

COACHING CREED

Be a resourceful person able to assist the athlete to develop his/her athletic potential and self-dependency.

Recognize individual differences in athletes and always think of the athlete's long-term best interests.

Aim for excellence based upon realistic goals and the athlete's growth and development.

Lead by example. Teach and practise cooperation, self-discipline, respect for officials and opponents and proper attitudes in language, dress and deportment.

Make sport challenging and fun. Skills and techniques need not be learned painfully.

Be honest and consistent with athletes. They appreciate knowing where they stand.

Be prepared to interact with the media, league officials and parents. They too have important roles to play in sport.

Coaching involves training by responsible people who are flexible and willing to continually learn and develop.

Physical fitness should be a lifelong goal for all Canadians. Encourage athletes to be fit all year, every year and not just for the season.