



Coaching CYO Basketball & Cheerleading --- " True Catholic Ministry"-

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September 2004

- Coaching is a fun!
- Coaching is a talent!
- Coaching is a job!
- Coaching is hard!
- Coaching is rewarding!
- Coaching in the CYO is all that and a ministry!

As basketball and cheerleading coaches we have the opportunity to mold young men and women lives through the sport of basketball and cheerleading. We teach basketball and cheerleading skills and expect hard work and effort from our players. As CYO coaches we have the opportunity to mentor and mold young men and women, not only in skills, but also in leading a life in Christ's footsteps. The youth of today are the parents and coaches of tomorrow, and kids may not always listen to their teachers or their parents, but they will listen to their coach. What a calling and responsibility! Please consider these simple opportunities for your upcoming season that will increase your ability to shape the lives of the young men and women you are charged with for the next 5 months---

1. Stress Sportsmanship and fair play.

Live like Christ and play like him. Treat others as you wish to be treated, its as simple as that. When an opponent is injured instill that your team should clap for that player when he or she rises. Remind them on the bench to clap, and to clap yourself. If an opponent falls it is quite acceptable to lend a hand in helping him or her up. Again, instill in your team to play like Christ, and how to play with dignity--- win or lose.

2. Pray before all games.

Establish your team's prayer process, before games at practice etc. Say an "Our Father" or a "Hail Mary". Your team can even write the their own prayer with all of the key elements that are vital to them as a Christians. Take some time during a team practice and build a team prayer that can be prayed all year.

3. Win with dignity and lose with dignity.

Let's face it everyone likes to have more points than the other team. Keep an even balance between winning and losing. Stress weekly improvement, and how well the team has played or performed. When we win we shake hands, and when we lose we shake hands.

4. Hold a team mass during season.

Take the time to attend a team mass either on a weekend, or a 5:20 daily mass. Let Father know, ahead of time that you are attending. Your team might be able lector, alter serve (if your team has servers), and bring up the gifts for the Eucharistic. If you are a Eucharistic Minister- volunteer to minister, let your kids see you as a leader in your Church, thus providing a positive role model, and making a transition from coach to ministry.

5. Hold a teambuilding event during the season.

After your team mass you can ----

- Hold a pizza party.
- Watch a classic basketball and or sports movie
- Attend a Section 5 basketball game, there are plenty of games to see.
- Attend a Division III basketball game---St. John Fisher Nazareth, RIT, U of R.
- Attend an Amerks or Knighthawks game- it's not basketball, but still a great night out with your kids!
- These are just examples--- decide on one for your team. Every team is different!

6. Hold a Community Service event during the season.

There is no better way to mentor your to live like Christ, than to actually do it! Take the time to help and serve others. Coordinate and schedule a community service project for your team to work on. Something that will be rewarding for the team while helping out a charity that is in need. It need not take up tons of time. Replace a practice with a community service event. This way your kids see the larger picture, more than basketball or cheerleading. You will help them to develop as young Christian boys and girls. There are tons of opportunities, ask them what they might like to do. You can combine your community service and teambuilding events if you wish.

7. Make a point to encourage your kids to attend Sunday Eucharist.

You don't have to do attendance, but continue to ask them throughout the season if they are attending mass every Sunday. Ask them as a team, if you get a feeling that some are not attending make it a priority that they ask their parents to ensure they

attend mass. You can speak to your parents on this item at your parents meeting stressing the importance. Also, ensure that you are attending mass.

8. Stress Grades and good School work.

Encourage your kids that schoolwork is very important. Let them know that it is OK to miss a practice or to be late if there are schoolwork issues, and that school should come first. Although as coaches have little we can do when a child is struggling with school, we can plant the seed that with good school work makes for a good balance in their lives.

9. Attend Religious Education Classes.

A reminder that all participants that do not attend Holy Cross School or a Catholic Jr. High (example- Mc Quaid Jesuit) must register and attend Holy Religious Education classes to be eligible to participate at Holy Cross. Their parents can contact the Holy Cross Religious Education Office at 621-8133 to register.

10. Ensure you lead by example act in Christ like manner.

We are human, and make mistakes. Show me a coach who hasn't lost their temper with their team. It happens, limit these and create a good balance. For the times you are upset with your team because of poor performance or lack of work ethic / effort make sure you praise them 10x's over when they are doing everything you ask of them. Make sure they know who pleased you are with them as a team and signally when required. Do your best to act like Christ and portray a professional caring approach to your team and your kids. Be firm, strong, fair. fun, loving and caring

11. Balance for your Kids.

An example of good balance is of a balanced table, the table. In this analogy has 4 legs. The 4 legs of the table are CYO participation, School Work, Church Activities, and Family Life. The intent is to have a good balance between all 4., thus a balanced table. If we are participating in the CYO, doing the best schoolwork you can, attending mass and participating in our parish, and balancing other family activities then our table will be balanced. If the table is balanced most of the time, you can afford to have a longer leg once in a while. But if CYO participation is very long and one of the others is very short- meaning I never attend mass, or I am doing very little at school then the table will be far out of balance and make our lives much more difficult and thus unbalanced.

There are far more idea's you can introduce to your team. You might already have a plan for these types of Christian opportunities. If you do, that's great! If you are thinking it now-that's great, too!

Think out of the box and plan your opportunities. As coaches we sometimes are not aware of the potential effect we can have on our kids. Grasp the opportunity and make their participation on your team positive and fun, a learning experience and most importantly a true Christian experience as well.

The intent is to have your kids remember their experience years from now--- and to actually remember who their coach was and the positive experiences they had.



Coaches Ministry Checklist

This checklist is for you to see how you have done for the season. When you feel you have reached these goals on a consistent manner then check them off. Keep it to yourself and use it for your own personal growth in your coaching ministry.

1. _____ Did I stress Sportsmanship and fair play throughout the season?
2. _____ Did we pray before all games?
3. _____ Did we win with dignity and lose with dignity?
4. _____ Did we hold a team mass during season?
5. _____ Did we have a teambuilding event during the season?
6. _____ Did we have a Community Service event during the season?
7. _____ Did I make a point to encourage my kids to attend Sunday Eucharist?
8. _____ Did I Stress good Schoolwork and Grades to the kids during season?
9. _____ Did I ensure my kids who do not attend a Catholic School were registered in Religious Education at Holy Cross?
10. _____ Did I lead by example and behave in a Christ like manner throughout the season?