

HIGHLAND PARK

# RECREATION

## YOUTH COACHING GUIDE



Highland Park Department of Recreation  
220 South Sixth Ave  
[www.hpboro.com](http://www.hpboro.com) • 732-819-0052



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## Youth Sports Coaches are Expected to:

### Be Present

Communication with the team, regular practices and regular attendance of games is essential for everyone's success.

### Lead by Example

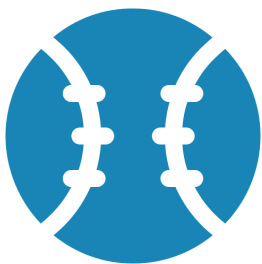
Good sportsmanship, positive thinking and love of the game are skills learned by seeing how it's done.

### Create a Fun Environment for Learning

Inclusivity, encouragement and equal playtime will allow all children to grow their athletic abilities while also having a great experience.

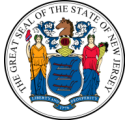
The Highland Park Department of Recreation creates sports opportunities for the youth of our community to promote growth and development, healthy lifestyles and social connections.

It is essential that all youth recreation players receive guidance, encouragement and equal play time.



# The BOROUGH of HIGHLAND PARK

County of Middlesex, State of New Jersey  
Highland Park Senior/Youth Recreation Center  
220 South 6th. Avenue  
HIGHLAND PARK, NEW JERSEY 08904



## State of New Jersey

The following model athletic code of conduct is promulgated in accordance with the provisions of P.L. 2002, Chapter 74.

**Preamble:** Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

**I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in a youth sports event and shall conform my behavior to the following code of conduct:**

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
3. I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
4. I will not engage in the use of profanity.
5. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
6. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
7. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.

**I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event I will be subject to disciplinary action, including but not limited to the following in any order or combination:**

1. Verbal warning issued by a league, organization or school official.
2. Written warning issued by a league, organization or school official.
3. Suspension or immediate ejection from a youth sports event issued by a league, organization or school official who is authorized to issue such suspension or ejection by a school board or youth sports organization.
4. Suspension from multiple youth sports events issued by a league, organization or school official who is authorized to issue such suspension by a school board or youth sports organization.
5. Season suspension or multiple season suspension issued by a school board or youth sports organization

# Volunteer Coach Requirements

## Background Check

All volunteers over the age of 18 working with youth must complete the background check process every 2 years. It can be found at

<http://bit.ly/BoHPVolunteerCk>

## Volunteer Application

All volunteers working with youth must have a completed volunteer application on file. The application can be found at <https://www.hpboro.com/home/showpublisheddocument/1936/637102660999570000>

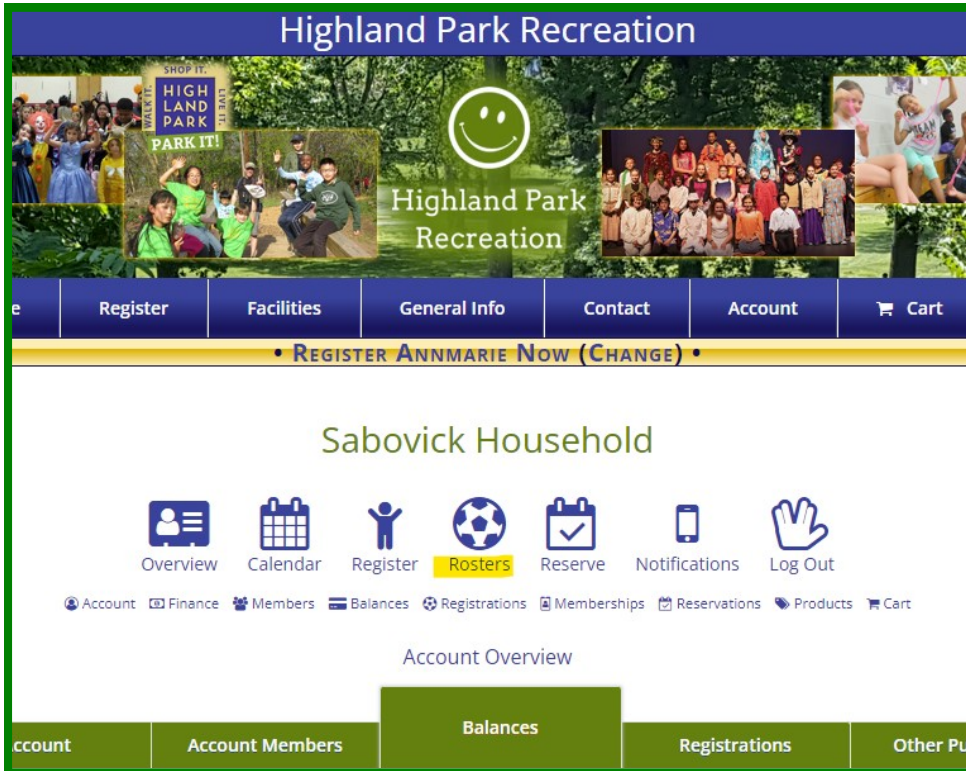
<https://www.hpboro.com/home/showpublisheddocument/1936/637102660999570000>

