



Coaching Set-up and Expectations

Revised February 22, 2020

Getting Set-up as a PGSL Coach

Each team will have no fewer than two adult managers/coaches who have passed a background check and SafeSport online training, and online ASA Education (coach training). This needs to be renewed every year.

To complete these steps, please go here and create an account if you don't already have one:

www.registerusasoftball.com

First timers may need this information to create an account:

- Username = your email address
- Association: CA-Northern California
- Group: JO (Youth) Tec 01-San Mateo C
- League: Pacifica Girls Softball League
- Membership type = Coach

Once logged-on, scroll down and pay for your background check. It will cost \$20 and needs to be completed first. It may take a few days. You'll need to go back to the website to check your status (they don't email you when it's complete). Then proceed with the ACE Education (coach training) and the free SafeSport online training (if you've done it before, it's just a refresher course).

Other parents may be designated "helpers" for pre-game and practice activities and won't need these certifications IF YOU ARE THERE TO SUPERVISE THESE PARENTS.

Also, as a best practice, we insist that you recruit female parent(s) or guardian(s) of players to be present at all games or practices if a female coach is not present.

Coaching support will be provided with occasional PGSL clinics, particularly for pitching and catching. Please seek it out where and when you need it.

Upon completing the steps above as required and completing this form, the PGSL will approve your coaching status for the year. Please read further and acknowledge understanding of expectations.

Expectations from PGSL

You are the MOST important person in our organization. You determine the kind of experience our athletes have with softball. Thank you for being a wonderful part of this!

1. Philosophy.

- a. We are committed to the principles of Positive Coaching and incorporate them into our own league philosophy as stated in our Mission Statement: The mission of the Pacifica Girls Softball League is to provide an opportunity for girls ages 4-14 to play softball in a positive, fair, instructional and safety-oriented environment with emphasis on the development of qualities such as leadership, teamwork, sportsmanship, citizenship and friendship with mindful adherence to the Code of Ethics of the American Softball Association.
- b. We expect our Managers and Coaches to help PGSL fulfill our mission. Adapted from the Positive Coaching Alliance, the following is what we expect from you during the coming season:
 - i. Model and teach your players to Honor the Game. Teach the elements of ROOTS --- Respect for: Rules, Opponents, Officials, Teammates and one's Self.
 - ii. Honor the Game during practices so it translates to the game itself. Seize teachable moments involving the player using constructive not destructive critique. Remember not to use sarcasm, it negates positive coaching.
 - iii. Fill your players' Emotional Tanks. Use encouragement and positive reinforcement as your primary method of motivating: motivate each child equally. Be especially careful to interact with all players and parents with respect. Teach the ELM Tree of Mastery: Effort, Learning and bouncing back from Mistakes. Strive to achieve the 5:1 "Magic Ratio" of 5 positive reinforcements to each correction.

2. Organization

- a. Appoint a team parent who is fully committed to the overall success of the team. The team parent will assist you with scheduling and recruiting other parents for support (parent helpers/coaches, field maintenance, snack shack).
- b. Delegate and enlist your Team Parent for support. Who is responsible for checking the equipment and returning it to the container in an organized fashion? Who will make sure containers are secure, trash is picked up, the bases and fields are in good condition and gear is put away.

3. Practices

- a. Weather permitting you are expected to conduct two instructional practices per week (one per week for 6U) before league play begins. These practices may not be held on a game day. Once play begins (two games per week, one practice per week is acceptable). A typical practice is at least one hour, but no more than two and will depend on age.
- b. Practices should be organized in advance of arrival. Plan ahead. What will you do at practice today? What skill(s) are you targeting? Every practice should include an opening cheer, stretching, running and targeted skill development with position specific training. You should have a goal of developing at least 2 pitchers and 2 catchers for each team (8U

and above). Your league is here to support you, let us know what you need to accomplish these goals, in terms of additional coaching, training, and equipment needs.

4. Fields

- a. Honor the Pacifica School District rules for field use: no tobacco, alcohol or any controlled substances or dogs are permitted on school grounds.
 - b. Safeguard the access codes to the fields and secure locks properly to avoid theft during games or illegal access to District Property after hours.
 - c. When Home Team Manager maintain (or delegate other parents or guardians to do so) fields in accordance with the prescribed water-drag-chalk methods prescribed by The League. Make sure the fields are clean upon exiting the property and the portable bathroom is secure to prevent vandalism.
5. Safety: Report safety issues or accidents immediately to the PGSL Board or activate 9-1-1 should an emergency hazard or situation exist. First aid kits are in the snack shack for minor issues.

I have read and understand the expectations and requirements above.