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**RSEQ**®

**GMAA**

# **GMAA COACHES COMMITMENT**

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# Welcome to the GMAA Coaches Commitment module.

This module will introduce you to:

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## Expectations and impact of coaches:

- Expectations of a GMAA Coach
- Expectations of a Non-Coaching Staff Member in GMAA Competitions
- Impact of Coaching

## Leadership Skills

- How to create a positive learning environment

## Coaches Behaviours

- Ethical behaviour

# Expectations of Coaches in the GMAA

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The Coach: must know, understand, and appreciate the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Coaches must conform to the spirit and to the letter of the rules.

The Coach: is the person responsible for the students on the team and as such must be the positive role model for their players.

The Coach: is responsible for implementing the educational mandate of the school through the chosen sport. Education through Sport.

The Coach: must instill the qualities of good sportsmanship and fair play in his/her athletes. Athletes must be taught what it means to practice good sportsmanship.

The Coach: must teach and set the example of respect towards the officials, players of both teams and spectators at all times.

The Coach: must be aware of the Bylaws and Governing rules of the GMAA and be familiar with the handbook rules pertaining to that sport.

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# Expectations of a GMAA Non-Coaching Staff Member

The intent of the rule is to ensure that outside coaches are always accompanied by a staff member.

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The role of the staff member is to supervise and assume responsibility for the students.

Legally, school teams must be accompanied by a staff member and this responsibility may only be delegated to an employee of that school or school board.

The staff member must be with the team at the designated team area for the duration of the competition.

The staff member is responsible to provide adequate supervision of the team members and must be with the students from the moment the team members enter a host school (arena, etc.) until the team members leave said venue.

Supervision includes the locker room, corridors as well as the site of the competition.

Behaviour expectations - coaches, staff members and students are expected to behave in a sportsmanlike manner, respectful of the rules, officials, other players and coaches.

The staff member is responsible for enforcing GMAA rules and must sign each game sheet. A GMAA game may not be started until the staff member has signed the score sheet. Any game not started for this reason will be considered a default and appropriate sanctions will be imposed.

**GMAA COACHES COMMITMENT**



Coaches play a vital role in each student-athlete's sports experience.



A coach can significantly impact an athlete's personal life. It is not uncommon for athletes to look to their coaches for leadership beyond their sports environment.



As a coach it is essential that you demonstrate solid leadership skills, instill the benefits of a positive attitude and model key values such as respect, honesty and fairness.

# Impact of Coaching

# *Leadership Skills*

## *How to create a positive learning environment*

A positive learning environment is nurtured when a coach thinks about HOW they are coaching and not just WHAT they are coaching.

What constitutes a positive learning environment and how do you get there?

- It is an environment where athletes feel safe, comfortable, focused and engaged.
- It is an environment that promotes self-esteem and confidence.
- It is an environment where you can share expectations with your athletes
- It is an environment where mistakes become a natural part of learning and where discovery is encouraged.
- It is an environment that encourages practices that are fun and engaging.
- Finally and most importantly, it is an environment that values respect, good sportsmanship and fair play.

# Coaching Behaviours

## Ethical Behaviour

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Throughout your coaching career, you may be faced with ethical dilemmas. As a leader, it is important that your actions in resolving these issues are professional and follow the values of the GMAA.

### **What do we mean by Ethical Behaviour?**

People will have differences of opinions based on their experiences, values and cultures, however, there are common elements to align with. These elements include, but are not limited to, honesty, fairness, equality, dignity, diversity and individual rights. **Ethical behaviour is making the best decision possible based on these common elements.**

Some of the integral values of the GMAA include good sportsmanship, fair play and respect towards officials, coaches, other players and spectators. The emphasis is on education through sport.



# GMAA Ethical Points System

As requested by the GMAA Board of Directors, in an effort to encourage good sportsmanship and to reduce the number of discipline issues in our leagues, ethical points will be added to the standings for all team sports. Each team will start every game with two (2) Ethical Points.

**Please see the next slide for the table explaining the situations where ethical points will be removed.**

Some details regarding the program:

- The referee will be asked to write the ethical points on the scoresheet for each team.
- Both coaches must be present when the referee writes down the ethical points for each team.
- The home coach will be responsible for putting in the ethical points when inputting the score on S1 at the end of the game.
- The home coach will be expected to determine the ethical points if the referee does not do so.
- The office will have control when it comes to removing points if the referee does not do so.



## GMAA Ethical Points Distribution

Sport	2pts	1pts	0pts
<b>Badminton</b>	No incidents	N/A	Ejection or default
<b>Basketball</b>	1 unsportsmanlike foul or 1 technical foul	any combination of 2 Technical and/or Unsportsmanlike fouls	Ejection or default or 3+ Technical and/or Unsportsmanlike fouls
<b>Curling</b>	No incidents	N/A	Ejection or default
<b>Lacrosse</b>	Less than 8 penalty minutes	9 to 12 penalty minutes	Ejection or default or 13+ penalty minutes
<b>Flag Football</b>	No incidents	One (1) Unsportsmanlike or Unnecessary roughness penalty	Ejection or default or two (2) Unsportsmanlike or Unnecessary roughness penalties
<b>Futsal</b>	Zero (0) or one (1) yellow card	Two (2) yellow cards	Ejection (red card) or default or (3) yellow cards
<b>Hockey</b>	Less than 12 penalty minutes	13 to 17 penalty minutes	Ejection or default or 18+ penalty minutes
<b>Rugby</b>	One (1) or two (2) yellow cards	Three (3) yellow cards	Ejection (red card) or default or (4) yellow cards
<b>Soccer</b>	Zero (0) or one (1) yellow card	Two (2) yellow cards	Ejection (red card) or default or (3) yellow cards
<b>Softball</b>	No incidents	N/A	Ejection or default
<b>Volleyball</b>	No incidents	One (1) yellow card	Ejection or default or two (2) yellow cards
<b>Wrestling</b>	No incidents	N/A	Ejection or default

# You are almost done!

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Please click the following link to answer some questions and complete the GMAA Coaches commitment module!

<https://forms.gle/ps98tPBnwDYr2uAg7>



This document was inspired by coach.ca (*Coach Initiation in Sport*) and segments of the previous GMAA *Coaches Commitment Program*.