



YMCA YOUTH SPORTS eLEARNING

Volunteers Are Our Strength!



Thank you for volunteering as a Y coach or youth sports official. As a volunteer at your YMCA, you have an opportunity to positively influence the development of youth and shape and support your community.

We want to help you have the best season ever, and so we have created the online courses listed in the table below to get you started. These eLearnings describe the Y's philosophy on youth sports; offer basic coaching techniques, including practice plans, skills, drills, rules, and tactics; and outline valuable volunteer resources.



Tips & Tricks

- Our eLearnings allow you to move at your own pace, so your time for completion may differ from the estimate provided. That's OK!
- You must have [Adobe Flash](#) installed and JavaScript enabled to launch an eLearning.
- If you have any difficulty accessing an eLearning, please call the YMCA of the USA Contact Center at 800-872-9622.

In addition to the eLearnings listed in the table, check out the following resource:

- [Heads Up: Concussion in Youth Sports](#). This 30-minute eLearning lesson from the Centers for Disease Control and Prevention is designed to help you recognize if an athlete has a concussion and respond appropriately.
- [Online Risk Management Training and Toolkit](#). Created for the Y by the Nonprofit Risk Management Center, these trainings and tools help us keep everyone in Y programs safe.

Any difficulty accessing the e-learning, please call 1-800-872-9622 to reach the YMCA of the USA Contact Center.

Click the course name from the table below to get started!

Name	Description	Course Length
Core Courses (Please take these courses in the order provided)		
1. YMCA Youth Sports Programs	Discusses program philosophy and introduces the volunteer to Y youth sports programming.	15 minutes
2. Parent's Role in Youth Sports	Discusses the benefits of Y youth sports programs for both parents/caregivers and youth.	30 minutes
3. Volunteers Make the Team	Discusses how volunteers impact and ensure the success of youth sports programs at the Y.	30 minutes

<u>4. Safety and Emergency Action</u>	Discusses the importance of safety, responding to an incident, preventing injuries, and protecting oneself in an emergency situation.	45 minutes
<u>5. Coaching YMCA Youth Sports</u>	Provides an overview of coaching Y youth sports programs and discusses how coaches influence the positive development of today's youth.	30 minutes
<u>6. Officiating YMCA Youth Sports</u>	Provides sports officials the basic rules and regulations of officiating Y youth sports, such as basketball, soccer, softball/baseball, volleyball, and flag football.	45 minutes
Coaches Courses		
<u>Coaching YMCA Basketball</u>	Provides tools and techniques for coaching basketball for children ages 3 and up.	45 minutes
<u>Coaching YMCA Soccer</u>	Provides tools and techniques for coaching soccer for children ages 3 and up.	45 minutes
<u>Coaching YMCA Baseball/Softball</u>	Provides tools and techniques for coaching baseball/softball for children ages 3 and up.	45 minutes
<u>Coaching YMCA Volleyball</u>	Provides tools and techniques for coaching volleyball for children ages 3 and up.	45 minutes
<u>Coaching YMCA Flag Football</u>	Provides tools and techniques for coaching flag football for children ages 3 and up.	45 minutes

WALDO COUNTY YMCA

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The Waldo County YMCA is a 501(c)(3) Charitable Organization

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