

ROCKY SPORTS

BUILT FOR MORE

COACHES PLAYBOOK



Welcome

At Rocky Sports, our goal goes beyond the game—we coach athletes to grow in character, leadership, and their foundation in Christian values.

Growth happens both on and off the court through coaching, friendship, and character-building devotionals that develop confidence, discipline, leadership, and purpose.

Every practice is building something bigger—because we are Built for More. Rooted in Jesus' example, we are committed to building character, strengthening community, and developing leaders beyond the game.

Built For More

Rocky Sports is a youth basketball and cheer league built on the foundations of Christian values. This is a ministry extension of Rocky Mountain Christian Church.

Built for More is our foundation. Built for More reminds us that youth sports are about more than wins and losses—they are an opportunity to build character, strengthen families, and point athletes toward a foundation built on faith.

BUILT IN JESUS

**BUILT WITH
CHARACTER**

**BUILT WITH
CONFIDENCE**

As a Rocky Sports coach, you are a valued volunteer and trusted leader within our ministry. Coaching positions are filled through an application, background check, and selection process led by our Sports Leadership Team. Because coaches play a significant role in shaping the experience of our athletes and families, not every applicant is automatically selected. We are grateful for your willingness to serve and for your commitment to representing Rocky Sports both on and off the court.



What Coaches Can Expect

Commitment & Expectations

These values will guide us into a great season. We ask every coach to commit to living out these principles as you lead your team.

Coaching Philosophy

Be With Jesus Stay close to Jesus so you can become like Him and coach like Him. Lead from a growing relationship with Jesus, reflecting His love, grace, and truth.

Make Room Create a team where every athlete feels seen, valued, and belongs. Set aside personal preferences to serve athletes and families with compassion.

Grow Together Build authentic relationships that encourage growth on and off the court. Value character, teamwork, and progress over performance.

Everybody Helps Model servant leadership by asking, "How can I help?" Encourage every athlete to contribute, serve, and support one another.

Live Generously Give your time, energy, and encouragement with open hands. Invest in every athlete with joy, believing every child matters.

Build for Tomorrow Coach with the next generation in mind, leaving a lasting impact beyond the season. Help athletes grow in character and faith long after the final game.

Coaching Essentials

As coaches, we commit to:

- Make it Fun – Create an environment where athletes enjoy working hard.
- Communicate Clearly – Keep athletes and parents informed.
- Encourage Often – Strive for more encouragement than correction.
- Teach Fundamentals – Prioritize skill development and understanding of the game.
- Keep it Simple – Focus on concepts before complex strategies.
- Build Through Repetition – Consistent practice builds confidence and improvement.
- Create a Team-First Culture – Promote support, unity, and shared success.

Coach Commitment

By accepting the privilege of coaching, I commit to leading with these values, serving athletes and families with excellence, and creating an environment where every player can grow in skill, character, confidence, and faith. Together, these commitments will help us build a season that honors God and leaves a lasting impact on every athlete.



Code of Conduct

Rocky Sports is committed to providing a positive, safe, and respectful environment for all participants. Inappropriate behavior by athletes, coaches, parents, or spectators will not be tolerated. Youth sports are for the athletes, and all participants are expected to help maintain that focus.

Coaches Set the Standard

Coaches are expected to lead by example and set the tone for their team and spectators.

Coaches are responsible for:

- Modeling and requiring respect toward teammates, opponents, and referees.
- Upholding a positive and encouraging environment through words and actions.
- Enforcing good sportsmanship at all times.
- Remembering that athletes, parents, and spectators will follow the standard set by the coaching staff.

Zero Tolerance Policy

Rocky Sports maintains a Zero Tolerance Policy for inappropriate behavior by coaches, athletes, parents, and spectators. All athletes, parents, and spectators are expected to:

- Treat athletes, coaches, referees, opponents, and spectators with respect.
- Use positive, encouraging, and appropriate language.
- Demonstrate good sportsmanship at all times.
- Avoid confrontational, disruptive, or disrespectful behavior.
- Remember that youth sports are for the athletes.

IMPORTANT

If a parent is asked to leave a game, their athlete must also leave.

Sideline Conduct

- Only the Head Coach may stand during the game.
- Assistant coaches must remain seated during live play.
- Assistant coaches may briefly stand or kneel to communicate with players on the bench for coaching purposes.

Communication with Referees & Game Officials

Only the Head Coach may approach referees to discuss concerns.

