



Youth Coaches
Tuesday, October 19, 2021
530p-730p



Welcome! & Webinar Logistics



- Please remain muted unless called upon by speaker.
- Use the chatbox for comments, questions, aha moments, additional resources, and responding to requests from the speaker; make sure to type to all “panelist and attendees”.
- Towards the end of the presentation, we ask that you please complete our session evaluation.
- Remember, things happen. So, please give us and each other space and grace!
- **Have fun & learn!**

ABOUT: **BALTIMORE CHILDREN & YOUTH FUND**



The Baltimore Children and Youth Fund (the Fund) is a \$12 million non-lapsing fund dedicated to supporting Baltimore’s children, youth, and young adults. The Fund was launched in 2015 by Baltimore City Council President Bernard C. “Jack” Young and approved by voters in November 2016 with over 80 percent support.

In 2017, a Task Force of community leaders, youth program service providers, City government representatives and other key community representatives was convened to make recommendations on the Fund’s governance and operations. The Task Force presented recommendations which stressed the importance of racial equity and community empowerment as core principles guiding the Fund’s design, and developed the following guiding values under which to operate:

- Our work is informed, driven and led by youth voices, and
- Our work both advances equity and is welcoming and supporting of all races, classes and gender identities, and
- Our work is accountable and impacts to local communities, neighborhoods and places where young people connect, and
- Our work is not politically-driven and promotes confidence from the caring networks of Baltimore’s young people, and
- Our work inspires new partnerships and new approaches to philanthropy to advance Baltimore’s young people, and
- Our work is focused, expedient, and conducted with urgency.

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GUIDING VALUES & PRINCIPLES

- 1. Racial Equity:** The entire grant review process must be built on racial equity. We should clearly identify and directly address how society's power structures show up in the operation of the Proposal Review Panel, including how assumptions about race may figure into the decision-making process. Specifically, white people should not dominate or drive the conversation. Additionally, the evaluation of different programs should include a basic understanding and appreciation of the cultural resources and assets within each community.
- 2. Intergenerational Leadership:** In the West we often greet each other by saying, "How are you doing?" The Maasai people of East Africa greet each other by asking, "How are the children?" This greeting represents the idea that the well-being of the children defines the well-being of the community. The purpose of the Fund is to help the whole city of Baltimore to embrace and live out the worldview embodied in this Maasai greeting. Specifically, the well-being of our children is everyone's responsibility. The Proposal Review Panel must include youth leaders along with adults. Having different generations work together will reflect how our entire community must work together to improve the quality of life for our young people.
- 3. Community Ownership:** The purpose of the Fund is to provide the communities typically seen as merely recipients of services with equal, authentic decision-making power to disperse the Fund's resources. This means that the members of the Proposal Review Panel should reflect the totality of our community. Specifically, the Proposal Review Panel must include a variety of people who are highly committed to the communities they serve.
- 4. Collective Decision-Making:** "Gatekeeping," when one person has too much power in a decision-making process, marginalizes the people and communities who are most hurt by structural racism. Gatekeepers can use their power to circumvent community accountability and limit access to power and resources. Therefore, the Proposal Review Panel must structure its decision-making process to be collective, not individual. Specifically, the Proposal Review Panel will work together truly as a group to make decisions.

ABOUT: **Maryland MENTOR & Strategic Resources Group**



Maryland MENTOR is a non-partisan organization that galvanizes the Maryland mentoring movement. We serve as community-based experts and create statewide infrastructure to expand quality relationships for young people. We fulfill this role through our unique role as a unified clearinghouse for training, research, public awareness, mentor recruitment, and advocacy. Maryland MENTOR provides the critical link between MENTOR's national efforts and local organizations and programs that foster and support quality mentoring relationships across the state.

Strategic Resources Group (SRG) Strategic Resources Group LLC (SRGroup) is a multi-disciplined collective of change agents who provide planning, project management, fundraising, program development and evaluation, and organizational capacity training and technical assistance to nonprofits, grassroots community groups, governments agencies, and corporations and foundations that support communities of color.



About this series...