## MyRec Account

Head Coaches must have a primary MyRec account that they can log in to. This account will be linked to their team so that they can access team rosters and contact information. Set up a MyRec account at [highlandparkrec.com](http://highlandparkrec.com)

# Navigating MyRec

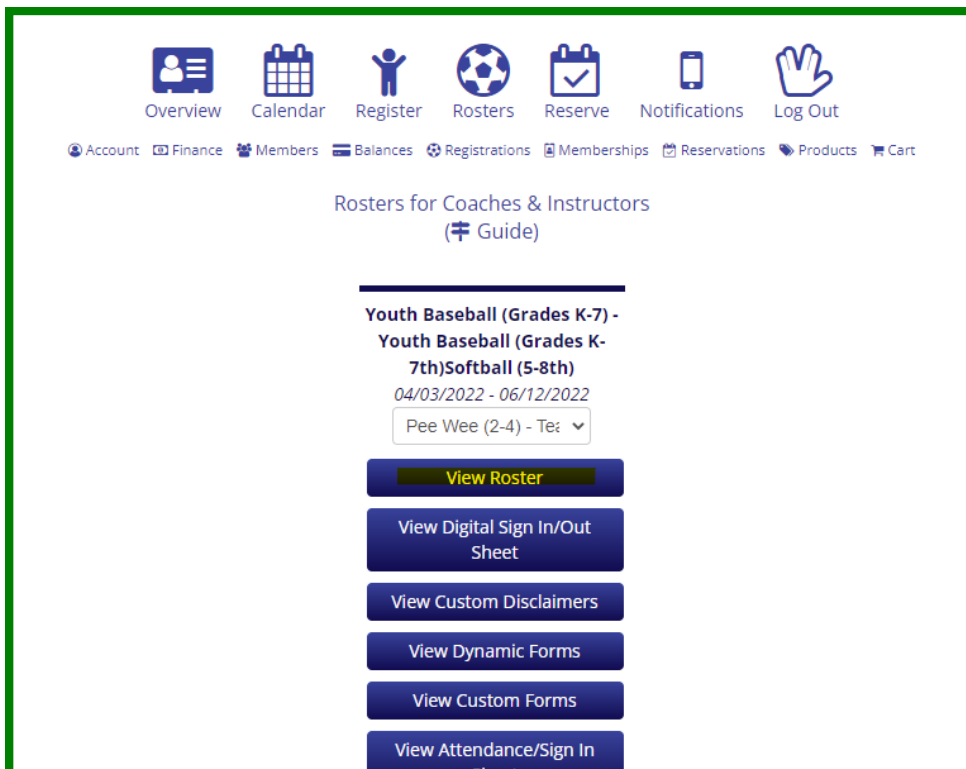
## Finding The Team Roster



Log in to your MyRec account at [highlandparkrec.com](http://highlandparkrec.com) and select "My Account".

Select the "Rosters" option from the menu options at the top of your household page.

**TIP:** If you're accessing rosters from a smartphone, turn the phone to landscape mode to access the menu options.



Ensure that the proper team is selected in the drop-down menu.

Select "View Roster" to view your team's roster and emergency contacts.

OR

Select "Email Roster" to copy the team's email contacts to send them an email.

# Coaching Resources

[COACH'S CORNER](#) by MOJO is a great resource for coaches of all youth sports.

## **T-Ball/Baseball**

This [T-Ball Skills and Drills](#) video from T-Ball America gives coaches & parents over 30 creative drills for young players.

[8 Baseball Drills for Kids](#) from ActiveKids.com

[15 Fun Baseball Drills That Will Develop Team Synergy and Individual Skills](#) from DugoutDebate.com

## **NFL Flag Football**

[NFL Flag Football Drills](#) from NFLflag.com

## **Soccer**

[10 Best Soccer Drills for Kids](#) from Mojo.Sport

## **Basketball**

[21 BEST Youth Basketball Drills for BEGINNERS \(In 5 EASY Phases\)](#) video from One Up Basketball Training