

First Time Coaches

Learn Our Rules:

Take some time to go over our Coaches Code of Conduct to familiarize yourself with responsibilities that come with your new position.

You can find the Coaches Code of Conduct on our website (www.UVYSL.com) under the Coach Resources tab.

Communicate With Parents:

Communicating with parents is the key to a successful season! We encourage you to have a meeting at the end of your first practice to introduce yourself, explain your coaching philosophy, and set out goals for your team. You can use this meeting to let the parents know what is expected of them at games and practices. Remind parents you are a volunteer and urge them to notify you of any concerns.

Delegating:

- If possible, having a team parent(s) to make a snack schedule is a great way to get parents involved!
- Team banner planning is also a great way to get parents involved. We have a banner contest each year where the winner receives \$100 towards their end of season party. To qualify you must have a homemade banner, you can have a volunteer parent help plan and execute the creation of your banner!

Prepare Trainings Ahead of Time:

Preparing training before you meet with your players is a good way to accomplish more at each practice! If you need ideas there are links under the “Coach Resources” tab on our website, (www.UVYSL.com)

Lead By Example:

Maintaining a calm, cool presence at games and practices is a good way to set an example for the players. Positivity is a great way to encourage good sportsmanship!

Contact Us:

Most communication is done through email. You can contact us at UVYSL83@gmail.com. If email isn't the best option in any situation here are some additional contacts:

- **Director/Registrar:** Lindsey Okulove - (707) 467-7366
- **Fields:** Justin Lawson - (707) 391-8340