

CDI DISCIPLINE POLICY... Using Consequences as A Teaching Tool

This is the policy we use as it pertains to ALL PLAYERS AND STUDENTS:

Players and Coaches /Students and Teachers

As a coach/Teacher you must know when it is appropriate to apply consequences. Discipline should not make players/students suffer, but to do better in the future.

When consequences are appropriate:

- Player's/students goofing off
- Talking when the coach/Teacher is talking
- Bringing teammates/students down or bullying
- Being late

When consequences are not appropriate:

- Player/students makes physical error. Example: Making a mistake on the court or in the classroom.
- Player/students makes mental error.
- These issues probably occur because the player/students is not:
 - Prepared
 - Sufficiently practiced in the situation
 - Capable of doing the skill yet

Many of these issues can be avoided if you tell your players/students what your expectations are in the beginning of the season. It is important at any age level that players/students understand your expectations and know the consequences behind them. It is also important that the parents know what your expectations are and that you are constantly communicating with them if behavior issues arise.

Coaches/Teachers must be vigilant of bullying, negative remarks and attitude of participants towards each other. This **MUST** be immediately addressed and cannot be put aside for a later discussion. Coaches/Teachers must inform Program Site Directors and Keely Jones or Owner (Derek Locklear) of any incidents that occur during program hours.

Participants should never be excluded from practice for more than 10 minutes at any given time. Coaches/Teachers are responsible for meeting with players/students and parents individually when behavior issues arise. Sitting time outs are not allowed; participants must be walking with coach/Teacher if excluded from an activity. Participants must never be sent away without supervision.

If the participant ignores the verbal warnings, the following next steps of discipline are suggested:

AFTER SCHOOL OR REGULAR CLASSES (2-5 years old)

Color System: This is used as a verbal disciplinary action. All children start off with green and throughout practice/class the coach/teacher will let them know if their color changes due to their behavior and why. At the end of class, coach will let children know what color they ended with and how many stickers (if any) they will get.

Green (3 stickers) = Excellent at following directions and respecting others.

Yellow (2 stickers) = Needs to work on following directions and/or respecting others

Red (0 stickers) = Did not follow directions and/or respect others.

AFTER SCHOOL OR REGULAR CLASSES (6-12)

Action #1

Player must do a walking time out with coach. In this action, coach should not leave player sitting in one place while he/she is conducting class. Coach should talk to player while he/she is supervising the other players. Coach can still keep an eye on player as they are walking together and discuss why the player is in the situation and what the player can do better. Inform parents and email the situation to Site Director and Keely.

Action #2

Everything is the same as action one, except in this instance, the coach sets up a parent meeting to discuss the behavior and how they can work together to resolve the issue. Email Site Director and Keely.

Action #3

Everything is the same in Action #1 & #2, however, this time a meeting with the player, parent, coach and Derek must be made. Discuss if player should continue to stay in the program or if player/student shall be terminated from program.

TEAMS/CLASSES

(Team/CLASSES must sign sportsmanship pledge)

Action #1

Player must do a walking time out with coach/teacher. In this action, coach/teacher should not leave player/student sitting in one place while he/she is conducting class. Coach/Teacher should talk to player/student while he/she is supervising the other players. Coach/Teacher can still keep an eye on player as they are walking together and discuss why the player/student is in the situation and what the player/Student can do better. Inform parents and email the situation to Site Director and Keely and Derek.

Action #2

Everything is the same as action one, except in this instance, the COACH/TEACHER sets up a parent meeting to discuss the behavior and how they can work together to resolve the issue.

Player/students must sit out 10 minutes of the game or class in uniform. Parents must be notified of this action a day before game or next class. Email Site Director and Keely and Derek.

Action #3

Everything is the same in Action #1 & #2, however, the player/students must sit out 20 minutes of the game in uniform. Parents must be notified of this action a day before game. Email Site Director Keely and Derek.

Action #4

Everything is the same in Action #1 & #2, however, the player/students must sit out the whole game in uniform. Parents must be notified of this action a day before game. This time a meeting with the player, parent, COACH/TEACHER and Derek must be made. Discuss if player/students should continue to stay in the program or if player/students shall be terminated from program.

SPORTSMANSHIP POLICY

Here's a 10-item checklist for kids to follow as they try to develop a habit of good sportsmanship.

1. I abide by the rules of the game.

Part of good sportsmanship is knowing the rules of the game and playing by them. If a player decides to play a given sport, it is the responsibility of that player to learn not only how to play but how to play according to the rules which have been established and standardized to allow competitive games to be played in an orderly fashion. The more a player knows the rules the more that player can enjoy the sport.

