

# *Regina Ringette: Coach the Coach*

## *Questions and Answers*

### **Q. Why is there a Coach the Coach Program?**

A. Most coaches want to participate in support of their children and see the personal development of their child through the aid of sport. Some coaches step-in, perhaps more unwillingly, to keep the sport program going. There are many reasons, but regardless, it is important that coaches receive the support they need given experience levels in coaching can vary widely.

Good coaches (only a few of their characteristics):

- Are effective communicators and good listeners;
- Lead by example;
- Are organized;
- Relish the lessons as much as the win;
- Build teams;
- Develop player skill and support personal development;
- Build a lifelong enjoyment of sport in their players;

Regina Ringette has developed the program so that we can help you get off on the right foot. and to assist coaches to have success in the these areas.

For Fun 1, 2, and 3 and the U12 level, it is particularly important for coaches to be focused on the right things. As a coach your experience will be immensely more rewarding and your expertise in coaching will grow by focusing on the above. Regina Ringette has developed the program so that we can help you get off on the right foot.

### **Q. What is my time commitment if I participate in the Coach the Coach program?**

A. Participants will be asked to attend the kick-off session to familiarize themselves with the program (approx. 1 hour). Other sessions may be held throughout the year focused on particular questions, challenges, and opportunities that coaches may be experiencing. A coach's time commitment overall is up to you. The volunteers and organizers of the program are here to support you and provide resources to help make the experience of coaching rewarding for yourself and to support the proper development of ringette players.

### **Q. How often will I communicate with my support coach?**

A. That can be arranged between yourself and your support coach but you should make an effort to utilize that resource when needed. They are there to support you. You and your support coach may wish to examine opportunities for regular check-ins (phone call, text, email, face-to-face, etc.) or the occasional attendance at a practice or a game.

**Q. Is the Coach the Coach program mandatory?**

A. No, but we strongly encourage it in order to teach the basic skills and ultimately ensure a successful ringette season for the coaches and players. Many new coaches can become overwhelmed with some of the duties of a coach if they do not have some prior experience. Ringette is also a new sport for many new coaches looking to help out so there is a learning curve that must also be factored in as well. Player development, how to set the right tone for a team, communication with parents, and general organization skills can all be enhanced through participation in the program and learning from experienced ringette coaches.

**Q. What if I don't listen to the advice provided by my support coach?**

A. Advice is meant to help provide you with options that you may wish to consider. Each situation is different and may require a different approach. At the end of the day, a coach is responsible for developing All of their players to the best of their abilities and creating a supportive environment. To avoid some of the more common issues that arise, it is highly recommended that ample consideration of any advice or suggestions be taken into account.

If you have any questions about the program, please contact us at [reginaringette.coachthecoach@gmail.com](mailto:reginaringette.coachthecoach@gmail.com).