~~Session 1: Community Based Mentoring Program Design - Tues, April 27~~

~~Session 2: Small Group Session - Sat, May 1~~

~~Session 3: Virtual Programming to Engage and Retain Youth - Tues, May 25~~

~~Session 4: Small Group Session - Sat, May 29~~

~~Session 5: Best Practices for Group Mentoring - Tues, June 22~~

~~Session 6: Small Group Session - Sat, June 26~~

~~Session 7: Partnership Development 101 for Community Based Mentoring Programs - Tues, July 27~~

~~Session 8: Small Group Session - Sat, July 31~~

~~Session 9: Incorporating Authentic Youth Voice & Creating Youth Friendly Programming - Tues, Aug 24~~

~~Session 10: Small Group Session - Sat, Aug 28~~

~~Session 11: Engaging Families in Youth Development Activities - Tues, Sept 28~~

~~Session 12: Small Group Session - Sat, Oct 2~~

Session 13: Youth Development 101 for Coaches - Tues, Oct 19

Final Session: Baltimore City Virtual Youth Development Forum – November 11 & 12, 2021

Register for Next Session: <https://bcyfund.org/events/>

Register for Individual TA: <https://tinyurl.com/bcyftraining3>



TODAY'S PRESENTERS



Richard A. Rowe, M.P.A.
Strategic Resources Group



David Miller, M.Ed.
Strategic Resources Group

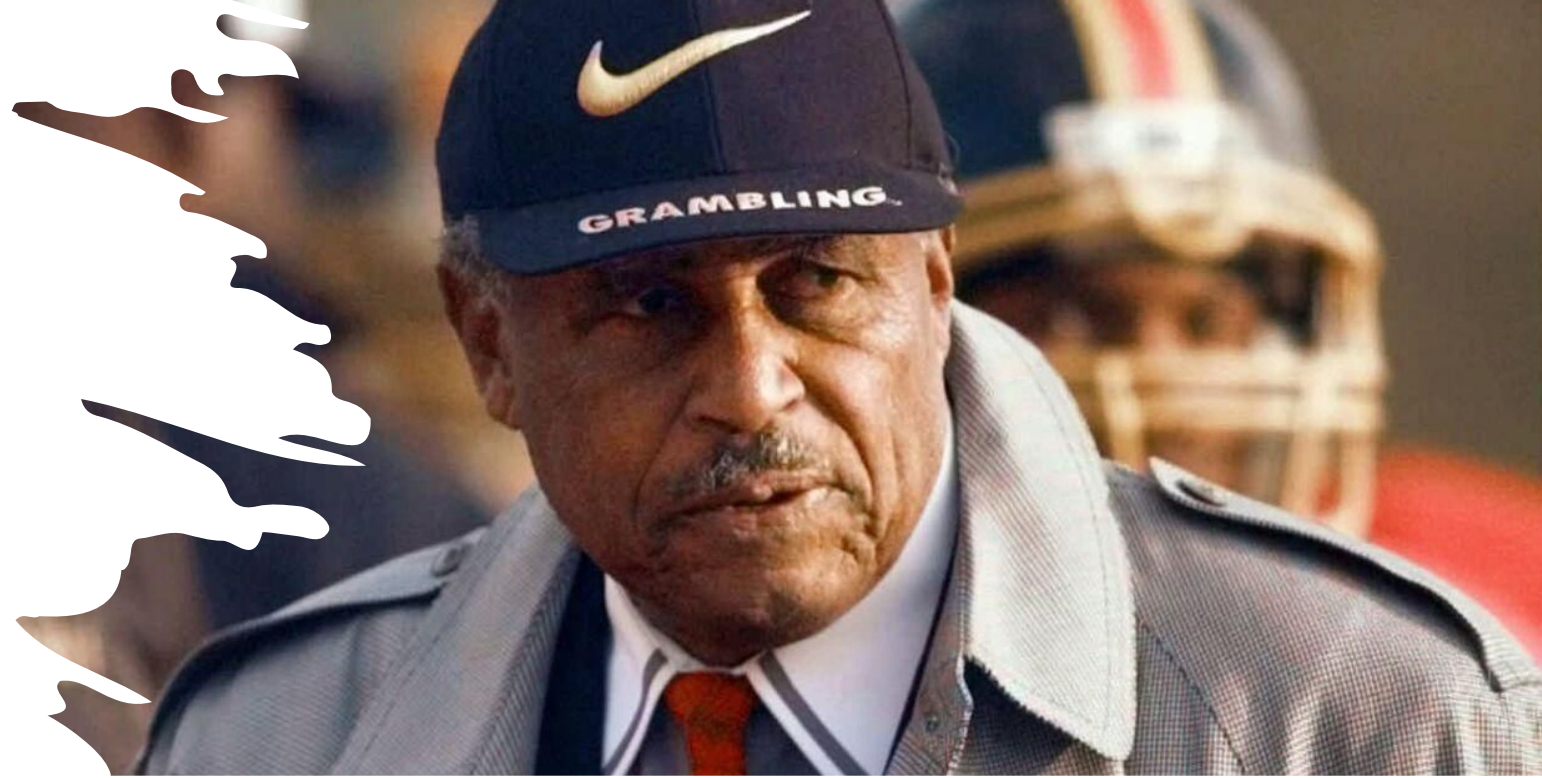
Agenda



- Icebreaker
- Check-In
- Framing the Conversation
- List Biggest Challenges
- Youth Sports- Numbers
- Youth Development Lens
- Great Books for Coaches
- Final Reflections
- Q&A
- Wrap-up/Next Steps/Evaluation

"Coaching is a profession of love. You can't coach people unless you love them."

Eddie Robinson –
Grambling State
University



Framing the Conversation



1. What made you decide to be a coach?

2. What have been your greatest successes as a coach?

3. What, if any, have been your greatest disappointments as a coach?

4. What are the greatest benefits of youth sports?

5. What kinds of resources do you need as a coach?



Youth Sports Participation by the Numbers

