

OREGON PARK DISTRICT

Parent/Volunteer Booklet

When offering youth athletics to the community, the Oregon Park District wishes to create an environment of fun, which will last for a lifetime. The aim of our programs are to not only have fun, but also teach our youth the various sports in which they are participating as well as learning team concepts and life lessons through sports.

Oregon Park District Lightning Policy:

The following procedures should be followed during the presence of lightning strikes.

- Outdoor Park District programs and affiliated programs in affected areas should immediately cease and participants directed to seek appropriate shelter. Umpires/park district staff will cease the game and instruct participants to seek shelter. Coaches shall use this rule during practices and will be responsible to get their players off the field.
- From the moment the game is called the umpires will wait 30 minutes before resuming the game. If no lightning is seen for 30 minutes the game may resume, if another strike is spotted, then the clock resets from that moment for 30 minutes.
- At the site of lighting, one should immediately seek shelter in major buildings, vehicles or lightning-protected shelters.

Oregon Park District Athletic Policies:

It is the policy of the Oregon Park District to include as many children as possible in our programs. The below information is an outline on how we assign teams for all youth athletic programs in order to maximize participation in recreational athletic leagues.

- 1) The Oregon Park District will offer a pre-determined registration deadline and any registrations accepted after that date will be based on the number of openings left. Parents who sign up after the published registration date will have their children placed on a waiting list.

By regulating the amount of children on a team we eliminate the problem of interfering occurrences, such as vacations and other participation conflicts.

- 2) Drafting of Players: Each team is allowed to have 2 coaches and therefore 2 players before the draft begins. These players must be the relatives of the coaches or the coach must be the legal guardian of those players for them to be placed on the team before the draft begins. If a team has only one coach they will receive the first pick.
- 3) Coaches need to monitor players to keep equipment in good condition to include the benches and dugout areas. Please help us keep our equipment in good condition.

It shall be the responsibility of parents to ensure that registration deadlines are met and to provide coaching duties for each level. The Oregon Park District will only make these additional teams provided volunteers are available to coach the teams. If 15 children are registered to participate in basketball (for example) and only **one** parent has volunteered to coach, only **one** team will be formed.

The Purpose for Youth Sports and Expectations for Volunteer Coaches as Teachers:

In an attempt to clarify what the purpose of our youth programs are, we have established the following guidelines to assist both the coaches and the parents. It is our intent to have all participants follow these guidelines to ensure the best possible experience for our children. **The important thing to remember is that our programs are designed to provide instruction and enjoyment for all children. It is highly unlikely your child will become a professional athlete, so please treat all children equally no matter their ability level.**

- ❖ First and most important responsibility of the coach is the safety of the players. It is your job to ensure you not only practice safely but also take the time to explain to your team what rules you have to keep them safe. When possible the coach should have the practice area set up before practice begins.
 - To ensure safety every outdoor team will be given a first aid kit. In each kit there will be an incident report. If an accident does occur the coach is then responsible for filling out an incident report. The incident report should

then be turned in to the front desk at Nash Recreation Center within 24 hours of the incident. Indoor sports have access to building medical kits. Notify Nash Recreation Center at 732-3101 of any emergency.

- ❖ Each sport will begin with a talent evaluation to determine the skill levels of each player and then teams will be made based on these skill assessments. Coaches as well as Park District staff will be the evaluators during this process. Where available, the children with higher skills and their parents will be approached about moving up to a higher age level. Children who are not able to move up will remain at their current age level. At no time will we move a child down to a lower age group.
- ❖ An important fact to realize is that there is a difference in the development of children. Some of them are very talented very early on, while others may not show any hint of ability till the teenage years. As a coach it is your job to work with each based on their capabilities and be mindful of those that need extra time. Even though it may become frustrating that a certain player does not understand, you must be able to stay in control and guide them without losing control. Remember children will respond better to positive encouragement rather than the negative in the long run.
- ❖ Coaches are reminded to be teachers of their sport. Your main focus, in terms of teaching the sport, is to show the players what the fundamental skills look like and how to perform them correctly. It is very important that you keep in mind to correct poor performance and encourage good performance. Correcting poor performance means to show them, step by step, the proper way to perform and then have them demonstrate for you in slow motion before moving on to the next skill. Try to keep the skills simple at the early ages and do not combine too many skills. All the information you have learned is best passed on during your practices. Children are not able to process information yelled at them during the game. Remember children are concentrating on performing during a game and any cues you may be yelling at them are really going in one ear and out the other. Speak to them on the sideline and really take the time during your practices to get them to understand. Remember to take time to TEACH!
- ❖ Coaching clinics will be provided for each sport to assist coaches in developing a quality practice plan. We will provide

