



# COACHING YOUTH SPORTS THE NYSCA WAY



The National Youth Sports Coaches Association (NYSCA) is the leading coach education and membership program in the country. More than 3 million coaches have joined NYSCA to take advantage of its resources and membership benefits since the association was founded in 1981.

NYSCA training and membership has proven valuable to youth sports coaches, whether they are new or veteran coaches on the sidelines. NYSCA members receive sport specific training, excess liability insurance, corporate discounts, a members-only website with exclusive coaching resources, additional educational opportunities and so much more!

## How NYSCA membership works...

To become a member of NYSCA, volunteer coaches must participate in a video-based, interactive training clinic. Coaches may attend an onsite clinic conducted by a local chapter of the National Alliance for Youth Sports (NAYS), or complete the program online through the NYSCA Online Clinic. Both the onsite and online clinics consist of the same basic format:



### Part 1 Coaching Youth Sports

An overview of a coach's role and responsibilities in youth sports:

- Youth Sports Violence
- Keeping Players Active at Practice
- The Role of Winning in Youth Sports
- Nutrition and Hydration
- Conditioning and Stretching
- Teaching Good Sportsmanship
- Building Confidence
- Working with Parents
- Injury Prevention

### Part 2 Sport Specific Training

Covers drills, skills and fundamentals of each sport. NYSCA sport-specific clinics are available for the 12 most popular team sports: Baseball/T-Ball, Basketball, Football, Flag Football, Softball, Cheerleading, Soccer, Volleyball, Inline Hockey, Ice Hockey, Boys Lacrosse and Girls Lacrosse.

### Part 3 Coaches' Code of Conduct

Coaches must sign the NYSCA Coaches' Code of Ethics.



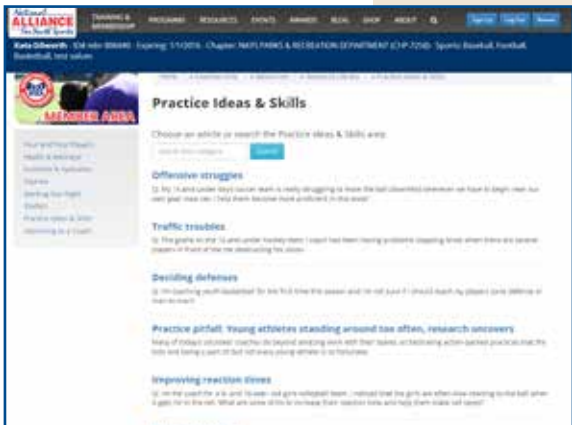
## Membership Renewal

To continue membership, coaches re-sign the Coaches' Code of Ethics and remit a \$20 continuing membership fee. There are no additional clinics to attend. NYSCA members also have the ability to renew their membership for multiple years at a discounted rate.

**Membership is valid for one year and the fee is \$20 for both the onsite and online clinics.**



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## Membership Benefits

Coaches who successfully complete the NYSCA training receive:

- \$1,000,000 excess liability insurance coverage
  - High quality membership card with key tag
  - Access to a members-only section of the NAYS website, with coaching resources and additional training opportunities:
    - Resource library
    - Coach ratings page
    - Skills and drills section
    - Coaching forum
    - Exclusive corporate discounts/programs
- ... much more!

Coaches who renew their NYSCA membership continue to receive their member benefits PLUS a \$2,000,000 excess liability insurance policy and \$250,000 excess accident/medical insurance policy.

## Continuing Education

The following trainings are free to NYSCA members:

- Concussion Prevention
- Bullying Awareness
- Protection Against Abuse

## NYSCA Select – Advanced Level Training

NYSCA Select is an online training program developed to assist coaches of travel and advanced level teams. The clinic delivers an e-learning experience in eight key topic areas. The cost of the NYSCA Select training is a one-time \$40 fee.

# JOIN TODAY!

To become an NYSCA member go to [www.nays.org](http://www.nays.org) and visit the NYSCA Online Clinic to get started or ask your league administrator if they are a NAYS chapter offering onsite clinics.

Already a member? Log into your NYSCA member area at [www.nays.org](http://www.nays.org) to access your member benefits.

## National Youth Sports Coaches Association

A program of the National Alliance for Youth Sports

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