Youth Sports Coach Mentor Program

Purpose

The program’s purpose is to encourage more people to become volunteer youth coaches by making available experienced youth coaches to act as mentors. The program will attempt to have youth coach mentors available for all youth sports programs.

Youth Sports Mentor Goals

The primary goals for the program are:

1. Provide new or inexperienced youth coaches resources to provide advice and support.
2. Increase the number of volunteer youth coaches in all sports.
3. Increase the general knowledge of youth coaches in all sports.

Mentor Coach Teaching Goals

Coaches volunteering to act as mentors should be able to do the following:

1. Provide best practice advice to organize and coach youth sports teams.
2. Provide general advice for best approaches to coach young children.
3. Provide best practice advice for managing team activities and communicating to parents.
4. Help new coaches develop practice plans and implement effective practice drills.
5. Provide best practice advice for how to manage player rosters and playing time during games.

Expected Mentor Coach Activities

Mentor coaches will be expected to do the following:

1. Be assigned one or more new coaches to mentor during a single season. Mentors may request to assist one or multiple new coaches to mentor.
2. Hold a face to face kick-off meeting with their assigned youth coach(es) to discuss the following:
   a. Goals of the mentoring program and how they will help.
   b. Goals the new coach(es) has for their team and players.
   c. Questions, concerns and ideas from the new coach(es).
3. Attend one pre-season practice session to help the new coach(es) organize practices and implement drills.
4. Make their own practice sessions open to youth coach(es) for observation.
5. Be available by phone and email to provide follow up advice and ideas throughout the season.