



New Mandatory Parent and Coaches Training

Dear Parents,

Last year the SJRCS partnered with Positive Coaching Alliance (PCA). SJRCS will be the first and only PCA Partnership School in Western Maryland. At least one parent of students who plan to participate in sports, must be PCA trained, and all coaches no exceptions. To make this convenient for you, we will be offering training at this year's Back to School Nights on September 11th and 18th, at 6:00p.m.

The new mission of the SJRCS Sports Committee and Program is to help guide student athletes to develop positive character and values that will help them succeed throughout their lives. SJRCS aspires to be an outstanding educational-athletic organization that provides a high-quality experience to every student athlete.

The SJRCS Athletic Vision is to provide a high-quality experience for all involved in student-athletics. This includes an experience where coaches, parents, supporters and student-athletes demonstrate and encourage:

Others to be courageous, responsible, unselfish, and Christ-like

Are coached using the principles of Positive Coaching

Have fun at practices and games

Feels like an important part of the team regardless of performance

Learns "life lessons" that have value beyond the playing field such as teamwork, sportsmanship, winning and losing graciously with integrity

Always "Honors the Game"!

Learns the skills, tactics, and strategies of the game and improves as a player year after year

Second- Goal Parent - The Big Picture in Youth Sports

A Second-Goal Parent recognizes that there is a Little Picture and a Big Picture in youth sports. The Little Picture concerns things like whether the child is playing the right position, the team is winning, etc. The Big Picture, which often gets drowned out by the Little Pictures, is about what the child is learning from youth sports.

There are two broad goals in youth sports: striving to win and building character so kids develop into successful, contributing members of society. As important as winning may seem, Second-Goal Parents let coaches and athletes worry about the first goal of scoreboard results. *Second-Goal Parents have a much more important role to play: ensuring their children take away from sports, lessons that will help them be successful in life.* That is the Big Picture.

Keeping your focus on the Big Picture is much more vital than being an extraneous back-seat coach. The lifelong impact you can have – that no one else can in quite the way you can – is with the life lessons your child takes away.

PCA Training for Parents will be held in the Gym

Thursday, September 11th, at 6p.m. OR Thursday, September 18th, at 6p.m.

Jimmy Vanderhuff, Co-Athletics Director, SJRCS & Mike Walters, Co-Athletics Director, SJRCS