2. I try to avoid arguments.

Part of good sportsmanship is anger management. Arguing with officials, coaches or opponents is often simply a misguided effort at "letting off steam" in the heat of competition. A good sport knows that anger can get in the way of a good performance. A good sport knows how to walk away from an argument and to stay focused on the game at hand.

3. I share in the responsibilities of the team.

Good sportsmanship implies that the player on a team is a team player. In other words, the player understands that his or her behavior reflects on the team in general. Moreover, a team player does not condone unsportsmanlike conduct from teammates and reminds players that they all share in the responsibility of promoting good sportsmanship.

4. I give everyone a chance to play according to the rules.

In youth recreational sports the more talented players, if they are good sports, will look out for and encourage the less talented players on the team, cooperating with coaching plans to let everybody play. Unfortunately, some coaches may become so preoccupied with winning at all costs that they never play some players, regardless of the time and effort they put in at daily practices, even when the score warrants clearing the bench.

5. I always play fair.

Honesty and integrity should be an integral part of sports. A player with good sportsmanship does not want a hollow victory which comes as a result of cheating ("dirty" fouls, ineligible players, performance enhancing drugs, etc.)

6. I follow the directions of the coach.

A player with good sportsmanship listens to and follows the directions of the coach, realizing that each player's decisions affect the rest of the team. If a player has disagreements with the coach, the player discusses the disagreements privately in a civil manner, away from the public eye.

7. I respect the other team's effort.

Whether the other team plays better, or whether they play worse, the player with good sportsmanship does not use the occasion to put the other team down. In the field of competition respect for opponents is central to good sportsmanship. If an opponent out-performs a player that player accepts it, learns from it, offers no

excuses and moves on. If a player out-performs an opponent, that player enjoys the victory, but does not gloat, does not belittle, and does not minimize the opponent's effort.

8. I offer encouragement to teammates.

A sign of good sportsmanship is a player who praises teammates when they do well and who comforts and encourages them when they make mistakes. Criticizing teammates in the heat of battle simply distracts from the focus of working together and gives the advantage to the opponent who develops a sense of confidence when seeing signs of weakness or a lack of unity in the midst of the competition.

9. I accept the judgment calls of the game officials.

Part of the human condition is making mistakes. Arguing with an official over a judgment call simply wastes energy. The player with good sportsmanship knows that errors may be made, but the player also knows that a game is made up of all the plays and calls from the beginning to the end of the game, not just the call in dispute. The player with good sportsmanship may be upset, but that player also has learned to focus his/her energies back on the game and on doing the best he/she can do for the rest of the game.

10. I end the game smoothly.

When the game is over, pouting, threatening, cajoling have no place in the life of the players with good sportsmanship, who emphasize the joy of participating, regardless of outcome. They're not devoid of emotions but they know that their efforts to end the competition smoothly, without antagonistic emotional display, will help ensure that the games will continue in the future.

On a final note, a word of caution. We can't be so naive as to think that by teaching and valuing sportsmanship in our youth we will ensure that they will take these values with them into their young adult and adult sports lives. However, if we don't expose them to the essentials of sportsmanship, and if we don't guide them in developing a sense of good sportsmanship, we can all but guarantee that they will fall prey to the young adult and adult world of sports and athletics, with its continued tendency to minimize sportsmanship, and maximize winning as the only real value in competitive athletics.

Sportsmanship Checklist for Kids

- 1.** I abide by the rules of the game.
- 2.** I try to avoid arguments.
- 3.** I share in the responsibilities of the team.
- 4.** I give everyone a chance to play according to the rules.
- 5.** I always play fair.
- 6.** I follow the directions of the coach.
- 7.** I respect the other team's effort.
- 8.** I offer encouragement to my teammates.
- 9.** I accept the judgment calls of the game officials.
- 10.** I end the game smoothly.

Sportsmanship is the ability to:

win without gloating lose
without complaining
treat your opponent with respect.

Sportsmanship Tips

If you make a mistake, don't pout or make excuses. Learn from it, and be ready to continue to play.

If a teammate makes a mistake, offer encouragement, not criticism.

If you win, don't rub it in.

If you lose, don't make excuses.

Dr. Burnett is a clinical and sport psychologist, parent, national lecturer, author, consultant and volunteer youth league coach who has been in private practice for more than 20 years working with troubled youth and their families, specializing in positive parenting.