Guidelines for communication:

- Always be respectful, regardless of the referee's age or experience.
- Whenever possible, address concerns between periods.
- If an issue must be addressed during live play:
 - Respectfully ask for the referee's attention.
 - Request that they come to you.
 - Do not yell across the court.
- Do not yell, argue, or act disrespectfully.
- Do not continue to address or hound referees during live play.
- Do not chase referees after the game to continue discussions.
- If concerns persist, respectfully contact a Site Manager or Rocky Sports Leadership between periods or after the game.

Parents and spectators should never address, confront, or argue with referees or game officials during or after games. Officiating at all levels—including youth, adult, and professional—involves judgment calls and occasional mistakes.

Rocky Sports supports both developing and experienced referees and expects all coaches, athletes, parents, and spectators to show respect, self-control, and a commitment to sportsmanship and development.

24-Hour Cool Down Rule

When safety is not an immediate concern, parents and spectators are expected to wait at least 24 hours before addressing concerns related to coaches, referees, playing time, team decisions, or game situations. This allows time for emotions to settle and promotes respectful, productive communication. Concerns should never be discussed in front of athletes.

Disregarding the Rocky Sports Code of Conduct may lead to event removal, league suspension, or further measures at the discretion of our leadership. Depending on the situation, consequences may include a verbal warning, removal from an event, league suspension, or dismissal from the program.

If a spectator or parent is asked to leave a game, **their athlete must also leave the event.**

Every incident is evaluated individually to maintain an encouraging and honorable atmosphere. While we value competitive play, our program deeply prioritizes maintaining character and integrity during competition as part of our core mission.

Pre-Season Responsibilities

Once rosters are released in Team Sideline:

- Contact your team promptly and introduce yourself (and your assistant coach, if applicable).
- Share practice details, including location, days, and times.
- Communicate what athletes should wear and bring to practices and games.
- Set expectations for the season, both on and off the court.
- Explain how parents can support the team through timely drop-off and pick-up, positive sideline behavior, and score table assistance.

Game Day Instructions

Before Each Game

- Arrive 30 minutes before game time.
- Hold your team meeting 15 minutes before the game in the designated Team Meeting Area.
- Basketball Uniforms: Home—White; Away—Dark
- Cheer Uniform (including Megaphones and Pom Poms.)
- Basketball Coaches: If a player will receive reduced playing time due to missed practices, notify the score table and referee before the game begins.

During Each Game

HEAD COACH

- Manage substitutions and player rotations.
- Ensure every player plays at least half of the game (3 periods), unless playing time has been adjusted due to missed practices.
- Lead the team and communicate with players throughout the game.
- Stay composed and set the example, especially when emotions are high.
- Treat officials, opponents, players, and parents with respect.
- Encourage effort, teamwork, and good sportsmanship.
- Direct and communicate with the assistant coach throughout the game.

ASSISTANT COACH

- Coach the players on the bench and keep them engaged in the game.
- Reinforce the Head Coach's instructions and game plan.
- Treat officials, opponents, players, and parents with respect.
- Encourage effort, teamwork, and good sportsmanship.
- Help players know when they're going in and be ready for substitutions.
- Encourage players coming off the court and help prepare those going in.
- Assist with minor injuries, water refills, and restroom breaks between periods when needed.
- Help keep the bench organized and focused.
- Support the Head Coach and present a united coaching staff.

After Each Game

Hold a brief team huddle off the court and:

- Recognize each player for something they did well, whether in skill, effort, character, or leadership.
- Select the Core Value Player of the Week based on the weekly Core Value.
- Throughout the season, every player should receive this recognition at least once. Coaches may recognize additional players when appropriate.

Game Day Exceptions: Limited Player Availability

Player availability may vary, and coaches are expected to prioritize a positive, development-focused game experience.

When teams are short on players:

One or more players short (for example 3v4 or 4v5):

- The game will be recorded as a forfeit, but should still be played when possible for development purposes.
 - Coaches should combine players and balance teams appropriately.
 - All forfeits must be communicated to the opposing coach, score table, and league leadership before the game begins.

Practice & Game Day Safety

Prioritize safety and respond appropriately to injuries:

- Call 911 for emergencies.
- For non-emergencies, contact Rocky Sports Leadership immediately.
 - sports@rocky.church or contact the Program Director.
- Always inform parents of any injury or incident involving their child.
- Ensure appropriate supervision at all times and never be alone with a child.



A Final Word

A Final Word As coaches, we create the environment athletes experience every day. Together, we can challenge them, encourage them, and remind them they are Built for More.

Thank you for your commitment to helping young athletes compete with integrity, grow in confidence, build lasting friendships, and discover that they are truly **Built for More.**