



SAN DIEGO & SEASIDE VOLLEYBALL CLUB
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Work Play Program: Jump Start Assistant Coaching Expectations

All Jump Start Assistant Coaches will be held to the below expectations. If they are unable to meet these expectations, they will receive one official warning. If they are unable to change their behavior to meet these expectations after a reasonable amount of time, they will no longer be eligible for this role within the Work Play Program.

Communication:

Assistant coaches should communicate directly with Coach Kim rather than having their parents email on their behalf. While assistant coaches are welcome to show up to coach any practice, they are required to provide advanced notice (at least the day before) in the event that they have committed to a practice and will be unable to make it.

Dress:

Assistant coaches should arrive at Jump Start wearing SD or Seaside gear as well as athletic shoes (what they would wear to their team practices). No sandals, flip-flops, Crocs, ect. Each assistant coach needs to make sure they wear a name badge (made at the front desk) so players can learn their names.

Arrival/Departure Times:

Ideally assistant coaches arrive 10 minutes before practice starts. Assistant coaches are required to check in with Coach Kim upon arrival and prior to departure. After checking in with Coach Kim, assistant coaches should immediately begin helping to set up the courts, assist with tshirts or flyers, or warm up with the players if set up is complete, which does not include socializing with other assistant coaches.

They are also expected to stay a few minutes after practice (to help Coach Kim clean up). This time will be compensated via Work Play funds if their time trackers are accurately recording their time.

Welcoming Players to Practice:

If assistant coaches are on the courts/in the gym when players arrive, they are expected to welcome them to practice and help them get comfortable on the court before/as practice begins. This could include helping them find another player to play with, getting them a ball to warm up, or playing with them. This is not a time for assistant coaches to warm up themselves or only engage with each other.

Behavior During Practice:

This is not a time to hang with friends/mess around on the volleyball court. Assistant coaches are expected to be extremely attentive to Coach Kim and follow each instruction she gives, not simply stand on the sidelines holding a volleyball or just watch practice.

Assistant coaches should always be coaching, meaning they are supporting the players at all times (not conversing with other assistant coaches). They are expected to refrain from jumping, running, or spiking the ball near players to prevent injuries. Any inappropriate behavior with players will be discussed and if repeated, that assistant coach will no longer be eligible to be a part of the Jump Start coaching staff.

If an assistant coach is aware of a player incurring an injury of any kind, showing signs of being upset, or sharing that they are not feeling well, they are expected to take that player directly to Coach Kim (or the lead coach) as soon as possible. The assistant coach is expected to support the lead coach in whatever they determine as next steps, including escorting the player to their parent(s). Coach Kim will be responsible for communicating with the parent(s) of the player.

Assistant coaches are expected to be self starters with a positive attitude, who are enthusiastic and encouraging, and consistently engaging with the Jump Start players. Learning players' names helps coaches better connect with the players and enhance their experience. Assistant coaches are expected to continuously help coach through the entirety of practice and maintain a positive, fun attitude.

By signing below, I understand the above expectations and will commit to upholding them.

Player Signature:

Date:

Family Signature:

Date: