



What Kind of NDS Coach Do You Want to Be?

Uxbridge Soccer Club and the North Durham Soccer League thank you for volunteering to work as part of our coaching staff. We aspire to provide a positive environment for everyone involved and hope that the attached information will help you have a great season.

Please refer to <http://scugogsoccer.ca/ndsl.htm> for lots of league forms and information

Stress Free Soccer Coaching Mindset:

You are dealing with a house league program where activity and fun, combined with skill development supersede winning.

Before the season begins:

Promptly after receiving your team roster, call the parents, introduce yourself and ask them to a practice during the week before opening day. You will need to hand out uniforms etc. as well as introduce yourself to the parents and kids. Prepare an information letter to hand out to parents at the first practice. While email addresses are included with your roster, please make the telephone your first contact with a family. This ensures that everyone receives the information and gives an opportunity to confirm the email address. Please note that player rosters are for soccer use only. The contact information contained within is not for general distribution or personal use.

During the season:

1. Keep in regular contact with your team parents. Please don't assume that everyone has heard if you announce something at the field. This is where email can really come in handy.
2. Remind yourself and players that this is house league soccer and the main focus is fun and fair play!

Team Uniforms should be worn to practices and games. A demonstration is sometimes needed to show exactly how shin-pads go underneath the socks. Double knot laces.

Pre Practice tips

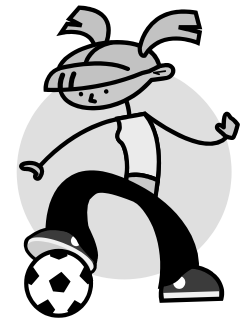
1. Be realistic and positive – encourage your players with positive feedback. Remember that all players will be at a different level. Respect their levels and adjust accordingly.
2. Be open to questions – from players and parents.
3. Be Punctual – Advise players and parents that practices will start on time so allow enough time to get cleats on when coming to the fields. For games, players should be ready to go 15 minutes before game time. Remember, you can't expect players to be on time unless you are!

At the first practice

1. Do a quick survey of the parents to see who might be willing/able to assist you with coaching duties if necessary as well as who may be willing to carpool for games out of town.
2. Remind players to bring labelled water to every practice and game to prevent dehydration.

Code of Ethics for Coaches

- I will be a coach that children can respect; modeling fairness, sportsmanship and fun.
- I will embrace the idea that having fun, improving skills, making friends and doing your best are more important than winning.
- I will be generous with praise, forgiving of mistakes, and in control of my temper.
- I will teach my athletes to play fairly, and to respect the rules, officials and opponents.
- I will ensure that all athletes receive equal instruction, support and playing time.
- I will interact with officials and other coaches in a positive, respectful manner.
- I will respect social conventions (shaking hands, acknowledging good play by my team and by my opponents).
- I will show respect and concern for the opponent (lending equipment, forgiving lateness, helping injured players, refraining from running up the score, rebalancing lines).
- I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
- I will ensure that equipment and facilities are safe, and match the athletes' ages and abilities.
- I will stop players from damaging or abusing the turf / equipment.
- I will use the garbage and recycling bins for all my refuse.
- I will obtain proper training and continue to upgrade my coaching skills.



Code of Ethics for Parents

- I will not force my child to participate in sports.
- I will remember that children play sports for their enjoyment, not for mine.
- I will not use my child as a means of reliving my own athletic past.
- I will place the emotional and physical well being of all players ahead of my personal desire to win.
- I will show my children that my love and approval are not linked to the outcome of a game.
- I will positively encourage fun, good sportsmanship, and skill development.
- I will teach my child that doing one's best is just as important as winning, so that they will not be defeated by a game's outcome.
- I will model good sportsmanship by treating all players, fans coaches, officials, and organizers with courtesy and respect.
- I will encourage good play by all players from both teams with applause and words of praise.
- I will refrain from directing the play, as this will interfere with player-coach communication.
- I will respect the match officials. I acknowledge that mistakes will happen but will accept decisions knowing that officials strive to make the game safe, fun and fair.
- I will control my temper at competitions and at games.
- I will help stop damage or abuse of the turf and equipment.
- I will respect the no smoking and no alcohol rules of the soccer fields.
- I will use the garbage and recycling bins for all my refuse.
- I will transport my child to and from the field in a timely fashion.

