

SCHS MIDDLE SCHOOL COACHES HANDBOOK



Dear Coach:

I would like to begin by expressing my thanks for deciding to take on the responsibility of coaching a team at Steinbach Christian High School. Your time, energy and expertise that will be poured into the growth and development of each athlete is greatly appreciated

This booklet is intended to assist you in your role as a coach. I want you to know that I am always available for help, and I will work hard to help you in any way that I can.

Please carefully read through all the parts of this manual, and feel free to ask any questions that you may have.

I will contact you regarding practice and game schedule. Please feel free to email me with any questions or concerns regarding your team.

Jamie Rogalsky

Work: 326-3537 (ext 224) Cell 346-1023

Email: jrogalsky@schs.ca

ABOUT STEINBACH CHRISTIAN HIGH SCHOOL

Steinbach Christian High School is fully accredited by the Province of Manitoba Department of Education. SCHS offers both full Junior High (Grades 7-9) and Senior High (Grades 10-12) programs.

Steinbach Christian High School exists to “provide Quality Education with a Christian Perspective that emphasizes the development of the whole person”

Please check out schs.ca for more information

SCHS SCHOOL RULES

All students are expected to abide by Steinbach Christian High School policies as outlined in the Student Handbook.

Drinking of alcoholic beverages, smoking and consuming or possessing non-medical drugs are not permitted nor are such substances allowed in a student’s possession while a part of any Athletic event

Students will be responsible to respect property.

Students who disobey the policies/rules run the risk of being sent home or asked not to continue as part of the team

SCHS ATHLETIC PHILOSOPHY

The Physical Education program at Steinbach Christian High School exists to provide Athletics with a Christian Perspective by:

1. Fostering an environment of Christian sportsmanship
2. Providing a variety of physical activities for all students
3. Encouraging teamwork and a vibrant school spirit
4. Growing student leaders

We expect that each coach will:

- display Godly character
- care deeply about students
- know the sport they are coaching

We expect that each player will be held accountable to:

- exhibit positive attitude and fair play in all competitions
- show a high level of enthusiasm and teamwork

- exhibit Christian character at all times toward players, coaches, referees, spectators
- display all actions and words as opportunity to provide a witness

ORGANIZATION & PREPARATION

KEY COMPONENTS OF THE PRACTICE

Before Practice

1. Know what you want to teach your players.
2. Pre-plan your practice to include Fun, Fundamentals and Fitness.
3. Concentrate on practicing a few skills well, rather than attempting to cover too much at one time.
4. Ensure that sufficient equipment is available.
5. Ensure that the practice area is safe.

During Practice

1. Insist on players being punctual and fully ready.
2. Always utilize 100% of your time and facility.
3. Keep everyone active.
4. Treat all players equally and give positive feedback.
5. Be in control of your practice 100% of the time.
6. Use your assistant coaches, if available, to help run the practice.
7. Make sure all players can hear you give instructions.
8. Teach players simple routines which will speed up the practice and assist in the giving of instructions.
9. Insist on hustle and effort in every practice.

After Practice

1. Evaluate your practice and make decisions on how it can become better.

Resources

1. There are a variety of coaching materials for your sport in the SCHS/SBC Library. Please check out any materials that you wish to use.
2. There are some materials that I will have in my office
3. There are also some helpful on-line sport-specific resources that can be very helpful.

KEY COMPONENTS OF THE GAME

Before the Game

1. Arrive at the site well in advance so you have time to carry out your pre-game checklist.
2. Locate the officials and game convener to discuss any information that may be pertinent to the match.
3. Make sure you have a well-equipped first-aid kit and appoint someone responsible for its transport.
4. Check the site for potential safety hazards.
5. Check to make sure your players' equipment is safe.
6. Prior to the game make sure all the assistants and players know their responsibilities.
7. Ensure that all players go through a proper warm-up.
8. Proper hydration is extremely important so ensure there is water for the players.

During the Game

1. Keep everyone involved. Everyone has a job on or off the playing surface.
2. Give the players positive feedback and show enthusiasm.
3. Stay in control at all times. There are many eyes watching how you react!

After the Game

1. Make sure all players shake hands with the opposition and have the captains shake the hands of the officials thanking them for coming out.
2. Provide your players with feedback on the game.
3. Try to say something positive to each player individually before they leave.
4. Make announcements to ensure that the players know the time and location of their next practice or game.

