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# USAR-IP NEWS

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## *How to Handle Parents and Coach Children*



Coaching children presents a special set of challenges. In this issue we will cover recommendations on how to handle difficult parents, a code of ethics for coaches to follow, characteristics of a good coach and other areas that will assist you in developing a successful teaching program.

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### CONTENT

Parent/Coach/Instructor Relationships

Coaching Guidelines

Coaches/Instructors Code of Conducts

Core Values in Teaching /Coaching

Negative Effects of Ineffective Coaching/Instruction

A Standard for Instructors /Coaches

Does Your Program Cover its Legal Obligations?

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## INSURANCE – WHO IS AND IS NOT INSURED

There seems to be confusion on who is covered by the USAR-IP insurance. All certified instructors are covered. Members only (\$75) are not covered. Thus if you are a member of USAR-IP but have not recertified (every three years) or completed a certification course you are not covered. Also, as with any insurance, it is important to verify that you are covered for sexual harassment and also covered when you are coaching competitive athletes. PLEASE READ THE ENCLOSED MATERIAL TO REVIEW HOW THE USAR-IP PROGRAM COVERS ALL LEGAL REQUIREMENTS OF A CERTIFICATION PROGRAM.

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# THE PARENT COACH RELATIONSHIP

## Appropriate concerns to discuss with the coach:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

## Issues not appropriate to discuss with the coach:

1. Playing strategy.
2. Play calling.
3. Other athlete's participation.

## If a parent has a concern to discuss with the coach:

1. Call to arrange an appointment.
2. DO not confront a coach immediately before or after a contest or practice. Emotions are often too high and these confrontations are seldom successful.

## If meeting with coach is not satisfactory:

1. Determine if your child should continue working with the coach.
2. If working within an administrative setting arrange an appointment with an administrator.



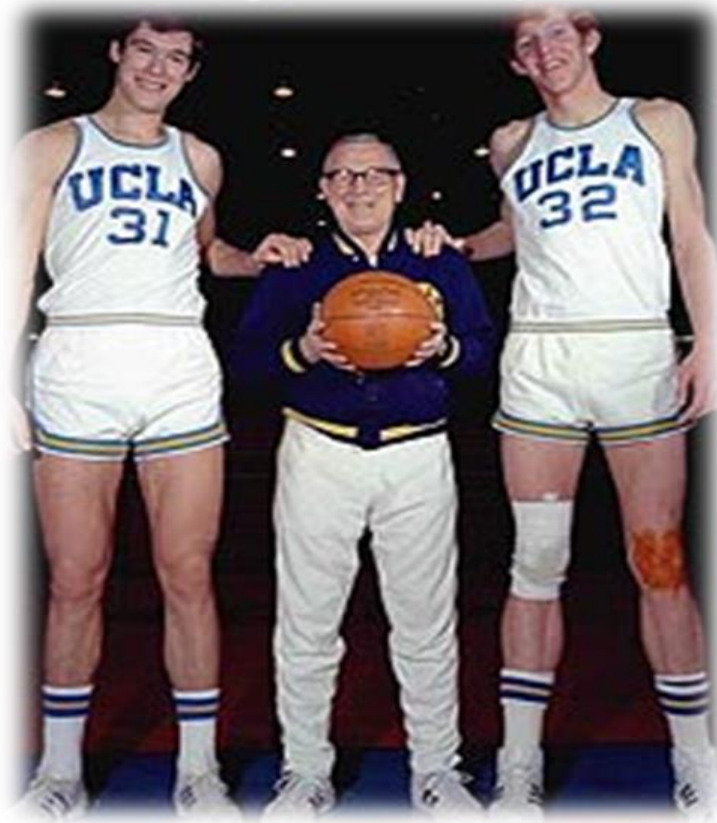
## What makes a Good Coach

1. Knows the sport.
2. Knows about differences in personality- what is right for one athlete may not be right for another.
3. Understands the athletes motivation-some are serious others just want to be part of a group.
4. Appreciates each athlete for their individuality
5. Able to make all athletes feel a part of the team.
6. Considers more than just winning. Must be interested in long-term goals of helping to develop athletes.
7. Is skilled in the fundamentals of the sport.
8. Can teach how to enjoy success and respond appropriately to failure.
9. Teaches and models behavior that reflects desirable basic values.
10. Emphasizes improvement, competence and excellence.

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## Coaches Guidelines

1. Do not coach players whom you may be competing against. This conflict makes it difficult for any athlete to fully believe in their coach (are they giving secrets to their opponents?).
2. Social Media policies:
  - Assume nothing is private
  - Remember your audience is usually more than just your athletes
  - Do not complain about other athletes or coaches
  - Do not discuss injuries
  - Do not talk about your opponents
  - If you repost something from somebody than it is assumed you agree with it
  - All posts are permanent- you can't take it back so be careful
  - Inappropriate posts for coaches and athletes:
    - Posting photos, comments or posters showing the personal use of alcohol, tobacco etc.
    - posting photos, videos and comments of a sexual nature
    - any threats of violence or derogatory comments against race and /or gender
3. If an athlete from another coach approaches you for help, be sure to contact that coach and discuss the situation before you do anything. Called professional courtesy!!



