



## **Our Coaching Philosophy**

### **We believe...**

- Kids gain confidence and a love for the game through positive feedback from parents, coaches, and other players.
- Coaches should take more than a casual interest in the players.
- Practices should be fun and entertaining while providing valuable instruction.
- Teamwork and developing friendships is an important part of any team sport.
- Competition is an element of any sport, but it should not be the main focus.

### **As a coach you hereby pledge to...**

- Follow the Lancaster Rec Coaches' Code of Conduct.
- Place the emotional and physical well-being of my players ahead of a personal desire to win.
- Treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- Provide a safe playing situation for my players.
- Promise to review and practice the basic first aid principals needed to treat injuries of my players.
- Do my best to organize practices that are fun and challenging.
- Lead by example in demonstrating fair play and sportsmanship.
- Provide a sports environment that is free of drugs and alcohol, including tobacco use.
- Be knowledgeable in the rules of each that I coach and teach these rules.
- Use appropriate coaching techniques for the skills I teach.
- Remember that the game is for the children, not the adults.
- Support all fundraising efforts to help raise community support and necessary funds for the various needs of the program.
- Understand that violation of this code of conduct may subject me to discipline or sanction by a representative of the Lancaster Recreation Commission.

**By signing below I certify that I have received the Lancaster Rec Coaches' Code of Conduct and that I agree to uphold the terms and conditions as expressed in the Code of Conduct.**

**Print Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Sport:** \_\_\_\_\_