



# Pacifica Girls Softball League

**To:** All PGSL Managers & Coaches

**Date:** 2017 Season

**From:** PGSL Board of Directors

**Re:** Coaching Expectations

You are the MOST important person in our organization. You determine the kind of experience our athletes have with softball. We are committed to the principles of Positive Coaching and incorporate them into our own league philosophy as stated in our Mission Statement: *The mission of the Pacifica Girls Softball League is to provide an opportunity for girls ages 4-18 to play softball in a positive, fair, instructional and safety-oriented environment with emphasis on the development of qualities such as leadership, teamwork, sportsmanship, citizenship and friendship with mindful adherence to the Code of Ethics of the American Softball Association.*

We expect our Managers and Coaches to help PGSL fulfill our mission. Adapted from the Positive Coaching Alliance, the following is what we expect from you during the coming season:

1. Model and teach your players to **Honor the Game**. Teach the elements of ROOTS --- Respect for: **R**ules, **O**pponents, **O**fficials, **T**eammates and one's **S**elf.
2. **Appoint a team parent** who is fully committed to the overall success of the team. The team parent has a PGSL job list that supports both your team and our league. This parent should act as a liaison between the Team and the League.
3. Honor the Game during practices so it translates to the game itself. **Seize teachable moments** involving the player using constructive not destructive critique. Remember not to use sarcasm, it negates positive coaching.
4. You are expected to **conduct two instructional practices per week**. This practice may not be held on a game day.
5. Fill your players' Emotional Tanks. Use encouragement and positive reinforcement as your primary method of motivating; motivate each child equally. Be especially careful to interact with all players and parents with respect. Teach the **ELM Tree of Mastery**: **E**ffort, **L**earning and bouncing back from **M**istakes. Strive to achieve the 5:1 "Magic Ratio" of 5 positive reinforcements to each correction.
6. **Delegate**. Who is responsible for checking the equipment and returning it to the container in an organized fashion? Who will make sure containers are secure, trash is picked up, the bases and fields are in good condition and gear is not left out accidentally. Who will report damage to the league in a timely manner to prevent injury to others?

7. **Plan ahead.** What will you do at practice today? What skill(s) are your targeting?
8. Practices should be organized in advance of arrival. Every practice should include an opening cheer, stretching, running and targeted skill development with position specific training. You are expected to develop 2 pitchers. Not everyone can coach pitching. PGSL is synthesizing resources to provide you with what you need to be a great coach. Your league is here to support you, let us know what you need to accomplish these goals.
9. Honor the Pacifica School District rules for field use: no tobacco, alcohol or any controlled substances or dogs are permitted on school grounds. I will safeguard the access codes to the fields and secure locks properly to avoid theft during games or illegal access to District Property after hours. When Home Team Manager I will maintain fields in accordance with the prescribed water-drag-chalk methods prescribed by The League. I will make sure the fields are clean upon exiting the property and the portable bathroom is secure to prevent vandalism. I will report safety issues or accidents immediately to the League or activate 9-1-1 should an emergency hazard or situation exist.

**Signature:** \_\_\_\_\_

