

YMCA of Greater Omaha  
Mighty Coaches  
Training

# YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## YMCA Sports Philosophy

Players will gain spirit, mind and body by learning sports skills and improving fitness and conditioning, learning to develop positive self-worth, be part of a team and display appropriate sportsmanship.

# What is to follow:

- Goal of the Mighty Program
- Role Model Behaviors
- Expectations of YMCA Coaches
- Communication
- Time Line of the Season
- Picture Day
- Game Sites
- Schedules
- YMCA Supervisors and Officials
- Practices & T-shirts

# Goals of the Mighty Program

- The YMCA wants to provide a basic introduction to sports for the 3 & 4 year old.
- The environment is set up to be a fun playing time for the participants to see what a game is like, while playing with other kids.
- The mighty program will also assist with teaching the kids sharing, cooperating, and playing with others,

# Role Model Behavior

The YMCA expects all coaches to be the role model for the players, parents and spectators at all games and practices.

Even in the times of conflict, or question or a judgment call, you have to make sure you remain calm and approach the situation correctly. Do not let your parents become unruly or argumentative toward the YMCA staff.

# Expectations of a YMCA Coach

- \*Provide your players with a safe play time to gain a taste of the sport.
- \*Make sure all players have an equal opportunity to participate.
- \*Every player should have a chance to start and finish a game.
- \*Communication is a must with your parents.
- \*Be on time for all games.
- \*Keep all the players safe at all times
- \*Make sure players are having fun
- \*Teach the very basic of the sport.

# Communication

- Communicate early and often with your parents
- Never assume the parents know when games will be.
- If you ever have to cancel make sure all parents get the information.
- Have a pre-season meeting with your parents to figure out what is their best method of receiving information.
  - Emails
  - Cell Phone
  - Home Phone
  - Text

# Time Line of a Season

- Registration Period
- Registration Deadline
- Teams are formed
- No coach letters are sent out
- Coach letters are sent out
- Schedules are put together
- Coaches meetings are held
- Games begin
- Picture day are usually within the first half of the season

# Picture Day

- The YMCA uses a company called Modern Images as our current sports photographer.
- They take composite pictures, so the entire team does not have to show up at the same time.
- Please encourage all your player to have their picture taken. They do not have to purchase pictures, but it is better for those parents that do to have a picture of all their teammates.
- Pictures are taken on one day, with 2 evenings of make up opportunities for the players.
- All coaches receive a packet of envelopes and an informational flier in their coaches binder prior to the season beginning.
- Pictures are taken as scheduled (rain or shine)

# Game Sites

- The YMCA uses area schools, parks or churches for game locations.
- We ask that all coaches, parents and participants respect the facilities. Take all trash with you when leaving. Make sure you leave the property the way it was when you arrived.

# Schedules

- How to read a YMCA schedule
  - The top of each schedule will give you the season and grade
  - The game location will be listed next
  - A list of coaches and their phone numbers will be listed next. The number to the left of the coaches name is what will be used in the table.
  - A table will have the following:
    - Along the left hand side will be the game times, which read all the way across the schedule
    - Across the top will be the dates of games
    - In the middle teams will be listed that play each other, using the numbers located next to the coaches.
  - The bottom of the schedule will have the game cancellation number, and picture information number.

# YMCA Supervisors

- The YMCA will have a staff person at each game location.
- The supervisor's role is to make sure that the games begin on time and to make sure that all activities outside the playing area are following the policies set by the facility.
- Coaches will be in charge during the game time on the playing surface.

# Practices and T-Shirts

- Teams in the Mighty program do not have additional practices during the week.
- All practices and games are held within one hour on Saturdays only (1/2 hr practice, 1/2 hour game)
- Each participant will receive a team t-shirt from the YMCA.
- These t-shirts are picked up by the coach at the coaches meeting

# Contact Information:

- YMCA Youth Sports Office is:
- 13010 Atwood Avenue, Omaha  
68144
- Phone # is (402) 334-0100