



OC Volunteer Coach Agreement

Volunteer Coach File Requirements:

- Completed Application Form:
 - Meeting or phone call with OC Athletic Coordinator
 - Signed Coach's Agreement/Expectations
 - Satisfactory Completion of Background Check
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OC Core Values

Youth Programs: to empower youth through movement and athletics with a focus on developing life skills both on a team and individually:

- Team
 - **Sportsplayership:** Appreciation and respect for others (including teammates, coaches, referees, and opponents) on and off the court or field. A good sport is someone who; encourages their teammates, does not argue with or question the referees, demonstrates body language that is positive and engaged, follows the rules of the game,
 - **Teamwork:** understanding the value and impact of individual roles on a team and the collective power created when working with others towards a specific goal
 - **Leadership:** leading your team by example; being prepared and focused, following coach directions, demonstrating good sportsplayership, accepting and integrating coach feedback
- Individually:
 - **Joy:** fostering a joy of movement and athletics to create an internal motivation for a lifelong practice of athletics
 - **Wellness:** strengthening the physical, emotional, and intellectual growth of athletes
 - **Perseverance:** learning how to push through in times of challenge, think creatively about potential solutions, and work with others to strategically overcome obstacles
 - **Confidence:** building confidence through a willingness to work hard, trying new and challenging things and learning key lessons regardless of the outcome

- **Competition:** nurturing a healthy relationship with competition where athletes are internally motivated to do their best and continue to improve, learn to connect effort to success, and understand that worth is not defined by the outcome of games but the process of preparation and execution

Coaching Agreement

All volunteer coaches are expected to professionally represent the OC according to its core values, at all practices, games, and OC events.

I understand that in my role as a volunteer coach my actions represent the Outing Club organization, and more importantly, will influence the young athletes who I coach.

I agree to uphold the following rights of OC Athletes:

- The right to be treated with dignity and to participate in sports in a safe environment free from abuse both physical and verbal.
- The right to facilities that are safe and properly equipped for the sport.
- The right to participate at a level that aligns with their physical, intellectual, and emotional maturity.
- The right to have qualified adult leadership who model fairness, thoughtful decision making, emotional regulation, and good sports-player-ship.
- The right to a coach who is prepared and organized for practices and games.
- The right to equal opportunity to strive for success.
- The right to have a positive experience while learning critical life skills through sports and competition.
- The right to learn and grow, including appropriate accountability for behaviors that are harmful to others, disruptive to the growth of the team, or disrespectful towards opponents and officials.

To assure that I am upholding the Rights of the OC Athlete and representing the organization in a positive manner I, as the coach, agree to the following:

- Never physically, verbally, or emotionally harm, or intimidate any athletes, coaches, parents, fans (of the OC or opposing teams), or officials.
- Arrive at all practices, games, and team gatherings free of weapons, alcohol, illegal substances, tobacco, or electronic smoking devices.
- Model respect toward opponents, officials, coaches, & parents; display positive body language and tone of voice
- Teach and expect sports-player-ship from OC Athletes. **The OC defines sports-player-ship as: Appreciation and respect for others (including teammates, coaches, referees, and opponents) on and off the court or field. A good sport is someone who; encourages their teammates, does not argue with or question the referees,**

demonstrates body language that is positive and engaged, follows the rules of the game

- Place the enjoyment, learning, and emotional & physical well-being of my players ahead of a personal desire to win. Use encouragement and praise of positive behaviors/skills as my primary method of motivating and reframe mistakes as opportunities to learn and grow.
- Highlight effort, not just good outcomes, and provide specific, effort-based feedback to individual athletes.
- Consider and respond accordingly to the large range of emotional and physical development players may display.
- Sports psychology indicates that there is a 'magic ratio' of 5 positive comments to one criticism, as an OC Coach I will strive for this target.
- Be knowledgeable of program expectations and/or league rules.
- Be knowledgeable of and follow all facility rules, policies, and procedures related to use and access. Respect all facility fields and courts, equipment, and property. Teach OC athletes how to be respectful hosts and visitors.
- Reflect on my interactions with my players, parents, officials, and opponents and be open to feedback on how I can best support my youth athletes.
- Notify the appropriate OC leadership of any situations that involve witnessing any behaviors by other coaches, teams, facility staff, parents, and fans that are in direct conflict with the expectations outlined in this agreement or the parent agreement.

For head coaches only: *I accept responsibility for my team and agree to the following:*

- Assure that there is a coach at the field/court before practice starts and until all athletes have been picked up (no athletes should be left alone).
- Maintain clear communication with players and families regarding scheduling, program expectations, parent code of conduct, and league rules to players and families. Strive for one email per week.
- Assure the safety of all OC athletes at all times.

Coaching Agreement Non-Compliance

- Verbal complaints from parents/participants will be placed in a file and reviewed by the Athletic Coordinator, with escalation to the OC Executive Director and/or Board of Directors as appropriate.
- If a coach does not uphold the OC's core values (outlined above) or demonstrates *blatantly disrespectful* treatment towards players, fellow coaches, opponents, referees or fans, or OC employees they may be deemed unfit for the OC coaching role.
- Any coach who creates an *unsafe* situation may be suspended or removed from the program at the will of the Executive Director and the OC Board of Directors.

Acknowledgement and Agreement

I have read and understood the terms of this coaching agreement. By signing below, I acknowledge that I am voluntarily entering into this coaching relationship with full understanding and consent.

Signature: _____

Date: _____