

WHO ARE COACHES?

When I join a team or an activity, we typically have a knowledgeable adult who leads us. This person is known as our coach. A coach's job is to help me and the team prepare for our games or shows and teach us to work as a team.



Every coach has unique skills that make them good at what they do.
Some coaches lead:

basketball teams



dance teams



soccer teams



cheer teams



Some coaches can create and teach the plays a team runs in a sports game.



While other coaches can create and teach the routines performed at a show.

They are very supportive of me and my teammates, working hard to improve our skills and coordinate our practices.

I can go to my coach when I:

have questions about an upcoming game or show



need help with something in our play or routine



have issues to work through with teammates



My coach motivates our team to do a great job and, most importantly, reminds us to have fun!