# Coaching Leadership

*Coaching is about connecting with people, inspiring them to do their best, and helping them to grow. It's also about challenging people to come up with the answer they require on their own*

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## CODE OF CONDUCT FOR COACHES/INSTRUCTORS

The instructor/coach has a number of responsibilities to a variety of groups. The following Code of Conduct reflects a summary of these responsibilities.

1. The instructor/coach shall strive to acquire and implement the most current knowledge of the rules, strategies, and teaching methods of the sport.
2. The instructor/coach shall strive to structure a safe environment for the athlete during practices, matches, travel, and other team functions.
3. The instructor/coach shall strive to work closely with parents and community members to promote an understanding of the role of athletics in the total educational experience.
4. The instructor/coach shall strive to have the welfare of the athlete as the primary concern when making decisions that relate to the care of injuries, rehabilitation, and return to activity.
5. The instructor/coach shall strive to promote effective communication with players, officials, fellow coaches, parents, administrators, and community members.
6. The instructor/coach shall strive to serve as a leader and model in the development of appropriate conduct for the athlete both within and beyond the sport setting.
7. The instructor/coach shall strive to use strategies in practice and competition that reflect a standard of fairness to all competitors and that are designed to encourage competition within the letter and spirit of the rules.
8. The instructor/coach shall strive to keep the concepts of winning and losing in proper perspective.



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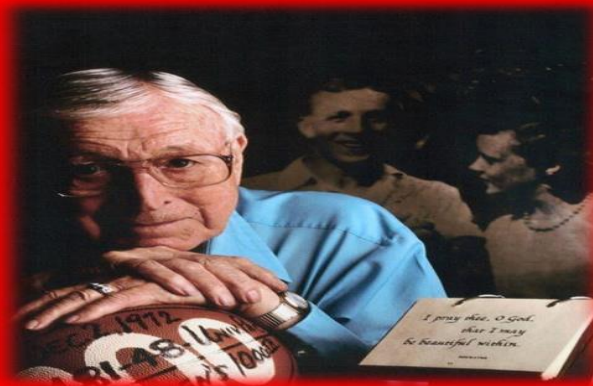
# CORE VALUES IN COACHING AND TEACHING

Core Values: Enduring standards that serve as stable guiding principles

## EXAMPLES OF CORE VALUES

- Work ethic
- Positive attitude
- Commitment to team
- Communicating with the truth
- Always on time and prepared
- Believe in each other (coach with athlete and athlete with teammate)

*YOU ARE THE ANSWER!!!*



*No written word, no spoken plea can teach our youth what they should be.*

*Nor all the books on all the shelves, it's what the teachers (coaches) are themselves.*

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## THE NEGATIVE EFFECTS OF INEFFECTIVE INSTRUCTION/COACHING

The benefits of playing racquetball can be directly related to the quality of the instruction provided by the instructor/coach. Participation in racquetball is positive by nature. Ineffective coaching can lead to detrimental effects.

Athletes and parents desire good instruction/coaching. Although many guidelines for effective teaching exist, they are commonly violated. It is important to remember, therefore, that beneficial and/or detrimental effects of participation in athletics can occur.

The degree to which beneficial rather than detrimental effects occur is related to the quality of your leadership as a coach or instructor. Accordingly, it is important for you to clearly understand your role as an instructor/coach, make correct choices, and take appropriate actions to maximize the beneficial effects and minimize detrimental effects of participation.

**The USAR-IP instructor's program is the ONLY program in the sport that fully prepares instructors and coaches.** Effective and responsible instruction and coaching includes much more than just stroke mechanics and strategy. A complete program must include continuing education in areas such as sport safety, legal issues, first aid, sport injuries, physiology, resistance training, nutrition, stretching, recovery, and physiology to mention only a few. As an instructor/ coach you **MUST** stay updated.

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## The Standard for Coaches

After looking at how often coaches/instructors actually leave themselves open for claims of liability, it is almost enough to scare a coach/instructor away from a sport they love - a sport that can always use the help of another coach and volunteer. Coaches/instructors, however, should be assured that if they are covered by quality sports insurance and are certified by a RECOGNIZED certification program, that there is still plenty of enjoyment left to be involved in the sport of racquetball.

The USAR Instructor's Program (USARIP) constantly works to help coaches understand the standards that coaches/instructors must meet to properly perform their duties as a coach/instructor. Now, it is time to consider what the standards are, and requirements that a coach must follow to manage risk and assure that exposure to liability is minimal.

