

Stark County CUSD #100 Coaches' Handbook

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District 100 Activities Philosophy

The philosophy at Stark County CUSD #100 is that athletics and other activities are integral parts of the school's educational program. They provide experiences that will help young men and women grow physically, mentally and emotionally. Students are stimulated to win and excel, but the principals of good sportsmanship prevail at all times to promote the educational value of each contest. Competition and winning are kept in perspective so as not to determine the nature of a program.

Participation in activities both as a player and an observer is an integral part of the student learning experience. This participation is a privilege that carries with it responsibilities to team, school, community and self. In their play and in their conduct, these experiences contribute to the knowledge, skill and emotional growth of each student.

District 100 Coaching Creed

1. Be a resource person able to assist the athlete to develop his or her athletic potential and self-dependency.
2. Recognize individual differences in athletes and always think of the athlete's long-term best interest.
3. Aim for excellence based upon realistic goals and the athlete's growth and development.
4. Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents and proper attitudes in language, dress and deportment.
5. Make sport challenging and fun. Skills and techniques need not be learned painfully.
6. Be honest and consistent with athletes. They appreciate knowing where they stand.
7. Be prepared to interact with the media, league officials and parents. They too have important roles to play in sports.
8. Coaching involves training by responsible people who are flexible and willing to continually learn and develop.
9. Physical fitness should be a Lifelong goal for all. Encourage athletes to be fit all year, every year and not just for the season.

DISTRICT 100 COACH/SPONSOR EXPECTATIONS

1. Develop reasonable training rules and regulations and be sure your team/organization members understand what is expected of them. File these rules with the Athletic Director.
2. Watch closely the health of your athletes.
3. Have water breaks and rest periods.
4. Keep length of practice sessions reasonable and release students from practices on time!
5. No swearing among coaches or athletes. There is no defending or justifying this action. Coaches set the example.
6. No tobacco among coaches on school property.
7. A professional relationship between coaches, players and game officials is a must.
8. Winning is an important goal, but the welfare of your athletes is always number one. Don't let the pressures cause you to forget this.
9. Emphasize often to your team that good sportsmanship will prevail. Only captains communicate with game officials and then only in a courteous manner. Again coaches set the example. Cool heads are a must in highly emotional situations.
10. Take some practice time periodically to discuss the intangibles. Emphasize the importance of good behavior and sportsmanship and the benefits derived from athletic participation. If we are to justify athletics and our own positions as coaches, we need to continually point out the educational values of our program. Let your behavior and sportsmanship be a model to your team.
11. Be sure that all athletes receive the required number of practice sessions.
12. Be sure all athletes have completed the Athletic Participation, Parental Consent, Physician's Report Form. It is a mandatory that all parts of these forms are completed, signed by all concerned, and on file with the Athletic Director before athletes are allowed to participate in any way.
13. No practice sessions or skills assessments until the official starting practice date for your sport. It is all right to check out gear and pass out forms and information sheets before the official start date.
14. ALWAYS supervise your athletes in the weight room.
15. District #100 requires head coaches to attend the rules interpretation meeting in the sport(s) they coach if such meetings are conducted.
16. All Open Gyms must be approved in advance by the Board of Education and posted in the announcements.
17. Work with the Athletic Director on developing a budget for your sport and seeing that eligibility lists are checked each week.
18. Work with the Athletic Director on submitting transportation requests such as departure times for the entire season several weeks in advance of the opening contest. Bus requisition forms must be submitted and approved well in advance of an activity. If no requisition form is submitted and approved, then no transportation will be available.

19. Maintain accurate records on all equipment. See that all equipment is accounted for and checked in immediately at the close of the season. Inventory all equipment and submit a report to the Athletic Director within two weeks of the end of your season. Uniforms are not to be worn around the community.

20. Prepare and submit requests for replacement equipment to the Athletic Director.

21. No Sunday athletic practices, walkthroughs or shoot-arounds are permitted without prior BOE approval.

WORKING WITH PARENTS

- Coaching is exciting and rewarding, but from time to time you may experience difficulty with parents. *Some may want* their children to play more or they might question some of your judgments as a coach. This is normal, so do not feel that you are alone if this happens. Here are a few thoughts to remember when dealing with parents:
- Always listen to their ideas and feelings. Remember, they are interested and concerned because their children are involved. Encourage parental involvement.
- Express appreciation for their interest and concern. This will make them more open and at ease with you.
- No coach can please everyone. Don't try.
- Know what your objectives are and do what you believe to be of value to the team, not the parents.
- Make certain all parents know your ground rules. Have rules and regulations, your philosophy, practice dates and times, etc. printed on a sheet of paper you can pass out to all parents. Have a parent meeting before the season begins to discuss your operating procedures if necessary.
- Resist unfair pressure. You are the coach and it's your responsibility to make the final decisions.
- Most important, be fair. If you treat all players equally, you will gain respect. Be consistent! If you change a rule or philosophy during the season, you may be in for trouble. If you do change something, make sure the parents are informed as soon as possible.
- Handle any confrontation one-on-one and not in a crowd situation. Don't be defensive. Don't argue with a parent. Listen to their viewpoint, and thank them for it. Don't discuss individual players with other parents.
- Ask parents not to criticize their children during a practice game. Don't let your players be humiliated, even by their own parents. Explain that you must be under complete control of your team when they are on your "turf."
- Don't blame the players for their parents' actions, if negative. Try to maintain a fair attitude.
- Parents must accept the fact that officials and coaches should not be subjected to criticism during ball games.
- Always remember that you will be dealing with all types of children and parents with different backgrounds and ideals. One of your main challenges as a coach is to deal with these differences in a positive manner so the team's season will be an exciting and enjoyable experience for all.

Summer Coaching Expectations

All coaches are required to adhere to IHSA and school guidelines relating to summer participation including the three key guidelines highlighted below:

- 3.151 Participation by high school students in summer programs must be voluntary.
- 3.152 Persons who coach a sport have a maximum of 25 days of contact in that sport with students from the school's last day of classes on the Monday of week 49 in the IHSA standardized calendar in the spring of each year and Sunday of week 5 in the IHSA standardized calendar.
- 3.112 Students may attend a coaching school, camp or clinic during the summer months provided they do not attend before school is out in the spring or after Sunday of week 5 in the IHSA standardized calendar.

Additionally:

- Only board-approved and properly certified coaches may be involved with Stark County High School programs.
- Eighth grade and transfer students must be pre-enrolled in school prior to summer participation.
- Team sponsors/coaches may schedule and use district vehicles to transport student participants during the summer, once they receive prior approval from the superintendent and the transportation director.
- Team sponsors/coaches may use school athletic equipment during the summer, once they receive prior approval from the athletic director.

In addition to all school rules, Stark County High School coaches are required to comply with all IHSA guidelines including those related to a) independent team participation b) coaching school participation c) open gyms d) season limitations e) summer football f) eligibility g) heat precautions h) severe weather awareness i) supervision and j) sportsmanship.