Hanover School Division Phys Ed Interscholastic Guidelines

Middle Years

- In grade 7-8, whenever possible, no students should be cut from school teams. Whenever possible, participation should be open to all those who desire to play. In schools that have large numbers of students desiring to play a sport, where possible, in-house leagues should be arranged to provide playing opportunity for students.
- In grade 7-8, all players on school teams should receive equal playing time. A player's contract should be signed by each participating athlete outlining how attendance to practice and school, along with academic and/or behavior concerns, may affect equal playing time. This should occur in all sports, at all times of the season.
- Playing time may be influenced by player effort, punctuality, showing up at practice, attitude, etc. At the coach's discretion, equal playing time may need to be realized over a period of games rather than in any particular game. (Example: Player A may play one game in volleyball match 1, but two games in volleyball match 2, resulting in playing three out of six games).
- In S1, cuts should be made only with caution, when necessary.
- In S1, all players should receive equal playing time in all team sports during regular season games. Adjusted playing time should be allowed during play-offs and tournaments, according to the coach's discretion.
- A practice-time emphasis should exist on the development of individual and team skills, with less emphasis on systems. This focus centres more on player development and less directly on team success.
- Individual sports at this level should recognize individual accomplishment as well as participation.
- Sport banners should only be presented at the S1 level with sport "festivals" or year-end tournaments held in grades 7 & 8.

Christian Influence

You are encouraged to develop a strong relationship with your athletes. While this can take many forms, you are especially encouraged to spend time with them on a spiritual level. This may include praying with them during practices, before or after games or in the locker room. It may include short Bible Studies that are appropriate for your team or your sport. You may also wish to develop a code of conduct with your athletes that goes beyond basic good sportsmanship, such as praying for athletes from other schools, as well as for the referee. It may also include doing something special for the other team, or planning a service activity. Your teaching, leadership and mentoring these students can have a significant impact on their spiritual development

TRANSPORTATION POLICY

It is the responsibility of the coach or supervising teacher to provide or organize transportation for any away games, tournaments or competitions. As much as possible, the parents of the athletes or the coaches will be transporting the students in their private vehicles for these events. The following conditions must be adhered to:

1. The number of persons in the vehicle, including the driver, shall not exceed the rated passenger capacity and the number of individual seatbelts available.
2. In general, we expect all drivers to give their full attention to driving responsibilities.
3. For transportation of students beyond SouthEast Manitoba (eg. Winnipeg), drivers must be twenty years of age or older.
4. The principal may set down such other conditions as deemed appropriate or necessary in respect to the use of private vehicles.
5. In the event of an accident involving a private vehicle used to transport students, a full written report must be given to the principal

Occasionally, school vehicles will be used to transport students to their events.

SPORTSMANSHIP

The Case for Sportsmanship, Ethics and Integrity in High School Athletics

"Good sportsmanship is viewed by the Manitoba High Schools Athletic Association as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all athletic disciplines. Individuals, regardless of their role, are expected to be aware of their influence on the behavior of others and model good sportsmanship."

Expectations of Coaches

Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.

Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the No. 1 priority.

Respect judgement of officials, abide by rules of the event and display no behavior that could incite fans.

Treat opposing coaches, administrators, participants and fans with respect. Shake hands with officials, opposing coach in public.

Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Expectations of Student Participants

Treat opponents with respect: shake hands prior to and after contests.

Respect judgement of officials, abide by rules of the event and display no behavior that could incite fans.

Cooperate with officials, coaches and fellow participants to conduct a fair competition.

Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.

Live up to high standard of sportsmanship established by coach.

Expectations of Parents, Students and Other Fans

Realize that a ticket is a privilege to observe a contest and support high school athletics, not a license to verbally assault others or to be generally obnoxious.

Respect decision made by game officials.

Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

Respect fans, coaches and participants.

BE A FAN..... NOT A FANATIC.

Recognize outstanding performances on either side of the playing court, field, or arena.

Examples of Acceptable Behavior

Applaud during introduction of players, coaches, and officials.

Players shaking hands with opponent who fouls out while both sets of fans recognize player's performance with applause.

Accept all decisions of officials.

Cheerleaders lead fans in positive school yells in positive manner.

Handshakes between participants and coaches at end of game, regardless of outcome.

Treat competition as a game, not a war.

Coaches, players search out opposing participants to recognize them for outstanding performance or coaching.

Applause at end of contest for performances of all participants.

Everyone showing concern for injured player, regardless of team.

Encourage surrounding people to display only sportsmanlike conduct.

Examples of Unacceptable Behavior

Yelling or waving arms during opponent's free-throw attempt.

Disrespectful or derogatory yells, chants, songs or gestures.

Booing or heckling an official's decision.

Criticizing officials in any way; displays of temper with an official's call.

Yells that antagonizes opponents.

Refusing to shake hands or give recognition for good performances.

Blaming loss of game on officials, coaches or participants.

Laughing or name-calling to distract an opponent.

Use of profanity or displays of anger that draw attention away from the game or activity.

Ways To Promote Good Sportsmanship

Develop code of conduct and enforce it.

Develop sportsmanship awards program and honor those individuals who exhibit outstanding sportsmanship, ethics and integrity.