

# COACH EXPECTATION SHEET

To: All Coaches  
From: Jason Alvarez, CYO Athletics Director, Zone and Parish Presidents  
Subject: Coach Expectations and Evaluations

The most important person in our organization is the coach. You are the person who determines the quality of experience that our young athletes have with sports.

Our organization is committed to the ideals of Positive Coaching Alliance. We expect our coaches to be “Double-Goal Coaches” who want to teach the fundamentals of the sport but not the “Win at all cost” ideal and who wants to teach them Christian values and help players learn lessons that will help them be successful in life.

The following behavior is what we expect of coaches in our organization. We want you to:

Model and teach the concept of Honoring the Game. Teach your players the elements of

**ROOTT**- Respect for the:

Rules  
Opponents  
Officials  
Teammates, and the  
Tradition of the Game.

2) Help players redefine what it means to be a “Winner” in terms of Mastery.

Teach the **ELM** Tree of Mastery (Effort, Learning, Mistakes are Okay).

Reward effort, not just results.

Help players set goals and measure their progress towards them.

Develop a team “Mistake Ritual” to help players quickly rebound from mistakes.

3) Fill players’ Emotional Tanks

Reinforce over & over the concept of “Team” over the concept of “I”

Refrain from using fear, intimidation or shame with players.

Use positive criticism to inform players of their errors but also show them how to correct their errors.

4) Have conversations with your team regularly in practices and before and after games to reinforce the above themes from the Positive Coach Mental Model.

**Note:** You will be evaluated on these behaviors.

If you have any questions about this you may contact your local CYO Board