

BILL OF RIGHTS FOR YOUNG ATHLETES

- * Right to participate in sports
- * Right to participate at a level commensurate with each child's maturity and ability
- * Right to have qualified adult leadership
- * Right to play as a child and not as an adult
- * Right of children to share in the leadership and decision-making of their sport participation
- * Right to participate in safe and healthy environments
- * Right to proper preparation for participation in sports
- * Right to an equal opportunity to strive for success
- * Right to be treated with dignity
- * Right to have fun in sports



COACHING IDEAS



SPORTS PROVIDES OPPORTUNITY!

- * FIND A HIGHER PERFORMANCE LEVEL
- * ACHIEVEMENT EASILY MEASURED
- * CAUSE AND EFFECT CONNECTIONS
- * TEST ONESELF UNDER PRESSURE
- * PLACE TO LEARN LIFE SKILLS
- * VARIETY OF LEVELS

COACHING CHILDREN

- Keep It Positive!
- Treat As Individuals
- Focus On Preparation, Personal Performance -- Not Results
- Present Information In Small Pieces
- Appropriate Equipment

COMMON KEY WORDS

- Keep the top hand high!
- Arms Straight!
- Reach Ahead!
- Keep The Stroke In Front Of You!
- Snappy Exit!
- Down The Shaft, Through The Shaft!
- Torso Rotation!
- Catch Deep!
- Keep the boat flat!

KIDS PARTICIPATE IN SPORTS TO:

- ☺ Have Fun
- ☺ Learn New Skills
- ☺ Make Friends
- ☺ Feel Good

VIDEO

Video is very popular among coaches to help teach technique to outrigger athletes. It is also a great way for both athlete and coach to learn about the various elements of technique. By viewing video to top athletes, both athletes and coaches can learn how the best athletes paddle, and understand critical technique and racing elements.

Video tape sessions of athletes also tend to be very productive. The goal of technique training is to help the athlete develop an intrinsic sense of the correct technique. Often athletes think they are paddling a certain way, when in reality they are doing something entirely different. By taking video and then showing them exactly what it is they are really doing, athletes can see their own technique for themselves. Video should be shown as soon after it is taken as possible, to help make a stronger connection between the visual and physical feedback.

ROLES PLAYED BY A COACH

- **Teacher** -- passing on information, helping to develop skills, sharing ideas
- **Trainer** -- guiding an athlete's fitness development
- **Motivator** -- nurturing a positive and healthy approach to sport, promoting an approach based on reaching for goals, focus on excellence
- **Disciplinarian** -- instilling a sense of discipline in yourself, your program and your athletes
- **Organizer** -- ensuring that practices, events, travel, and other program activities use time, energy, and other resources effectively
- **Marketer** -- selling the program to athletes and parents, volunteers, sponsors, and the community
- **Scientist** -- analyzing, testing, and evaluating athletic development and the effectiveness of training
- **Student** -- observing, questioning, listening, and always learning
- **Recruiter** -- bringing new people into your team
- **Fund-raiser** -- attracting resources to support team goals

DA KINE CANOE COACH WILL:

- Instill the highest desirable ideals and character traits into their competitors.
- Have the responsibility of maintaining discipline.
- Be self-Confident, assertive, consistent, friendly, fair and competent.
- Communicate in a frank and supportive manner, based on mutual trust and respect.
- Be able to manage initial treatment of minor injuries with a competent understanding of first aid and CPR.
- Be dressed appropriately to suit the session being conducted.
- Be knowledgeable of Outrigger rules, performance demands and opportunities.
- Creatively base programs on sound principles of exercise physiology.
- Be able to analyze athletes' skills.
- Be very organized not only for each session, but for the week, the months and the year.
- Be flexible.
- Be able to justify why things are being done, and open minded to ideas and suggestions.

REASONS COACHES HAVE BEEN FOUND NEGLIGENT

- Coach failed to provide proper instruction
- Coach failed to provide proper supervision
- Coach failed to provide suitable or properly maintained equipment
- Coach failed to properly maintain facilities
- Coach directed an injured athlete be moved from a football field without waiting for proper medical care
- Coach directed a team member, with a known poor driving record, to drive others home after practice



ORGANIZED AND EFFECTIVE COACHES DO MOST OF THE FOLLOWING:

- Keep a notebook to write down ideas
- Break down projects into small, more manageable pieces
- Maintain consistency between personal and coaching goals
- Keep one time-planner of commitments for all activities
- Focus on one task at a time
- Set work priorities, focus on highest priorities
- Set aside or disregard lower priorities
- Develop a filing system
- Minimize your desk clutter
- Set and keep deadlines for yourself and others
- Recognize the importance of delegating work to others and getting good assistance
- Be realistic about expectations and goals
- Communicate w/ your team assistant, coaches, officials, parents
- Concentrate on getting messages across quickly and clearly
- Stop to think before reacting instinctively
- Respond more quickly with less formality and more speed
- Be sure important papers and documents can be reached easily and quickly, throwing out irrelevant items

VARIETY

- Vary workouts
 - Technique elements
 - Energy systems
 - Intensity
 - Length of workouts
 - Pieces and sets
- Many competitions at different sites
- Mix and match team boats
- Mix and match training groups
- Cross training
- Games and drills

WAIVERS MUST:

- Be Written Documents
- Be Conspicuous
- Contain Specific Wording
- Be Updated Annually

YOUR RECORDS SHOULD INCLUDE:

- Safety Guidelines
- Medical Records
- Emergency Action Plans
- Injury Guidelines
- Injury/Accident Reports
- Facilities Guidelines
- Training Schedules
- Travel Policies
- Staff and Volunteer Training

OUTRIGGER COACHES CAN:

- Contribute to the growth of other people
- Have fun
- Find personal achievement and challenge
- Gain recognition and standing in their community
- Contribute to and continue to be involved with the sport they love.
- Help their paddlers win

COACHES ARE RESPONSIBLE FOR TEAM ENTRIES

- Meet entry deadlines
- Submit complete team boats
- Entries neatly organized and legible
- Be organized ahead of time so few changes need to be made
- Provide timely changes as necessary
- Minimize special requests

EXAMPLES OF COACH DECISIONS

- Training
- Technique concepts
- Workout organization
- Training groups
- Race entries
- Team boat assignments
- Club equipment assignments