developing good health habits, and learning to avoid injury.
3. The student athlete will develop psychologically by learning self-discipline and responsibility and by developing a feeling of self worth.
4. The student athlete will develop socially by learning an appropriate standard of behavior (sportsmanship); by learning to cooperate with others and to develop a positive feeling of team spirit; and by learning the effects of competition by playing to the best of their ability.
5. The philosophy of a Team Concept will be stressed at the instructional as well as the competitive levels of play on St. Anastasia teams.

The Coach's Responsibilities and the Code of Ethics are outlined in the St. Anastasia School Bylaws and Handbook.

Other Guidelines:

1. Always keep the **best interest and well being of the children** as the highest priority.
2. In both victory and defeat, the behavior of the coach shall model **grace, dignity and composure**.
3. Treat referees with respect.
4. Always stress **fair play and sportsmanship whether winning or losing**. During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game at least long enough for him/her to calm down.
5. **Don't run up the score**. Getting defeated by a large margin can really demoralize young athletes, so please use your best judgment when teams are mismatched.
6. Always remember, it's not about winning but developing mature and well-adjusted children.
7. Make it fun – if it's not fun, re-evaluate how you are teaching.
8. Provide positive reinforcement and build esteem – every practice, every game.
9. Remember, attitude is learned, both positive and negative.
10. Before a game, introduce yourself to the opposing coach and to the referee.

Safety Guidelines:

1. Bring medical waiver forms for all your players to every practice and every game.
2. Bring a first aid kit (provided by Athletic Board) to every practice and game.
3. Make sure you have a **charged cell phone** to use in case of emergency.
4. Always have a second adult present.
5. Make sure that players have proper equipment (kneepads for volleyball, no jewelry).
6. If a player is injured during a practice or game, **inform the player's parent or guardian** about the injury as soon as possible.

Other Coaching Items to be Aware of:

1. **5th and 6th grades:** The primary emphasis, as always, is on fun and dynamic movement. This the time when technical development-mastery of the sport and the acquisition of skill- is vital.

Repetition of drills, trial and error, and a patient, coherent introduction of the basic tactical ideas should form the basis of practices. Refining skills is most important now. We should not be concerned with strength training, isolated fitness work or elaborate tactical planning.

At the 5th grade level, team members must be given an equal amount of playing time.

At the 6th grade level, slightly less emphasis is placed on equal playing time, but all team members will have some reasonable amount of playing time.

2. **7th and 8th grades:** The technical process is still most important. But now, increasingly the players have to learn to apply their skills, under pressure and quickly. There are more tactical lessons and more concentration is required on the court or field.

But even now, the critical elements should be fun and freedom of expression. The players are investigating their strengths, weaknesses, and the different “climates” of others on their team and the opposing teams.

At the 7th and 8th grade levels, an equal amount of game playing time may not be achieved, but coaches are strongly encouraged to find some playing time for each team member.

Coaches will give each team member adequate playing time during all practice sessions to help them continue to develop the basic skills of their sport.