Code of Ethics for Officials

- I will ensure that every athlete has a reasonable opportunity to perform to the best of their ability, within the limits of the rules.
- I will be a teacher and role model for good sportsmanship, especially with young participants.

- I will be consistent, objective and fair in calling all infractions, regardless of my personal feelings toward a team or an individual athlete.
- I will maintain a healthy atmosphere and environment for competition.
- I will prevent or stop any situation that threatens the safety of the athletes.
- I will not permit the intimidation of any athlete either by word or by action.
- I will not tolerate abusive conduct toward officials, athletes, spectators or myself.
- I will handle conflicts firmly but with dignity.
- I will respect different points of view.
- I will be open to discussion and contact with the athletes before and after the game.
- I will accept constructive criticism.
- I will obtain proper training and continue to upgrade my officiating skills.



Code of Ethics for Athletes

- I will participate because I want to, not just because others want me to.
- I will play by the rules, and in the spirit of the game.
- I will embrace the idea that: having fun, improving skills, making friends and doing my best are more important than winning.
- I will be fully committed to positive participation by showing up, working hard, acknowledging my mistakes, and trying to improve.
- I will control my temper, forgiving myself and others for mistakes.
- I will remember that coaches and officials are there to help. I will accept their decisions and show them respect.
- I will respect social conventions (shaking hands, acknowledging good play by my team and by my opponents).
- I will show sportsmanship, respect and concern for the opponent (lending equipment, helping injured players, refraining from running up the score).
- I will do my best to be a true team player.
- I will be responsible for my water bottle (mark it, bring it, take it home).
- I will respect the playing fields and avoid damaging the turf and equipment.
- I will use the garbage and recycling bins for all my refuse.
- I will play with all my heart and have a great time!



