

# St. George Coach Rules and Regulations

**Sportsmanship** – It is important to demonstrate basic courtesy and good manners. Use your practices and games to reinforce these basic principles. Make sure your players can give a firm handshake with eye contact to officials and opposing players as well as a high five to opposing players. No foul language or gestures will be permitted. It is your job to make sure players treat each other with respect.

**Teamwork** - Teach your players that "**we over me**" is what most often leads to "us over them," in team sports competition. Encourage your players to be team players. Everyone is equal regardless of ability.

**Positive Attitude** - Life is not fair and Sports are worse. Help your players get over it and still do what they need to do to succeed. Playing sports is one the best ways to practice overcoming adversity and preparing to handle tough times in life.

**Respect** - Be mindful that you are a role model and are always being watched. Insist that your players respect coaches, officials and other Goya opponents. Have the courage to enforce your rules with every player and parent involved with your team. Make sure your team cleans up when they leave the Church Gym.

## Coaching

**Philosophy** – Sports has become more competitive amongst other church communities. We play to win. However, you do need to make sure that this is not a reflection of the team. No one player is better than the next. It is your job to help them understand the dynamics of the game. You must put other players in once you've reached the regulation score to pull back. If it is a team you know you can win then you must try to play as many other players as possible. No child should feel they are not as good as another player.

**Communication** - Have a team meeting to start the first practice of the season, or as soon as possible thereafter. Review all the rules and regulations with your players. Limit your postgame analysis to positive things that occurred in the game and deal with what went wrong by establishing a specific goal to work on starting at the next practice. Ask parents to delay or even eliminate the dreaded postgame interview with their child. When you need to correct a player, compliment the player on what they did right and indicate what needs to be worked on at the next practice. You should NEVER single out one player for a mistake. In appropriate language or touching will never be tolerated by a Coach of St. George. This can be grounds for removal.

## **Practices**

You must be able to Attend the Practices. Multiple cancelled practices cannot occur. If you have a conflict, you must speak to the GOYA Head Advisor prior to canceling practice. You are responsible for the youth until the last child is taken home. You should run your practices to have fun as well as doing competitive drills. This will help prepare players to compete in real games. A first aid kit has been provided to you, carry it to all games and practices along with the emergency contact list provided to you by the GOYA Advisors. Remember some of these kids are not athlete's but come to have FUN, this must be encouraged and not discouraged. Coaches should not be responsible for picking up or bringing home players.

**Game Day: You must be present.**

We play a scrimmage for Volleyball. This is all the players who are new or typically don't get a chance to play. This is worked out before the game begins and usually is a single game played to 15 points. It does not count.

Basketball also plays a scrimmage with all players who do not play in the actual game. You may only use those players if you do not have enough for an actual game.

***All Youth Must attend Church on a weekly basis unless excused by our Parish Priest.***

***Remember You are appointed by our Parish Priest and you are here to help make memorable memories for Our youth.***

***The GOYA Head Advisors are here to help you in any way we can.***

***By Signing this, you agree to the terms and conditions Of our St. George Rules and Regulations. Please understand your appointment will be annually by our***

***Parish Priest,  
The Very Reverend Father Nektarios Cottros.***

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***Signature of Coach or Advisor***

\_\_\_\_\_  
***Father Nektarios***

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

- *Please return to Rita Polos for our Records*