

***Mt. Olive Lutheran School
Coaching Handbook***



Mt. Olive Lutheran Coaching Staff

Qualifications

The Athletic Director looks for qualified individuals who:

1. Have a strong Christian background
2. Understand the principles of the sport they will be coaching.
3. Possess a sincere desire to share their knowledge of the sport and model their Christian faith to the athletes they coach. The coach, under the supervision of the Athletic Director, is in charge.

Selection

All head coaching positions will be chosen by the Athletic Director. Mt. Olive Lutheran staff always has the first choice for any coaching positions throughout the year. Individuals interested in volunteering need to contact the Athletic Director. Coaches may have a suggestion for their assistants with the Athletic Director making final approvals.

Responsibilities

Coaches understand that:

1. No siblings of the athletes are permitted in the gym during practice times and should be sent directly to the school office or to the Mt. Olive Child Care.
2. They are not permitted to leave practices until all athletes have been picked up.
3. They are not permitted to leave games until all athletes have been picked up.
4. They are to report any and all injuries that take place during practices or games to the Athletic Director and the parent/guardian, not others.
5. They are to report any disciplinary problems to the Athletic Director.

Code of Ethics for Coaches

Coaches are role models for the type of people we want our Christian athletes to be. Specifically, Mt. Olive Lutheran Coaches:

1. Demonstrate maturity so that all actions, language, emotions, and conduct will be respectful.
2. Treat players, other coaches, referees, and opponents with respect.
3. Inspire in the athletes a love for the game and a desire to compete fairly.
4. Discipline those on the team who display unsportsmanlike behavior.
5. Respect the judgment and interpretation of the rules by the officials.
6. Nurture and guide the athletes so they can reach their full potential.

Beginning and End of Season

Beginning:

- 1) Students sign up and receive paperwork for the season.
- 2) Practices are scheduled and an initial parent meeting is set.
- 3) Once paperwork is turned in a student can practice, once an athletic fee is paid then a student gets a jersey.
- 4) Game and tournament schedule is given to all participants as soon as available.

End:

- 1) Students need to turn in a clean jersey promptly when the season ends.
- 2) If the coach wants to, a small party or end of season celebration can take place on site or off. See AD for more information when planning.
- 3) Coaches should turn in keys and dispose of any student medical cards with personal information.

Tips for Discipline or Correcting Students

1) **Set-up routines:** Kids thrive when they know what to expect. What do you do at the start of practice? How do you hand out equipment? Who leads stretches?






2) **Anticipate the problem:** Kids unsupervised in a locker room? A competitive kid taken out of the game? Is there a parent who is really vocal about how you run your team? Planning how to handle a situation rather than reacting when something happens.

3) **Phrase things using Love and Logic:** Love and Logic gives students choices and puts the consequences on them and not you. Instead of saying: "Follow the rules of the game!" Say: "Only those who can follow the rules, will be able to participate in the scrimmage."

4) **Relationships:** Students listen to whom they respect and know. Take the first couple practices to get to know them, their names, their personality, etc. This will help you when you need to deal with a situation or correct a player.

5) **Build Team Culture:** You as the leader set-up the tone for the team. Is the tone positive or negative? What do we do we lose? What do we do with a teammate that is struggling? Leading with cheers, positivity, leadership, team captains, and rewarding good sportsmanship are always helpful in sports. Prayer and Biblical Character Lessons should be used to create a Christian culture in your practices and team.

Coaching Basics

	<p>Have a plan for practice and warm-up before the game. Teaching students a structure for drills and stretching will make this time effective. Make sure instructions and coaching reaches all athletes even if working in smaller ability groups.</p>
	<p>Be organized. Coaches are required to have the following information with them whenever they are with athletes:</p> <ul style="list-style-type: none">-Rosters-Student Athlete Cards-Game Schedule with Locations
	<p>Remember the fundamentals. A portion of all practices should be working on basics of the sport. Without these skills, nothing else can be built up or advanced.</p>
	<p>All parents love their children, which sometimes makes them passionate about their athletes. Parents are required to be respectful of you and expect the same respect in return. Take the time to meet your parents and know them, which will make interactions easier.</p>
	<p>If you are coaching and your child is on the team, this can sometimes be a challenge. It is difficult to navigate playing time and discipline when your parental instincts are in play. If you find this challenging, please reach out to the athletic director for advice.</p>



At the beginning of the season, set up how you will communicate information to your families with AD. Word of mouth with middle school students is not always reliable. Official email communication will be handled by the AD. Also, please have a formal, professional method for families to reach out to you.

FINAL NOTE

The role of the athletic director is to support our coaches. The athletic director wants to stand up and get behind our coaches. This is only possible when the AD knows what is going on and is in communication with their coaches. Please feel free to use the AD as a confidant and resource throughout your season!