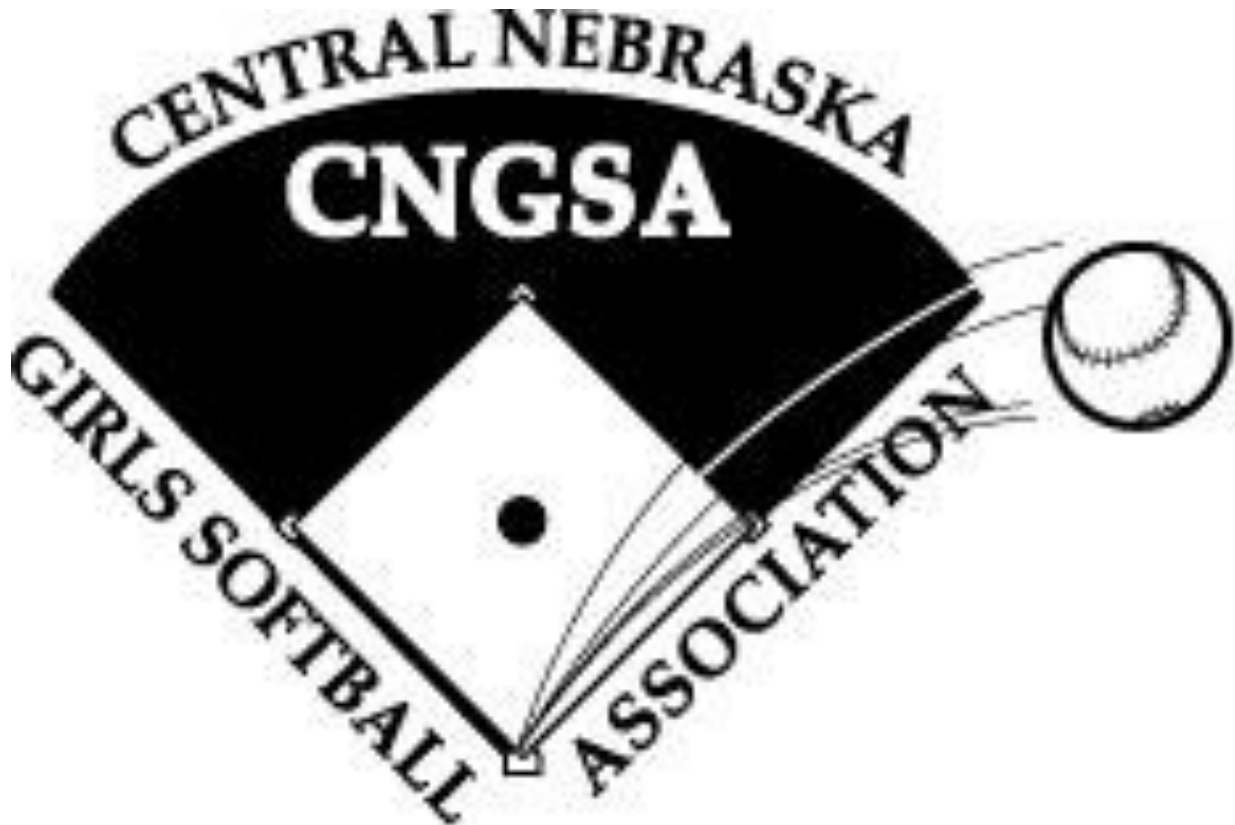


CNGSA COACHES MANUAL



CNGSA Mission Statement: "To provide our children with a safe and encouraging atmosphere while participating in organized softball in the Central Nebraska area. To provide leadership and skills which all children; no matter their ability level, will carry on in other parts of their lives. To have all children succeed through participation."

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I. WELCOME CNGSA COACHES

A. CNGSA welcomes youthis will be a fun and rewarding experience for you to be involved in. As a coach, you will have the opportunity to make a positive influence on a girl's life.....an influence that will last a lifetime for her and you.

Your team will probably be made up with some fairly skilled players and some not so skilled players. Your practices may not go as planned, but have fun, relax and remember the CNGSA program is designed to provide a positive experience for the girls. We don't care about how many wins or losses your team accumulates. We care that every girl leaves your practice, game and season feeling good about themselves.