- Three out of four American households have at least one school-aged child participating in youth sports, or 56.6 percent of American children. (Aspen Institute, 2017)
- Across the board, more boys are involved in youth sports than girls, and suburban children play more than children from urban and rural communities. (Access to facilities, resources and parent's incomes).
- Only 27.5 percent of children from homes with incomes under \$25,000 a year play sports compared to the 45.5 percent of children from homes with incomes greater than \$100,000 a year.
- Children who start participating in sports between ages 6 to 12 have 40 percent higher test scores, 12 to 20 percent higher lifetime earnings, a 15 percent increased likelihood of college attendance and a significantly lower instance of obesity. (lifelong benefits of youth sports). (Aspen Institute, 2017)
- Though roughly 45 million children are playing an organized sport, that number is actually down from 2008, and 80 percent of youth athletes have quit after age 15 (burnout and injuries). (Journal of Sports Medicine)

List the three biggest challenges of coaching today's student athletes

1.

2.

3.



Biggest challenges facing youth coaches

1. Budget constraints
2. Working with families of student athletes
3. Addressing expectations of student athletes
4. Student attitudes & work ethic
5. Understanding winning & losing
6. Building character is more important than winning
7. Importance of sportsmanship
8. Management of youth sports leagues

Coaching – Positive Youth Development Lens

- Provide a safe physical and emotional learning environment
- Communicate in a positive manner
- Teach the tactics and skills of the sport
- Teach the rules of the sports
- Help players understand the importance of healthy competition
- Help players value fitness, training and practice
- Help players become outstanding adults
- Connect sports to real life
- Teach student athletes the history of sports

“Leadership is all about relationships. And second, never underestimate your platform – especially the one right in front of you.”

