

### POSTIVE COACHING ALLIANCE

#### Coach Education Workshops

Hillsboro Parks & Recreation strives to be a leader in changing the culture of sportsmanship in youth athletic programs in our community.



Positive Coaching Alliance develops BETTER ATHLETES, BETTER PEOPLE through resources for youth sports coaches, parents, leaders and athletes. PCA workshops and courses strive to transform youth sports into a Development Zone, where the goal is to develop better athletes and better people.

Hillsboro Parks & Recreation is proud to partner with Positive Coaching Alliance to invest in our youth sport coaches with training opportunities to develop and strengthen a repertoire of skills to be able to use throughout the season. These workshops give coaches a common language to speak as well as goals that are broad across all youth sports programs. Our goal is to lay the foundation for consistent coaching culture community-wide.

#### Resources for youth sport parents & coaches:

[PositiveCoach.org](http://PositiveCoach.org)

#### Interested in coaching?

Hillsboro Parks & Recreation organizes a number of youth sport programs, many of which are dependent on volunteer support. Without volunteers like you, we would not be able to provide this level of service to the community.

Coach training and incentives available!

For more information visit us online:  
[Hillsboro-Oregon.gov/YouthSports](http://Hillsboro-Oregon.gov/YouthSports)

### COACHING PROGRAM

#### Coach Training & Resources

Our programs depend on support from volunteer coaches. Hillsboro Parks & Recreation fundamentally believes a Youth Sports Development Program should provide comprehensive training for coaches in both social and emotional skills as well as the rules of the sport. We believe it is important to support our coaches and equip them with tools and resources need to feel confident in coaching.

#### All coaches receive:

- Coach Orientation
- How to Coach Kids Certification
- Social & Emotional Skills Training
- Concussion Training
- Coaching Manual
- Example Practice Plans
- Example Skills & Drills
- Parent Communication Resources
- In-Season Support

#### Parent Support

Hillsboro Parks & Recreation has a stellar coaching team. Our coaches put in a lot of time and energy to make the program a fun experience for the players on their team. Coaches need parents' support and your children may appreciate seeing how enthusiastically you support their team. You don't have to be a coach or assistant coach to help! Here are some ways you can get involved.

#### How parents can help:

- Offer to help run stations/drills at practice. You do NOT need to be an expert to help! Coaches can show you how to run the station.
- Run the scoreboard at games.
- Learn the names of other kids on the team and cheer positively for all players!
- Coordinate carpools for kids who may need a ride.
- Organize an end of season team party!
- Encourage your child to thank the coach after each game or practice.

### MISSION & OBJECTIVES

#### Mission Statement

Active play is a vital component of a healthy lifestyle. Hillsboro Parks & Recreation is committed to providing opportunities for the emotional, social & physical literacy of the youth in the City of Hillsboro & Hillsboro School District through athletics. We want to teach the youth of our community the lifelong love of playing sports.



#### Program Objectives

Hillsboro Parks & Recreation fundamentally believes a Youth Sports Development Program should:

- Encourage multi-sport play
- Make youth sports accessible to all
- Connect families with their community
- Support busy families by keeping time commitments in each sport low
- Keep kids playing close to home
- Provide a path for every player to participate
- Represent all of the community in regards to ethnicity and income
- Provide opportunities for kids to be active and have fun in a safe environment
- Teach the values of sportsmanship and teamwork through youth athletics
- Help kids develop physical literacy and sport specific skills as well as learning the rules of the sport
- Provide comprehensive training for coaches in both social and emotional skills as well as sport specific skills
- Support coaches and equip them with the tools and resources needed to feel confident in coaching
- Provide sports programming aligned with industry best practices

### WHAT DRIVES OUR PROGRAMS

#### The Aspen Institute Project Play

Hillsboro Parks & Recreation is committed to providing sports programming aligned with industry best practices. We want to keep kids playing longer. We structure our philosophies and programs around recommendations from The Aspen Institute Project Play.

Launched in 2013 by the Aspen Institute Sports & Society Program, the initiative develops, applies and shares knowledge that helps build healthy communities through sports. In 2015, Project Play released a report that amounts to the first national framework on how to provide all children 12-and-under access to quality, affordable sport activity. This playbook, *Sports for All, Play for Life: A Playbook to Get Every Kid in the Game*, offers a model based on the values of health and inclusion, with eight strategies for the eight sectors that touch the lives of children.

We encourage parents to explore the Playbook to learn more about the culture of youth sports Hillsboro Parks & Recreation is striving to create in our community. We want to get kids off the couch – without running them into the ground.