the clinics to all coaches and parents who wish to learn more about a sport and the best way to coach it. We highly encourage and request all coaches and parents to attend these clinics.

Guidelines for Volunteering and Coaching:

As a park district, we rely on our volunteers to help run our sports programs. Volunteers and coaches help the children to learn life lessons through athletics. Life lessons are being able to win and lose with grace and to understand that hard work is what is necessary to be successful.

Success is then measured by accomplishments of goals not whether you win or lose.

- ❖ We all understand how important winning is. Winning is a part of life and a trait that you want the children to learn to be successful in life, however, at the youth level, a coach must be concerned more with skill development and player enjoyment. We want our children to grow up enjoying the games they play so they remain involved as adults. Humans are naturally competitive and many children will push themselves to excel. As a youth coach your focus should be on having the children improve their skills and learn about the game. This focus is lost when the coaches yell at referees, display a negative attitude towards the players, or put too much pressure on the kids to perform.

To assist your team and you as a coach, we have developed the following guidelines in achieving your team's goals.

- ❖ You must want to teach the children.
- ❖ You must be willing to play with the children.
- ❖ You must remember what it was like to be a child learning new sports and be able to use that knowledge to teach your team.
- ❖ You must keep in mind how it feels to not be as talented as other.
- ❖ Your goals should include helping to make a player better and teach the game.
- ❖ You must be honest.
- ❖ You must set and communicate goals for children to perform.
- ❖ You must use both losses and wins to learn what your team did right and wrong. Focus then becomes the performance rather than the outcome.

- ❖ You teach to focus on things that the children can control such as performance and attitude rather than on the uncontrollable like winning.
- ❖ You must provide positive, corrective feedback.
- ❖ You must understand why children are participating in a sport (social enjoyment, have fun, learn skills).
- ❖ You must encourage parents to participate in a positive manner.
- ❖ You must encourage the team concept and expect it from every player.
- ❖ You must promote the idea of skill development over winning.

Various Volunteer Positions and Reasons for Volunteering:

Each coach needs help for the various tasks necessary to make a season a success. Please see your child's coach or the athletic coordinator to sign up for a spot on your child's team. By offering to help with your child's team you can become involved in the activity with your child and show them you care. It is because of all the volunteers that our programs are successful. The types of help we need are as follows:

- ❖ **Manager:** Your job is to assist the coach in all off field activities. Setting up a phone tree in case of bad weather and possibly filling in or assisting in finding others to help the team.
- ❖ **Snack Coordinator:** Your job is to coordinate all refreshments between the parents of the team. Setting up a list and getting volunteers to bring treats for the children.
- ❖ **Bench Coach:** Your job primarily is to keep those children on the bench paying attention to the game and involved in the game. Your ability to relate to what happens in practice to what is going on in the game will provide an excellent opportunity to teach the players what they have learned in the season.

Although one person could perform all these duties it is best to find at least two others to help the coach. During baseball/softball season it would be helpful to have other volunteers to be base coaches and assist in that capacity. Each sport has its own unique requirements and by offering to assist the coach in any way might prove beneficial to both you and your child.

***** ALL VOLUNTEERS MUST FILL OUT FORM ON NEXT PAGE *****
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