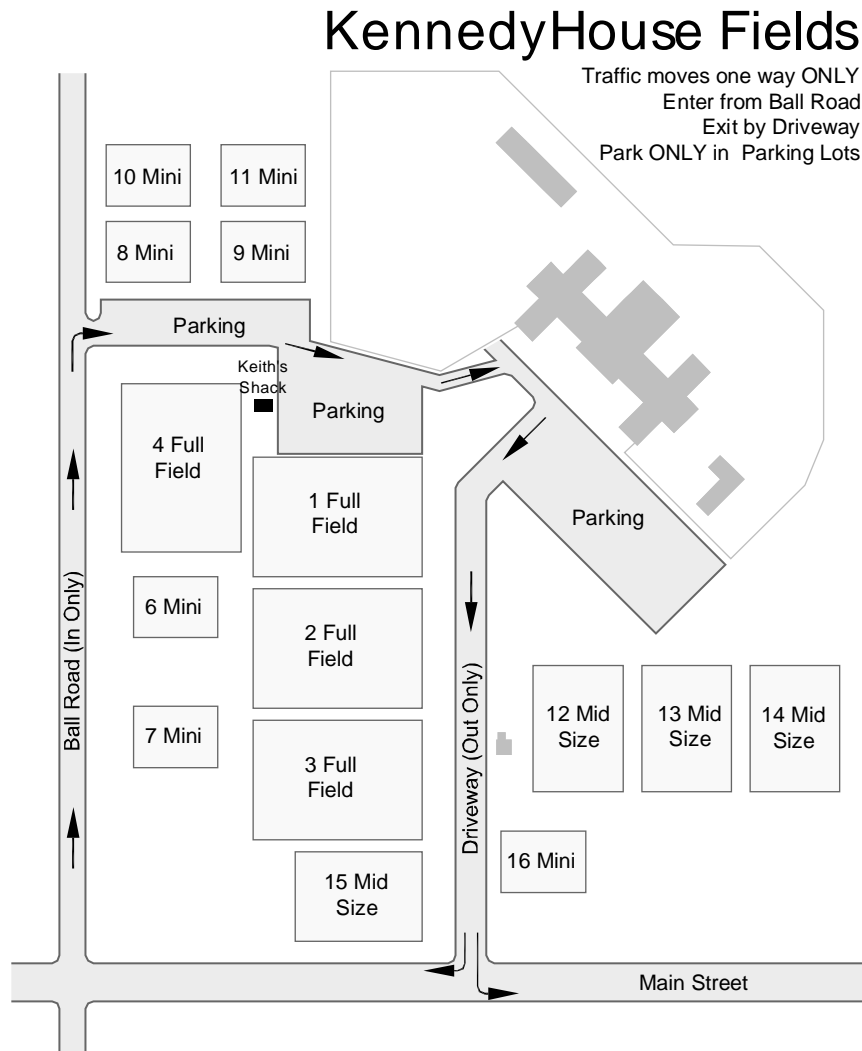
Code of Ethics for League Organizers

- I will remember that play is good for its own sake and that competition should be fun.
- I will strive to give all individuals the same chance to participate, regardless of ability, gender, or ethnic background.
- I will ensure that equipment and facilities are safe, and match the athletes' ages and abilities.
- I will consider age and maturity levels of the players in program development, rule enforcement, and scheduling.
- I will ensure that coaches promote fair play and teach good technical skills.
- I will encourage coaches and officials to obtain appropriate training and certification.
- I will ensure that house league teams are well balanced and shuffled each season.
- I will encourage strong players to play on rep teams or, if they choose to play house league, to focus on team play rather than personal achievement.
- I will distribute codes of ethics to coaches, athletes, officials and parents.
- I will be easily accessible to deal with problems in a timely and constructive manner.

Parking

Please note that our Kennedy House facilities are a one way loop entering via Ball Road and exiting at Main St. The driveway out of the facility is wide enough for 2 lanes of traffic. Please use the appropriate lane depending on whether you will be turning North or South when you leave! Please also note that the paved driveway, areas on Main St. N. and Ball Rd. are no parking zones. Uxbridge bylaw enforcement will ticket in these areas.

Please remember that children often forget to check for traffic before crossing. Have patience and drive slowly!



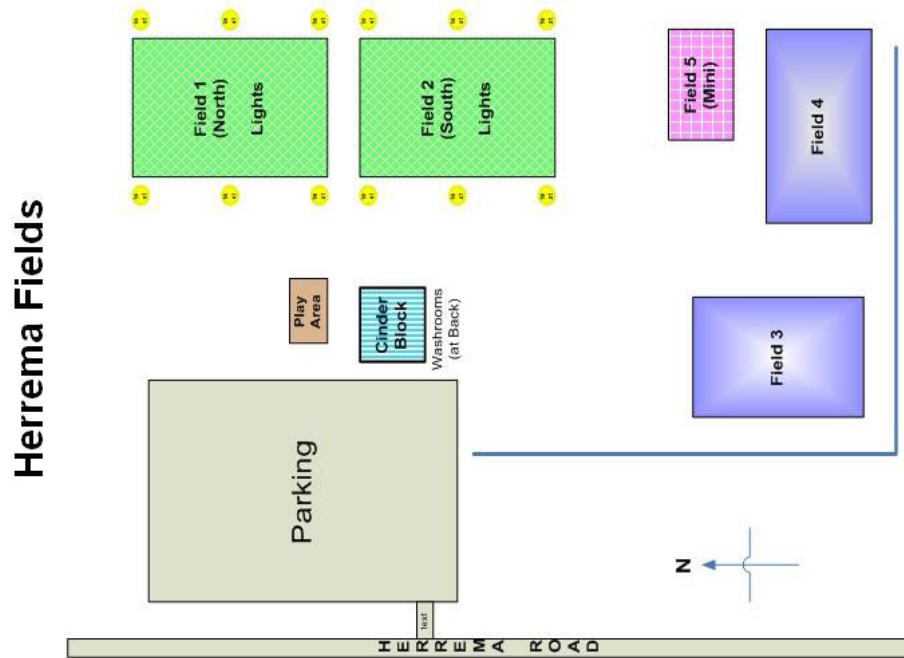
Parking on Ball Road or the Kennedy House driveway is illegal. **Tickets will be issued.**

FINES

Ball Road: \$25

Driveway (emergency vehicle route): \$30

Herrema Fields



Scugog Soccer Fields