-Tony Dungy (NFL Hall of Fame)

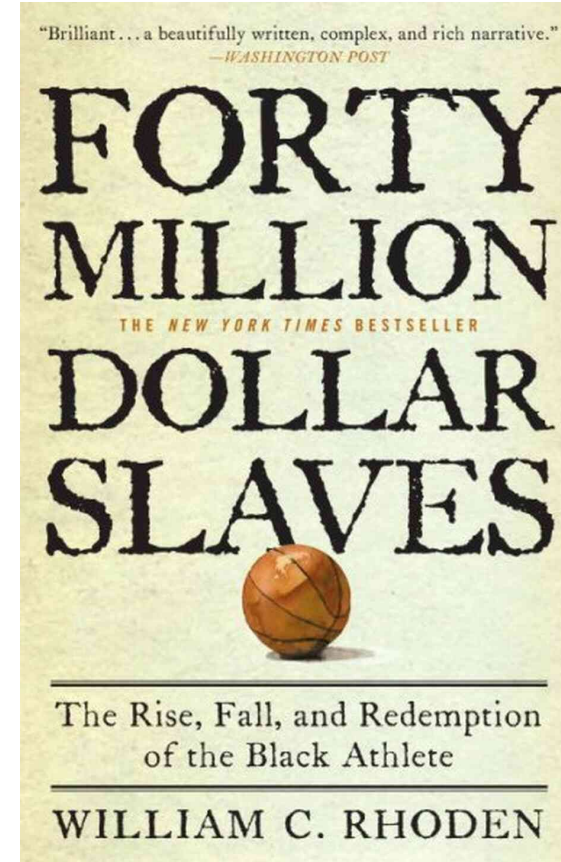
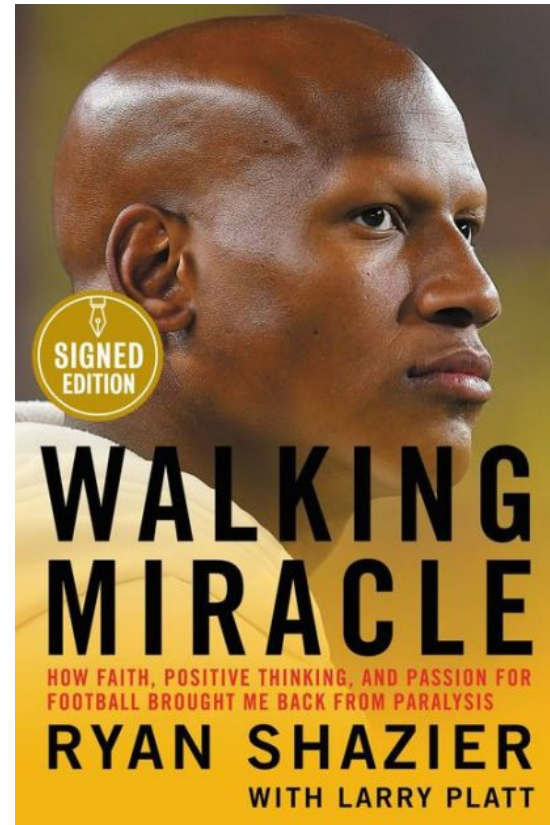
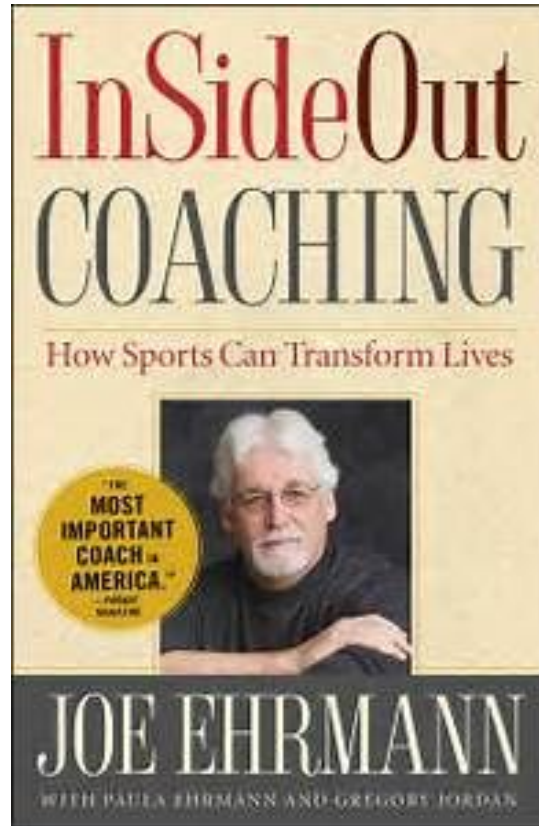


