



YOUTH SPORTS HANDBOOK

Mission Statement

Live Oak Sports Complex offers fantastic programs including Baseball, Soccer, Softball and Basketball. Our recreational sports programs give young athletes the opportunity to participate in several sports regardless of their experience level or age. Residents and non-residents are welcome. Start a new sport at any age or continue playing the sports you love year-round.

Our Philosophy of Youth Sports

Create an environment where our players develop a love for sports and continue to participate in sports throughout their lifetime.

Recreational Sports at LOSC are open to youth ages 3 to 17 (see registration info for each sport), as well as any level of athletic ability. The goal of recreational sports is to help a young athlete grow in his/her abilities and knowledge of a sport. Winning games is not considered to be a primary objective. In order to develop a love for sports, our coaches must be committed to the philosophies of Live Oak Sports Complex, which include:

- Positive Coaching: Coaches should set an example for all youth at the ballpark in their words and actions.
- Good Sportsmanship/Integrity: Learning the values of competition and maintaining good character throughout the season whether your team wins or loses.
- Respect for all: Players must show respect to other players, to coaches and to the officials. Coaches must show respect to other coaches, to players and to the officials.
- Balanced Teams: No teams should have an undue advantage in rec ball. Only coaches' kids will be saved to specific teams prior to the draft.
- Everyone plays: Rec sports are a place to learn and develop new skills. All youth athletes will have equal playing opportunities in the regular season.



I Volunteered to Coach – Now What?

So, did you volunteer, or did you get volunteered? The latter of the two happens quite often. It usually starts with a call from the park office saying that they do not have a coach for your child's team and if they do not get one then they can't play this season. Whatever way it happened we are delighted you did. Our goal is to make sure that you have enough material to make coaching simple and at the same time give the players under your direction a positive experience in youth sports.

Don't hit the panic button just yet!!! LOSC will have some coaching material and support to help you get under way. It's not all about x's and o's in recreational youth sports but more importantly about giving our players a great technical foundation on which to build from. As long as you are prepared then you will have a great season, and this is why we have created this Guidebook. So, to help here are the five characteristics of an effective coach? C - Comprehension O - Outlook (Philosophy) A - Affection (Concern) C - Character H - Humor Our goal over the next few pages is to show you how to develop your coaching.



What Makes a Good Coach?

A good coach is someone who knows winning is wonderful but is not the triumph of sports. Teaching, Learning and Development is what we are after!

1. **PATIENCE** – This is probably the most important characteristic. Let's face it—12 active boys or girls together require a lot of attention. A good coach is one who doesn't expect angels on the field.
2. **ACCEPTANCE** – Children are so very different. Each one has varied potential and skill levels. A good coach is one who recognizes each child as an individual and he/she encourages that child to perform at his/her very best level. Perfection is not required!
3. **MOTIVATION** – Rec Sports can be viewed as kids kicking/hit/throwing a ball across a field, or it can be viewed as an opportunity for growth. The true test lies in sparking a child's interest to learn and grow and keeping that spark alive each season.
4. **RESPECT** – At so many games, coaches, and sometimes parents, of the other teams berate and belittle their players for making "mistakes". Sometimes they even go as far as criticizing opposing team members. A good Coach never singles out a child for making a mistake and he/she does not allow parents or the other team members to do so either.
5. **SPORTSMANSHIP** –teach kids to work together as a team in order to achieve a common goal. It also means teaching kids to respect other players as well as each other. Insults are not tolerated. Mistakes are team mistakes, and they are used as teaching tools for the next game.
6. **ABILITY TO TEACH** – A good coach teaches his players basic fundamentals, explains concepts and enables his/her players to think logically when making a play.
7. **LOVE OF KIDS** – They have the energy to make every practice and every game a new experience for coaches and parents alike. They offer a day-to-day challenge for coaches, which is contagious and which is motivation for everyone involved in athletics at all levels.
8. **LOVE OF THE GAME** – Coaches must love their sport, and, more importantly, must show their players enthusiasm for every aspect of the game. This would include techniques and tactics. Only a good coach who loves the game can provide the correct aspects involved in the winning and losing of competition.



Communicating with Parents

You've been assigned your team, a group of players who are eager to get started! LOSC will have given you a roster with all the contact information that you may need to get up and running. So where do you start? The first thing is to establish contact with all parents/guardians. If you have any parents who are unreachable, let the LOSC office know right away.

Decide How You Will Communicate With Parents

- E-mail/Text
- Apps like Remind/Band/Sports Engine
- Verify that you have the correct contact info for each parent.
- Remind parents that their LOSC account provides access to schedules.
- Designate a parent to check Facebook for weather updates, if you're unable to do so.

Parent/Coach Meeting

- Set aside 10-15 minutes after the first practice to have a meeting with the parents.
- Let the parents know your coaching philosophies and expectations.
- Inform parents of any equipment their child needs.
- Ask for parent volunteers to assist with the team, if needed.
- Answer any questions from the parents.



