

St Christopher's Coaching Guidelines and Expectations

Attributes

- Be a good role model for the participants.
- Communicate and work with Coaching Development Committee and coaches within your age group to enhance your coaching skills.
- Be enthusiastic, assertive, consistent, friendly and fair.
- Ensure the safety of all participants.
- Maintain discipline throughout the session.
- Be organised - plan each training session, before game strategy and takes notes / stats during the game where applicable.
- Be able to justify, if necessary, why things are being done.
- Treat everyone fairly, and inclusive of all participants in your team.

At the Start of the season

- Discuss your expectations of your team through out the season with them, including arrival times for games.
- Inform parents that if their child is ill they should advise you by **Friday afternoon/evening** if the child cannot play. Leaving it until game day becomes complicated for the purpose of finding fill in players.
- Identify skill objectives for the season from the CDC Skill checklist provided.
- Obtain and record dates that team members will be away.
- Establish best method of communication to all parents/players.

During the Season

- Please be prepared to start training at the agreed time, on time.
- If you are unable to attend a training session your first option should always be to combine your team with another coach in your grade, or to find a replacement coach rather than cancelling a session.
- Please give your team plenty of notice if a training session does need to be cancelled or changed; aim for at least 3 hours.
- Please be at games early enough to begin your team warm up. Approximately thirty minutes before the game for older junior grades (A-D) and seniors. Coaches of younger junior teams (E-H)

may see fit to decrease this time.

- All players should take the court every game for at least half a game, unless injury prevents them from taking the court or a reduced court time has been discussed with your CDC representative.
- Liaise with fellow coaches **BEFORE** game day to arrange fill in players, you should be drawing from the team below you in the same grade where possible. Please be considerate and help to facilitate this by encouraging and enabling players from your team to fill in for other teams to support the Club. If a fill in player foregoes playing in their own team to fill in than they should be given equal or close to, court time to your other players; however, if they have already played their game you are not required to play them.
- Coaches of teams with 10 players are able to roster each player off for one game if they wish, this could best be done by asking players if they wish to nominate a date.
- If you are experiencing any difficulty with a player or parent please contact your CDC representative immediately so that we can offer assistance.
- Make sure that all of your players have been picked up at the end of training where possible before you leave, or that someone for the club is with them.

Checklist at the end of the season:

- Record the games played by each team member.
 - Complete Coaching Report and send to relevant CDC coordinator.
- Determine Fairest and Best player and Team player awards (Junior E grade and above).

General Information:

- All coaches where possible are only to coach a certain team for three years consecutively before moving onto a new team, for example coaching JD1, then JC1 and then JB1 the time will be assigned a different coach for JA1 even if the team players change. This is to enable all players to have a minimum of two coaches during their junior years.
- Please refrain from using mobile phones during training and games!

Whilst this may seem obvious to all, this has been raised as an issue in the past by parents.