



# Sportsmanship Pledge For Coaches

This Pledge summarizes important elements of the youth sports experience and sets out your commitment to Sportsmanship and Fair Play. Signing it is a condition of your participation in the Mid-New Jersey Youth Soccer Association.

## Coach Responsibilities

Coaching is a responsibility that cannot be undertaken without understanding the importance of the role in which you have chosen. Your actions are viewed by parents, spectators but most of the youth of our league. Your actions by both word and gesture are what will mold the futures of these players. You will be held at the highest level of accountability.

The minimum suspension for a dismissed coach is a three game sit and a \$100, this being the minimum is not something that can be appealed. The suspension will last until the team that you were coaching has played three games no matter how many teams you are listed as a coach, assistant coach or trainer. Please understand that you must control your actions long before your situation gets to this level.

It is up to you as the coach to make sure that Fair Play is observed and that the principles of SAGE are followed. This is your pledge.

Lopsided scores are not in the best interest of either team or our players. Winning by more than six goals or losing by more than six scores is not what we want to see and must be controlled by the coaching staff. A coach must understand what is needed to manage the outcome of a match long before the score is this unbalanced. A coach must understand what is needed keep the match fun and exciting no matter the score.

## Important Information about Youth and Sports

Kids participate in sports primarily because it's fun. A coach needs to keep it fun. Some adults get too emotional about youth sports because they are too concerned about how their kids are doing, have the mistaken belief that winning is very important, or have a desire for glory through their kids' success.

Kids need to know that if they're trying their best, they are winners. Placing too much pressure on kids to perform well creates stress that can detract from their fun and their performance and can affect their self-esteem.

## My Pledge to Set A Good Example

I will not be loud or negative towards players, referees, coaches or spectators. As a coach, I should know that failing to show respect for people who are doing the best they can sets a bad example for our children and can result in expulsion from the venue and additional consequences. If someone else makes an inappropriate comment, I will not make a negative response that could lead to a confrontation.

Coaches should remember that encouragement and praise for every child, not just the best athletes, are critically important to their self-esteem and their ability to achieve the most they can.

I recognize that *striving* to win, rather than winning itself is what is important in life. Striving to win means doing the best you can. Winning too much means that the teams you're playing are weaker.

I recognize that players must get adequate playing time to improve and gain the confidence that helps them do the best they can. I acknowledge that this is more important than winning games. If the team lost simply because a player of lesser ability received appropriate playing time, I did the right thing.

I acknowledge that making mistakes and losing are part of life. We all suffer setbacks. I pledge that I will be tolerant of the mistakes of players, other coaches, referees.

Print: \_\_\_\_\_

Sign: \_\_\_\_\_

*This pledge may be used in whole or in part. More S.A.G.E. information at <http://mnjysa.org>*