Codes of Conduct

It is very important that we all understand how to behave during all youth sports in this country. Over the last few years, sports have become “big news” with some of the actions of players, coaches, referees, parents, spectators and fans of the game. Part of our responsibility as coaches is to insure the safest possible environment for our players to develop.

We must “Respect the Game” and educate all involved to do the same!!! Your actions as a coach shall always reflect upon our organization and its affiliates. Here are some general guidelines for everyone to follow whether you are coach, player, parent/spectator and referee.

Coaches

Coaches and assistant coaches are expected to maintain a higher level of sportsmanship, professionalism, and integrity both off and on the field. A coach’s primary responsibility is for his/her players to have fun, to develop skills, and to instill a passion for sports. The performance of coaches is not measured in wins and losses, but rather in what is taught to players in terms of technique, sportsmanship, and fair play. Coaches must maintain respect for the game as well as the referees. Coaches are charged with the responsibility of always controlling their players and parents during a match. Coaches lead and teach by example; players will be a reflection upon each individual coach.

Coaches and assistant coaches are expected to:

- Have a basic knowledge of the game and to pursue coaching education allowing you to better develop your players.
- Use positive reinforcement when dealing with players, never use foul or abusive language, and never abuse a player mentally, verbally, or physically.
- Have respect for the authority of the referee and his/her assistants. You should not harass, abuse, or berate the referee during or after the game. You should not enter the field of play without the referee’s permission.
- Complete an assessment form, which provides a numerical value for each player’s skill level for his/her team for the season and turn in said form to the LOSC office. Failure to submit the assessment form will prevent a team from advancing to the playoffs.

Exhibit good sportsmanship both off and on the field. You should teach your players the rules of the game, fair play, and proper game behavior. Your actions as a coach will teach your players as well as the parents and spectators how to become a true fan of the game.



Coaches' Responsibilities

- Demonstrate leadership, good sportsmanship, respect, and coach with humility.
- Treat each player fairly.
- Organize practices and teach the game through age appropriate activities/games.
- Arrive at practice on time and remain until a parent picks up every child.
- Contribute positively to the development of each player's self-esteem.
- Give regular feedback to players.
- Distribute a schedule of practices and games in a timely manner.
- Allow each player to play equal amounts of every game to the best of your ability.
- Respect referees, know the rules, and conduct yourself respectfully on the field.
- Communicate in a mature and respectful manner with all parents.

Parents' Responsibilities

- Do not coach your child during games.
- Transport your child to and from practices and games on time.
- Be supportive of all the players (Criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Focus on mastering skills and having fun, not winning.
- Avoid material rewards for your child (The reward is the fun of playing!).
- Attend games and cheer the team.
- Refrain from criticizing the opponents; be positive with all players.
- Refrain from criticizing others on various social media sites.
- Respect the referees (There will be mistakes, but they are doing their best).



Players

Children play sports to have fun, to learn and develop a passion for the game as well as to improve their skills. Players have a responsibility to their team, coach, and sports organization. Players must maintain a high level of sportsmanship and fair play. As a coach, it is your responsibility that your players understand how to play within the “Laws of the Game” and to respect the game and all involved with the game. Players should:

- Play within the laws of the game and spirit of the game.
- Be on time and prepared for matches and training sessions.
- Display self-control in all situations and should not use foul or abusive language at any time-- before, during, or after a game, or training session.
- Train and play to the best of their ability, have a positive attitude, and encourage others to do the same.
- Show respect towards the referee and his/her assistants as well as toward the opponents. Do not harass, abuse, or berate a referee for any reason.



Inclement Weather Policy

The safety of our players and all visitors to the park is our number one priority. Anytime there is a chance of inclement weather, rest assured that we are monitoring the situation closely.

LOSC will make a decision no later than 4:00 pm on practice or game days in regards to playability of fields and/or weather interferences. Notices for cancellation of a game or practice are posted on the LOSC Facebook page and texted directly to all head coaches. If nothing is posted or sent out, then games and practices can continue.

Practices

If the weather is uncertain on a practice day AFTER 4:00 pm, the coaches have discretion to cancel practice on an individual basis should they feel the weather deems that necessary. If the lightening detector for the park is heard during practice, all practices are immediately cancelled.

Games

If the weather becomes an issue during games, the league commissioner or park director will make the call to either end or delay a game. If the lightning detector for the park is heard, the fields must be cleared immediately. The park director or league commissioner will communicate with the coaches about how to proceed. The park director will handle any make-up games that need to be scheduled.



Thank You, Coaches!

We appreciate all the time, dedication, and effort you give to the children of the Live Oak Sports Complex recreational league. The LOSC Board and the whole Watson Community appreciate all you do for our youth. If we can help you in any way, please do not hesitate to contact us at (225)243-6614 or losc@lprd2.com.

Thank you for all you do!

Park Director

Mike Hansen

Administrative Assistant

Libby Burns



Coaching Resources

➤ National Alliance for Youth Sports
www.youtube.com/NationalAlliance4YS

➤ MoJo Sports
www.mojo.sport/coach-corner
www.youtube.com@yougotmojo

➤ Antonelli Baseball
www.youtube.com/@AntonelliBaseball