When all of the details are met a coach finally gets to take the court and teach kids the sport they know and love. They are there for the kids, but whose standards must the coach meet?

Is it the fellow teachers, the organization, the parents, or the kids they teach?

Generally, the courts have applied two key standards to the conduct and actions of a coach/instructor.

1. Do their actions meet the reasonable expectations of the participant's parents?
2. Was the coach following the "best practices" used in the sport at the time of the situation?

Traditionally, teachers have been held to standards established by communities of parents. Many parents may never attend one of their children's practices, or even watch them compete in a tournament or practice. Yet, coaches must pay particular care to meet the reasonable expectations of the student's parents.

In many ways, these expectations can vary from athlete to athlete.

A coach should pay particular attention to individual parents who have specific concerns for their child. Some parents for instance may have concerns for their child because of a breathing condition while other families do not have that as a worry.

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## **DOES YOUR PROGRAM COVER ITS LEGAL OBLIGATIONS???**

**The goal of risk management programs is to identify those legal obligations for coaches/instructors, then translate them into coaching conduct or behavior.**

**The USAR-IP program does this by requiring students to take risk management courses, be CPR certified, have a background check completed and continually providing students with updated educational information.**

**How the USARIP program fulfills the legal obligations of a certification program by:**

### **Effective Teaching**

**Legal Obligation:** Coaches/instructors are supposed to be teachers first and foremost. The USARIP, CEU (Continued Education Units) program provides updated information to keep instructors informed of the most current information.

**Coaching/Instructor Behavior:** Enroll in certification and continuing coaching education programs; and begin your own reading education program in coaching/instructor and communication skills.

### **Effective Supervision**

**Legal Obligation:** Coaches/instructors are responsible for player supervision whenever the player and coach/instructor meet. The USAR-IP program requires all coaches/instructors to have a background check. Although issues can still occur the background check provides parents with a level of confidence and security regarding the background of the instructor.

**Coaching/Instructor Behavior:** Coaches / instructors should require ALL assistants who may help teach to also have a background check. The head coach/instructor is responsible for the conduct of all assistants (helpers).

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## **Effective Action to Medical (and Other) Emergencies**

**Legal Obligation:** Coaches are supposed to know medical emergencies when they see them; and to know how to respond quickly and responsibly as a staff. The USAR-IP program requires all coaches/instructors to be CPR certified and to renew that certification every two years. The program also provides continuing education courses in sport injuries and developing an effective medical support team.

**Coaching/Instructor Behavior:** Take a certification course in emergency medical procedures, or at least first aid; and establish a plan for prompt reaction to medical emergencies. Maintain education in current emergency procedures and sport injuries.

## **Providing Safe Equipment and Playing Facilities and Knowledge of the Rules**

**Legal Obligation:** Coaches/instructors should require all students wear protective eyewear, have a properly sized racquet (especially for juniors), and have knowledge of the basic rules of play and safety. The USAR-IP program provides a list of nationally approved eyewear, and has rule tests for all levels of players

from junior to adult.

**Coaching/Instructor Behavior:** Instructors should be nationally certified and make sure their students know the rules of racquetball, especially those pertaining to safety and court etiquette. Coaches/Instructors should make sure facilities are safe (dry courts, doors are flush etc).



## DOES YOUR PROGRAM COMPARE?

USARIP	AMPRO
Insurance-5 million per event aggregate -2 million per occurrence -1 million sexual abuse	Insurance- 3 million per event aggregate. - 1 million per occurrence * - No sexual abuse coverage
Extensive continuing education	Limited continuing education
Recertification to maintain standards	No recertification
Instructor TV channel	No TV channel
Mobile applications	No mobile applications
Recognized by USOC	Not recognized by USOC
Partners- USOC coaching dept., American Sports Education Program, Dartfish Integrated Coaching	No U.S. Partners
Extensive resource library	No resource library
CPR and background checks	No CPR or background checks

USAR	AMPRO
Over 100 print articles and materials-all available on line	No online print material
Numerous online instructional videos	No online instructional videos
On line rules certification for various levels	No online rules certification
Safe sport education (USOC)	No USOC safe sport education
Dedicated web site	Limited web site
Access to American Association Of Sports and USOC Coaching Libraries	No access to outside resources
Separate manuals for Resistance Training, Safe Sport, Coaching and Collegiate Instruction	No associated manuals

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THE USAR-IP CERTIFICATION PROGRAM WOULD LIKE TO RECOGNIZE AND THANK THE USOC COACHING PROGRAM, AND USA WRESTLING FOR ALLOWING USA RACQUETBALL TO REFERENCE MATERIAL FROM THEIR RESOURCES.

ALSO THE PYRAMID OF LEARNING IS AN OFT REFERENCED PIECE OF MATERIAL FROM JOHN WOODEN'S BOOK "YOU HAVE'NT TAUGHT UNTIL THEY HAVE LEARNED".