#### Resources

To learn more about what drives our programs, visit these resources:

#### The Aspen Institute Project Play

[aspenprojectplay.org](http://aspenprojectplay.org)

#### Sports for All, Play for Life:

#### A Playbook to Get Every Kid in the Game

[youthreport.projectplay.us](http://youthreport.projectplay.us)

#### Project Play Parent Resources

[aspenprojectplay.org/parent-resources](http://aspenprojectplay.org/parent-resources)

## CONCUSSION POLICY

### Concussion Statement

Concussions are a risk while playing any youth sport. Hillsboro Parks & Recreation takes the risks of concussion very seriously. All coaches are trained in recognizing concussions and taking the appropriate steps should a concussion occur.

### Concussion Training

All youth sport coaches must complete concussion training annually through the CDC's Heads Up Concussion Training program. Coaches are provided a HEADS UP Fact Sheet for Coaches as a quick-reference guide for concussion symptoms.



## YOUTH SPORT LIFE LESSONS

**There are so many life lessons to be learned from participating in youth sports.**

### Life lessons learned from youth sports:

- Sportsmanship
- Teamwork
- Work Ethic
- Courage
- Accountability
- Winning and Losing with Class
- Respecting Others
- Setting and Achieving Goals
- Perseverance

**What experience will your child gain?**

### Parent Education

All parents must receive a pre-season HEADS UP Fact Sheet for Parents. **Parents are required to sign the Parent Sign Off Form stating they received this flyer before their child can participate in practice or games.** Additional information for parents and athletes on concussions is available at [www.cdc.gov/headsup/youthsports/parents](http://www.cdc.gov/headsup/youthsports/parents).

### Injury Incident

In the event of a head injury during practice or play:

- Coaches will treat all head injuries, whether in practice or during a game, as if they are concussions.
- For serious head injury, 911 will be called.
- Players will be removed from the field of play immediately and not allowed to return the rest of the day.
- Parents or guardians will be called immediately to inform them of the head injury.
- An Incident Report- Potential Liability Form will be completed by coach and returned to the youth sports coordinator.

### Return to Play

Following a possible concussion incident, a player is not allowed to return to practice or games until written clearance to do so from a qualified medical professional is received.

## BACKGROUND CHECK POLICY

### Background Checks

All youth sport coaches and assistant coaches must successfully complete a background check. Background checks are an annual requirement. Background checks are free of cost to volunteer coaches.

Questions about background check process or results can be directed to: [benefits@hillsboro-oregon.gov](mailto:benefits@hillsboro-oregon.gov), or you may contact our Human Resources Department at 503-681-6455.

## GYM USE RULES

### Hillsboro School District Gym Use Rules

The following Hillsboro School District gym expectations will be enforced by our gym supervisors and custodians.

- No food or drink (including gum) in the gyms
- No decals to be used on gym floors
- No playing in the hallways
- No bouncing balls in the hallways or throwing balls against the walls
- No spectators are allowed on the stage areas at any schools
- Teams and spectators are to remain in the gym area
- Children are to be supervised at all times. This includes team members, siblings and/or friends of team members
- Spectators must stay on the sidelines during the games and practices
- Remove any garbage
- Leave gym in good condition for next user.

Please be aware that if a custodian or gym supervisor is having difficulty dealing with a situation, they will alert the coaches and/or referees immediately. The game or practice will not continue until the situation is resolved.

## SPORT SEASONS

### Check out what is coming up next!

Hillsboro Parks & Recreation strives to encourage multi-sport play by providing youth the opportunity to sample a variety of sports throughout the year.

**Fall:** Volleyball (3rd—8th grade)

**Winter:** Basketball (K—12th grade)

**Spring:** Lacrosse (1st—8th grade)

**Summer:** Track & Field (K—8th grade)

**What will your child participate in?**

## SPORTSMANSHIP

### Sportsmanship Expectations

Players, coaches, parents and spectators are expected to provide positive support and encouragement for all players, coaches, fans and officials in the youth sports program by following this sportsmanship pledge:

- I will treat all players, coaches, fans and officials with respect regardless of race, sex, creed, or ability and I will expect to be treated accordingly.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- I will place the emotional and physical well-being of others ahead of a personal desire to win.
- I will insist on a safe and healthy sports environment that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will respect the decisions made by coaches and officials in order to encourage a positive and enjoyable experience for all.
- I will not use offensive language or become angered by those that are around me.
- I will remember that sports participation is an opportunity for athletes to learn and have fun!
- I will remember that the game is for youth - not for adults.

**The penalty for any player, coach, parent, spectator or team disregarding any of the above listed Sportsmanship Expectations may include ejection from the game, suspension, forfeit of the game and/or dismissal from the league as determined by the Parks and Recreation Department.**

### Referees

All referees have been trained and are knowledgeable about the rules of the league and sport. For the sake of allowing the kids to play, referees may not make all technical skill calls. **Spectators must refrain from questioning or confronting referees.** If you have a question or concern about calls being made in a game, please direct your questions to your coach or a Youth Sports Coordinator.