

Volunteer Coaches' Guidelines

Coaches are representatives of the St. Louis Blue Knights Organization. They are accountable for their character to the players, parents, referees, other coaches and teams, spectators and above all, the Lord.

It should be understood that the St. Louis Blue Knights Board has put the following expectations forth. Please read the following and sign below.

Objectives of the Coaching Staff

To mentor, instruct, train, develop, discipline and motivate young men who desire to learn/play the game of basketball, in a highly competitive fashion, while maintaining Godly character on the court.

Mentor

At all times, the coaches should be Christian role models demonstrating a Christ like attitude in word and deed, on and off the court.

Instruct

The coaches should have a sufficient level of basketball skill and knowledge to enable them to teach players the fundamental skills necessary to play competitive basketball.

Practices should be held regularly, start/end on time and consist of all elements necessary to impart an increasing level of basketball skill. Examples are offensive/defensive strategies, drills, wind sprints and scrimmages.

It should be emphasized that the St. Louis Blue Knights Basketball Organization is a competitive basketball league. The goal: "We play to win" therefore there is not guaranteed playing time. It is because of this view, that the coaches will work toward developing each player to his playing potential and in turn, the player has a responsibility to respond with what is expected of him. This philosophy will be adhered to more specifically with the higher level teams (JV/Varsity).

Train

The coaches should use the game of basketball and its concepts to impart life lessons to the team. This includes concepts such as: self discipline, respect for authority, respect for peers, respect for himself, hard work and dedication to a task.

Develop

The coaches should identify each player's weaknesses; both in basketball and character, then take opportunities to direct the players in methods of improving both.

Discipline

The coaches are the authority on the court, in practices and in games. Their deportment should command the respect of each player without being dictatorial. Likewise, the coaches should respect each player as maturing young men and vital members of the team.

An effort should be made to establish a rapport between the coaches and players such that each party understands what is expected from the other in building and maintaining team unity.

Discipline should also be utilized to maintain order and set expectations. The following suggestions should be considered:

- Require that players be on time for all practices and games unless excused ahead of time.
- Establish a clear understanding of the consequences of tardiness, missed practices, poor attitude, negative interactions with the coaches, the team, officials and other players. Consequences should be fairly applied and appropriate to the level of the infraction.
- Require individual practice/training outside of scheduled team practices.
- Plan for two full practices each week that allow for short intervals of rest and/or water breaks.

Motivate

The coaches should make it a priority to inspire each player to give the best effort of which they are capable and strive to achieve more.

The coaches should encourage and affirm positive performance in all players. They should also discourage negative behavior in a manner that is neither demeaning nor degrading to the players.

The coaches should be knowledgeable of the game of basketball and have the ability to clearly impart that knowledge to the team with consideration given to their physical abilities and confidence level.

Further, the coaches should demonstrate grace and patience in losing, humility and appreciation in winning and maintain an open mind to where he may personally improve in these areas.

Finally, the Head Coach should have an Assistant Coach that will also abide by the above standards. In the event that the head coach is temporarily unable to fulfill his duties, it is expected that the Assistant Coach have the knowledge and ability to step in until the Head Coach is available.

The Assistant Coach is expected to submit to the authority of the Head Coach. Together, they should strive to seek God's wisdom in the ways most effective to accomplish the above.

I have read the expectations for coaches of the St. Louis Blue Knights Basketball Organization and am ready to assume the position.

Team: _____

Head Coach: _____ Date: _____

Assistant Coach: _____ Date: _____