

# Worthington F.C. Parent Handbook

## Parent/Coach Relationship

Both Parenting and Coaching are extremely different vocations. By working at understanding each position, we will better understand the actions and decisions of the other and create greater benefits for our children. As a parent you have a right to understand what expectations and guidelines will be placed on your child. This begins with open and close communication between parents and coaches.

## Coaches Duties

Coaches play a very important role for all participants. They must be organized, be able to teach not only position, rules and strategies, but also good sportsmanship. The coaches will be role models and their actions will be reflected in the players they coach. They must be able to show understanding, patience and consistency. Coaching youth sports can be a fun and rewarding experience and can be satisfying by watching players develop skills in the sport. The coaches, referees, opponents, parents and supervisors can have a lasting beneficial effect on the children who are playing. The coaches are responsible for setting practice times and communicating to the team. Good communication skills are needed between coaches, parents and the children participating. The coach's expectations of the participants, as well as letting them know details regarding games and practices needs to be communicated throughout the season. Coaches may elect to have a team meeting with the players and parents early in the season to go over rules, schedules, and the philosophy of the program. The coach must maintain control of their players at all times for the safety of their players, spectators, and opponents.

## Parent's Role

Most parents are anxious to see their child excel. The YMCA tries to offer a program to give the children the opportunity to learn the game, have fun and be a part of a team. The parent has the responsibility of helping their children by practicing with them, showing them patience, understanding the referees, coaches and other players and assisting in team management as needed. This is not a profession or a way of life; it is a game that is played for fun. We ask the support of the parents in positive role modeling and show good sportsmanship at all games and practices. There are very few kids who are not bolstered by looking into the stands and seeing there parents cheering for them. We encourage parents to attend games and cheer on the team; staying ***positive in all comments to the teams coaches and officials***. It only takes a few out of control parents to ruin what should be a pleasant atmosphere into one that is stressful for everyone. Any parent or spectator criticizing coaches, officials or players, making fun of or belittling a player, or acting in an unsportsmanlike manner will be asked to leave the field.

Remember, good sportsmanship among all spectators is a goal worth working for, but especially for parents, who have the obligation not only to control their behavior, but to also to remind others around them of their responsibilities when necessary. When parents or spectators misbehave, it is the duty of other parents and staff/coaches to step in and correct the situation. A simple rule of thumb, all spectators should know that NOTHING in their actions should interfere with any youngster's enjoyment of the game!

Lastly...young people need to know that respect, caring, responsibility and honesty are all lifetime values that with effort from us all, can be taught through athletics and activities. These values can be and hopefully will be the principles of good sportsmanship for us all!!

***PLEASE JOIN US BY BEING A GOOD SPORT ALWAYS!***

**Communication you should expect from your child's coach:**

1. Expectations that the coach has for your child and all team members
2. Practice location, practice time, game location, game time
3. Team requirements: Fees paid, care of equipment, return of equipment, equipment needs
4. Procedure for injury during practice and games
5. Discipline: Should be informed by your child to you

***Some helpful tips for parents/guardians of YMCA Participants***

- Be supportive of Coaches....
- Teach respect for authority....
- Let the coach do the coaching, but you can do some of the teaching...
- Help your child learn through failure...
- Get to know your coach....
- Focus on your child as an individual
- Listen to your child....
- Be mindful of your role as a role model....
- Show unconditional love to your

**Communication the coach should expect from parents:**

1. Parents concerns should be expressed directly to the coach
2. Notify coach of any practice or game conflicts well in advance
3. Support not only your child but all teammates

Appropriate concerns to discuss with coaches:  
(All discussions should be on a positive, polite and adult level)

1. The treatment of your child mentally/and or physically
2. Ways to help your child improve
3. Child's behavior

**Inappropriate concerns to discuss with coaches:**

1. Playing Time
2. Team Strategy
3. Play Calling
4. Other Teammates

There are situations that may require a conference between a coach and parent. These are highly encouraged. It is important that both parties have a clear understanding of the others position. Open communication can solve many misunderstandings.

**If you have a concern, follow this procedure:**

- 1 Call the coach to set up a meeting
- 2 Call C.J. Nelson if you cannot reach a coach
- 3 Don't confront a coach before, during or after a game or practice
- 4 If the meeting is unsatisfactory, contact C.J. Nelson

### **Policy Objective:**

1. Team Size: Make every effort to have 17 or less players per team
2. Playing Time:
  - a. Every player will play in every game. (This is subject to meeting practice requirements)The amount of time is not mandated.
  - b. A player must play 50% of the game in rec + games.
3. Making cuts: No cuts will be made, however we will not place a child on a team where we feel the age difference is too great.

### **Parent/Player Reminders**

1. All Kids are required to wear shin guards when playing in their games and recommend they have proper footwear
2. All players must wear their YMCA/Worthington F.C. Jersey when playing in games.
3. It is recommended that players bring water bottles along to games as water might not be available.
4. It is also recommended that parents bring lawn chairs as many of the fields do not have bleachers to sit on.
5. You are representing the Worthington YMCA and the Worthington F.C. Please control your actions and emotions at all times.

### **Please Remember:**

The YMCA through its association and administration of the Worthington F.C. has created and provided many positive experiences for the youth of our community. No child is denied the opportunity to play because of ability or lack of funds. We look for and associate ourselves with the best coaches possible. The YMCA, along with documented research, feels that children involved in extra activities have a greater chance to succeed than non-participants. We feel that our Youth Sports Program and Traveling Team Soccer provide our players with an opportunity to learn how to cope with conflict, success and failure. Our program will teach your child to develop a respect for rules, discipline, and to gain confidence. Confidence is not always gained by success; often it is success after failure that is most beneficial. Our goal is for your children, our coaches and you to have fun and enjoy this Soccer season.

We hope that this information will make both you and your child's YMCA experience a positive one.

If you have any further questions, please feel free to contact the YMCA at 376-6197.

PLEASE NOTE: Once teams are assembled and are registered for tournaments, it will be expected that players are committed to the schedule & will attend as it will not be the YMCA's practice to change/remove teams from tournaments due to other activities/conflicts outside of the YMCA's control.