B. CNGSA PROGRAM GOALS

- Build self -esteem
- Teach social skills (values, communication, human contact)
- Teach physical skills
- Develop responsibility
- Enhance leadership skills
- Build relationships among peers and parents
- Create a fun experience for all

CHARACTER DEVELOPMENT VALUES

- Respect
- Honesty
- Caring
- Responsibility

UNIQUE CHARACTERISTICS OF PROGRAM

- Fun
- Appropriate age divisions
- Family involvement

2008 CNGSA COACHES MEMO AND INSTRUCTIONS

~ Please Read Carefully ~

1. Welcome to CNGSA softball where everyone plays.
2. Please call your teams as soon as possible to let them know:
~Your name/phone number/email address

~When or where first practice or parent meeting is

3. If you are contacted by other parents about adding a child to your team, please have them contact a board member or league rep. **Do not** promise anyone a spot on your team.
4. Teams are responsible to clean up practice area after use.
5. Please supervise players at all times. **Do not** leave practice area until all players have been picked up. **Do not** stay alone with a player where you cannot be observed by others.
6. Photo day information is noted on your schedule. Coaches will hand out individual picture packets to each player.
7. Please read through the coaches manual carefully.
8. Please read through the Coaches Behavior Policy.
9. Please read through the Parents Behavior Policy.
10. Game cancellations: A league rep will call you to inform you of a cancellation due to weather conditions. Also listen to KSYZ and/or check out our website: www.cngsa.com on the NEWS page.

II. Coach Expectations

A. Specifics of your game

- Call your team to set-up practice/parent meeting
- Read your rules carefully
- Safety first always
- Support your umpires
- You are responsible for your own actions. Be a positive role model.
- CNGSA's philosophy is equal playing time and equal chance to play all positions.

B. Parent's meeting

- Introduce yourself and other coaches and players
- Discuss pertinent rules for your level of play
- Objectives of the season
- Practice details (when and where)
- Game behavior (stress sportsmanship to all)
- Establish a pop/treat schedule
- How to become informed on cancellations

C. Practice plans (principals of practice)

- Plenty of activity
- Maximum use of time and field
- Progress from simple to complex
- Safe, successful, non-threatening environment
- Make explanations short and concise

- Repeat demonstrations several times
- D. Coach Behavior Policy (See enclosed policy)
- E. Parent Behavior (See enclosed policy)
- F. Umpires
 - Have jurisdiction from beginning till end of game
 - May caution or eject player/coach/ fan for bad behavior
 - Abuse towards umpires will **not** be tolerated
 - Discuss all problems to League Rep, who in turn will forward issue to proper CNGSA officials.
- G. CNGSA Board Members
 - Mark Galvan, Tj Ritz, Jennifer Galvan, Jenny White, Heather Thornton, Liz Beltran, Jeff Gannon, Brian Henke, Steph Guthrie and Marty Urbanski.

CNGSA'S COACHES BEHAVIOR POLICY

CNGSA softball coaches have the opportunity to influence a great number of people. We want you to be a positive role model for such people by maintaining an attitude of Respect, Honesty, Responsibility and Caring.

Please remember

1. Attitude and actions are a display of your team, your team's parents plus opposing teams.
2. You are a role model
3. Always use positive techniques of guidance - positive reinforcement and encouragement
4. Coaches should be involved for the kids
 - To teach skills and knowledge about the game
 - To teach sportsmanship, teamwork and character
 - To provide a fun, low-key environment for all
 - To promote friendships and togetherness
5. Coaches should give high priority to the objectives above - focusing on winning and recognition can destroy positive outcomes.
6. CNGSA recreational leagues are low-key and should be more relaxed. Our competitive teams are for the higher intense and competitive girls.

Specific Guidelines

1. Harassment & verbal criticism of umpires is not allowed. CNGSA board members as well as League reps are available for constructive comments following the games.
2. In order to protect yourself, **never** leave a child unsupervised. Also **never** be alone with a child where you **cannot** be observed by others.
3. **Never** touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.
4. Treat each girl on your team and opposing teams as individuals and be sensitive to their feelings. Profanity, inappropriate jokes, sharing intimate details of one's personal life and any kind of harassment in the presence of children or parents is inappropriate.
5. Mannerisms can be just as offensive as foul language, ex. throwing things, flailing movements, foot stomping and tone of voice. This behavior is deemed as inappropriate
6. Possessing or being under the influence of alcohol or illegal drugs during any CNGSA sponsored game event is **prohibited**.
7. Coaches shall **not** abuse girls including:
 - Physical > striking, spanking shaking or slapping
 - Verbal > humiliate, degrade or threaten
 - Sexual > inappropriate touching or verbal exchange
 - Mental > shaming, withholding praise or cruelty

PARENT/FAN BEHAVIOR POLICY

Specific Guidelines

- Encourage all girls during games and practices
- Keep comments positive
- Leave the coaching to the coaches
- Take any constructive comments regarding the game to the coach, who then may approach a CNGSA rep at the appropriate time
- Do **not** interrupt the game
- Be examples of good sportsmanship
- Do **not** criticize the umpires
- Negative behavior towards opposing teams will **not** be allowed
- Help make this a positive and fun experience for both teams

POLICY ENFORCEMENT

- Individuals may be given a warning for inappropriate behavior
- Individuals may be asked to leave the game(s) and may **not** be allowed to return for other CNGSA events.

