

Napa Xtreme Athletes - Coaching Philosophy

Why do we coach youth sports and what is important to us as coaches?

As coaches we love the development of others, the game and the athletic environment. The development of youth and support of their success as people in society and players both on and off the field is incredibly rewarding to our coaches both personally and professionally.

Society needs good coaches who have the best interest of the players in mind - first and foremost. We believe our coach's impact on our youth athlete's goes far beyond the game and athletic fundamentals being taught. A coach's influence will impact a young athlete in personal relationships, in future carriers, in their decision making skills and in their overall make-up as an individual.

Providing good ethics, morals and values is a priority for us. As coaches we must always exude behavior that we expect our players to adopt and place as a priority:

- 1) Respect your family, your players, your teammates, your coaches, opponents and officials. Never judge another without giving them the benefit of the doubt.
- 2) Love your mind and body. Be good to yourself. Eat well, sleep well and train hard. What you put into your body will come out in return both mentally and physically.
- 3) Believe in yourself!
- 4) Believe in hard work and dedication in order achieve your goals.
- 5) Maintain good communication with your team in order to express emotions and overcome mental challenges.
- 6) Always have good sportsmanship when dealing with aggression and intensity.
- 7) Always be a self-developer and strive to learn form others and improve your knowledge.
- 8) Be a student of the game both on an off the field.
- 9) Always maintain appropriate behavior of what is right and what is wrong. If you think you maybe crossing the line ethically or morally, you are!

Coaching Goals, Priorities and Objectives:

As coaches we want to provide an environment which is both safe and challenging in order for the athletes to identify and accomplish their goals. In order to achieve this environment our coaches believe in 7 main teaching priorities which support our coaching actions.

Goals: Everyone must define their goals. Both players and coaches will develop goals for the next 2 months, the next year and the next 5 years.

Teamwork: As coaches you can expect our focus on teamwork to be tremendous. Players should not expect to be catered to by coaches or other players, based on their own perception of their abilities. A players respect and support his/her teammate is an invaluable concept which all people should learn at an early age. The better you are the more humble and respectful you should be. Excellent teamwork will always be rewarded. You don't win games by yourself on a team.

Individual Development: Fundamentals of the game are essential for success. The basics are where it's at! Developing organized practice environments which are strategic and focused on fundamentals will provide the stepping stones for player improvement. Good fundamentals, makes good things happen, which in turn builds confidence in players. Bad fundamentals, makes bad things happen and we know the rest of the story, no happy endings.....

Hard Work & Attitude: In order to improve everyone must work hard. All the players and coaches will be pushed to a higher level and we understand that everyone is at a different level both mentally and physically; however a player's current level has nothing to do with how much work they must do in order to improve. Everyone has different motivation "buttons", as coaches we will strive to find those and learn how to push them appropriately.

Consistency: We believe in consistency in all aspects of behavior. Consistency in time management, team participation and consistency in building upon learned skills. This is evaluated and placed as a priority by the coaching staff. Coaches are also held to high standards of consistency by the organization.

Education: Education must be a priority to the player and scholastic achievement will be required by the coaching staff. Beyond the books smarts and general education making a player more well rounded, critical thinking and evaluation skills are an essential part of enhancing the player's ability as an athlete. Coaches will be familiar with their player's academic performance and they will check in with the player's individually. Coaches are also expected to maintain annual continued education as assigned by the organization.

Communication: In order to achieve our goals and objectives and in order to reinforce our philosophy, we must and will provide an environment of good communication which has clear expectations of players, parents and coaches. Effective communication starts with the individual that wishes to communicate and it is important that everyone realize there are no dumb questions, your feelings are important and there is always an open door for you to express your concerns, interest and ideas. (For more information on our communication process and philosophy, please see our communication hand out).

We will always fall back on our coaching philosophy in order to protect what is most valuable.