6 Benefits of Coaching Youth Sports

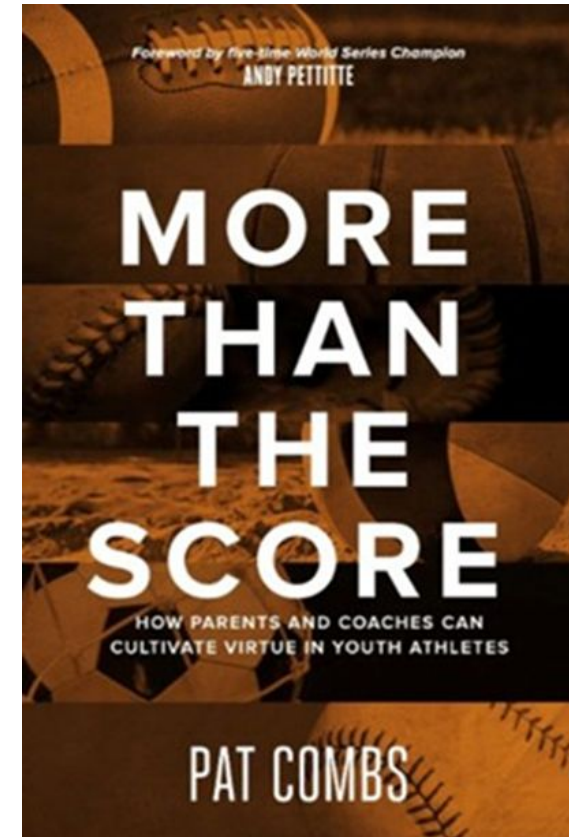
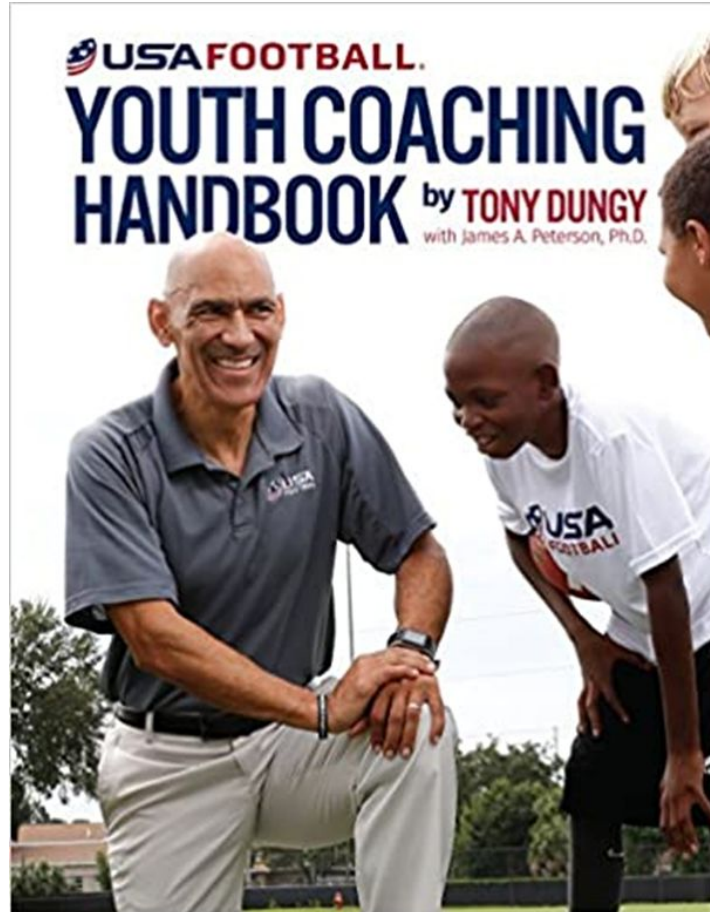
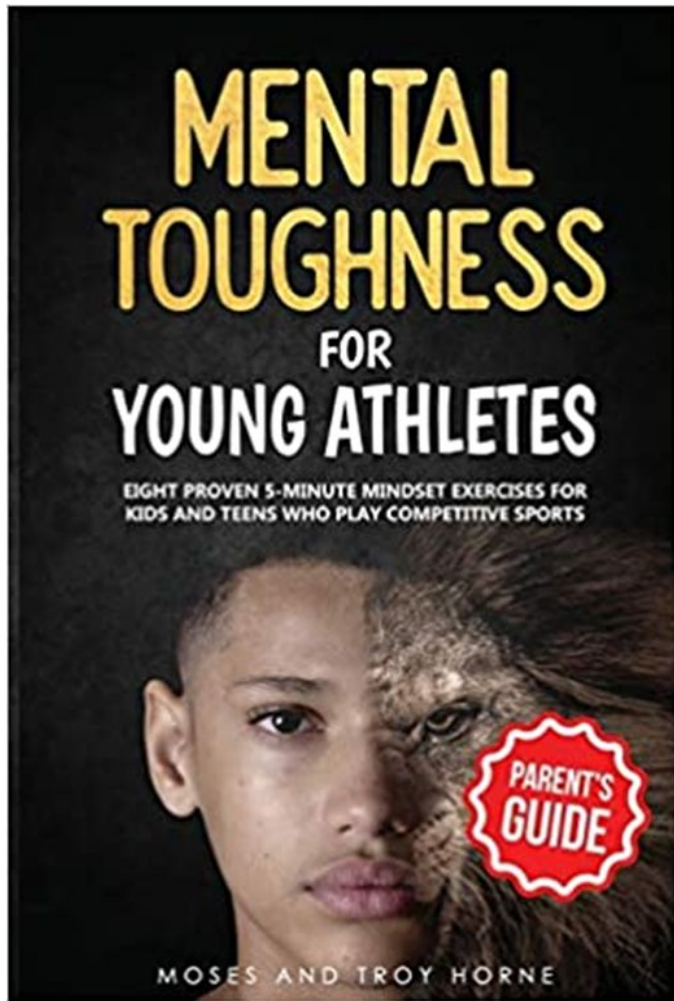
1. Sharing your love of sport with young athletes
2. Helping youth access the power of playing on a team and working with others
3. Teaching youth important life lessons that will help them become future leaders
4. Helps young people build interpersonal skills (communication, listening & following directions)
5. Creates lifelong relationships



