



COACHES' CODE OF CONDUCT

It is Mendham Patriots Sports Association's intention to create an environment in which a coach's influence on a youth athlete will be positive and developmental. In establishing the Coaches' Code of Conduct, Mendham Patriots has researched and relied upon these well-recognized youth athletic authorities including: National Association for Sport and Physical Education; National Alliance of Youth Sports; Community Education & Recreation Association; National Federation of State High School Associations; and the National Association of Basketball Coaches.

The function of the coach is to educate youth athletes through participation in sports competition. The profound responsibility and impact that coaches have on youth athletes provides an opportunity to enhance an athlete's development, physically, athletically and socially. Such influence should incorporate knowledge of the necessary athletic competencies of youth athletes and simultaneously help build self confidence in youth athletes.

Mendham Patriots requests its volunteer coaches to embrace the Seven Domains of The National Standards for Sport Coaches adopted in 2006:

- Philosophy and Ethics of Sports
- Safety and Injury Prevention
- Physical Conditioning
- Growth and Development
- Teaching and Communication
- Sport Skills and Tactics
- Evaluation

As a Mendham Patriots coach we ask you to agree to the following concepts, standards and practices:

- Take responsibility for athletes' well-being and development. Treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- Place athletes' needs and interests before one's own interests, remembering that competition should be healthy and enjoyable. **The game is for the athletes; not the coaches.**
- Accept the responsibility to serve as a **Positive Role Model**; as such, coaches' actions should live up to their words. Maintain a professional demeanor in all relationships with all athletes, game officials and opposing coaches.

- Refrain from using discriminatory language or profanity. Remember that a coach's actions reflect not only himself/herself but the Mendham Patriots organization and the *Community of Mendham*.
- Exemplify ethical behaviors, including HONESTY, INTEGRITY and A SENSE OF FAIR PLAY & SPORTSMANSHIP. These are life-long lessons and our coaches are establishing the foundation for our youth athletes to become productive participants in our community.
- Provide both a physically and emotionally safe environment for athletes during practices as well as in game competition.
- Practice safe training and conditioning techniques that are current. Do your best to provide safe playing situations for athletes.
- Review and practice basic first aid principles needed to treat injured players. Seek professional emergency medical resources where and when needed.
- Be knowledgeable about hydration. When a situation exceeds a coach's scope of knowledge, he/she should refer the athlete to an appropriate medical professional.
- Demonstrate an understanding of the youth athletes' growth and developmental stages.
- Discourage the use of performance-enhancing substances and dietary supplements.
- Prohibit the use of alcohol, tobacco or any illegal or recreational drug.
- Recognize the power and influence of the coaching position as it relates to youth athletes. Therefore coaches should be careful to avoid and refrain from exhibiting behaviors that could develop into interpersonal relationships, or even create the perception of intimacy with athletes.
- Refrain from direct physical contact with players that could be construed to be sexual in nature. Work toward the best interest of the athletes by understanding issues of confidentiality and avoiding situations that could create conflicts of interest or could exploit a youth athlete.

By signing this Coaches' Code of Conduct I agree to the concepts and practices established by Mendham Patriots Sports Association and will commit to promoting them for the benefit of the athletes I coach and for all participants in the program.

Coach (print name)

Signature