

St. Anastasia CYO Coach's Manual

1. Coach's Pledge

All head and assistant coaches are expected to follow the CYO coach's pledge.

“Upon my honor as a CYO coach,
I pledge myself to the following:

To guide each player to be a better Christian and
better citizen.

To be ethical and sportsmanlike in my coaching conduct
towards all players, officials, fans, and other coaches.

To motivate each player to compete according to the rules at all
times.

To teach each player, especially through my own example, to be
humble and generous in victory and proud and courteous in
defeat.”

2. Eligibility

A. Each head and assistant coach must attend the CYO coach's orientation program during their first year of coaching. Attendance in the first year is a prerequisite for coaching in the second year; Certification must be on file to be eligible to continue coaching a CYO team. CYO central will issue a certificate of completion at the orientation program which is to be forwarded to the season's athletic direction. Current coaches who have not attended the orientation program must complete the program prior to their next coaching season.

B. Child Abuse Check

Forms will be distributed at the St. Anastasia CYO coach's meeting at the beginning of each season. All head and assistant coaches are required to complete a

child abuse background check form. The form is to be given to the athletic director to be submitted to the state. The state returns the background check information to each coach, not the CYO. The state background check information should then be forwarded to the athletic director to be kept on file. The background check is valid for two years.

C. Safe Child Environment Classes

All head and assistant coaches are required to attend a safe child environment seminar. Date and time to be determined. Certificate of completion issued by the archdiocese must be given to the athletic director. Attending this seminar is a prerequisite for coaching in your second year.

3. Code of Conduct

A. Offensive Actions and Penalties

I. No CYO coach, athlete, or spectator is to:

1. Refuse to abide by an official's decision.
2. Be guilty of objectionable demonstrations by throwing equipment or any other forceful action.
3. Be guilty of heaping personal verbal abuse upon any official for any decision or judgement.
4. Be guilty of an abusive verbal attack upon any athlete, coach, official or spectator.
5. At any time lay hands upon, push, shove, strike, threaten to strike, or physically attack an athlete, coach, official or spectator.

II. Penalties:

Violation of Articles 1 thru 4: Minimum automatic five-game suspension for CYO league and/or playoff games. (A coach may not coach in a

different age group of the same sport while under suspension.)

1. Violation of Article 5 (Coach):
Minimum suspension for one full calendar year from all CYO sports.
2. Violation of Article 5 (Athlete):
Minimum suspension for one full calendar year.
3. Violation of an Imposed Penalty:
If a coach or athlete disregards an imposed penalty for their actions when properly notified by the League Commissioner, his or her team is to be suspended from league competition for one full calendar year in that particular sport with no granted appeal procedures.

4. Safety

1. Coaches must ensure all players wear the proper and mandated athletic equipment for their sport. Additionally, it is the responsibility of each coach to make certain that all facilities, both indoors and outdoors, are safe and free from hazards. Coaches should report unsuitable athletic conditions to the Facility/Field Director immediately and notify the League Commissioner. It is the Commissioner's responsibility to make safety a priority in running the league that they preside over.

2. Every team in a CYO program is required to carry at least one first aid kit. No game may begin without at least one first aid kit available.

5. Uniforms & Equipment

The CYO equipment manager will handle all requests and purchases of uniforms and equipment. Please review equipment inventory with the equipment manager prior to the season. This will enable the CYO to properly prepare for each season. Capital purchases are to be submitted to the board by January 31 of the current school year.

6. Parent Meeting

Each coach should schedule a parent meeting with his or her team. The meeting is an opportunity to discuss with parents some of the expectations of the student athletes. It can also give the coach an opportunity to recruit a team parent to help with the administrative details.

7. Fees

Player participation fees are to be collected before uniforms are issued. No exceptions. Financial hardships are to be submitted to the season's athletic director and CYO board president for approval. Fees needed for items such as tournaments, referees, and the like are to be requested through the treasurer via CYO Requisition Forms.

8. Rosters

Team rosters are to be submitted to the athletic directors by the following dates!

Fall sports - September 15

Winter sports - November 15

Spring sports - March 20

9. Service Project

All CYO teams are required to participate in a service project. The head coach is to coordinate the project with the CYO board member responsible for service projects.

10. CYO Meetings

Head coaches are required to attend CYO meetings during the course of their season and encouraged to attend meetings out of season. CYO meetings are generally held on the second Monday of each month in the cafeteria at 8:00 PM.

11. Pictures

Team pictures are optional for each team. However a team photo must be taken and forwarded to the Home & School Association for inclusion in the school yearbook. The name of the Home & School yearbook contact will be forwarded.