Great books



Great Books



Think About IT

“Let’s be honest, most elite sports programs are not designed to meet children’s needs; they are designed entirely for adult ambitions.”

-Dr. Richard Bailey, head of research at the
International Council of Sport Science and Physical
Education

Final Reflections- Coaches Corner

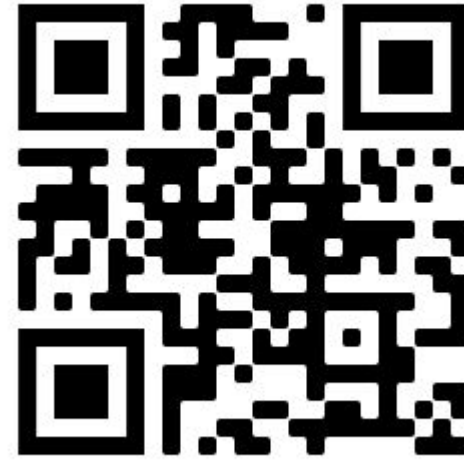
1. How would you like your players to remember you?
2. What is your coaching strategy?
3. What is your coaching philosophy (i.e., statement declaring what you value most, your thoughts about winning and losing and how you plan to lead / behave as a coach)?
4. What is your approach for dealing with parents?

Q

&

A

Thank you!



PLEASE COMPLETE TRAINING EVALUATION

<https://tinyurl.com/8b4s7yrk>

For a certificate of completion from today's training,
please email info@marylandmentor.net



UPCOMING TRAININGS

Baltimore City Virtual Youth Development
Forum

November 11 & 12, 2021

“Free”

Registration required!

<https://bcyfund.org/events-mec/baltimore-city-virtual-youth-development-forum/>