



YMCA Volunteer Coaching FAQs

What are the expectations & time commitment for being a coach?

Each team will practice for one hour on one night each week. There will also be a one-hour game each Saturday. Game times may vary weekly, but a schedule will be provided before the season starts. You are expected to attend each practice & game whenever possible. Arrive early & have prepared skills & drills for each practice.

How do I volunteer to coach?

You can volunteer by contacting the sports director or indicating your interest during registration. You can also complete a volunteer application in person at the YMCA or online here: [Volunteer Application](#). The sports staff will contact you before or shortly after registration ends.

What if I can't attend a practice or game?

If you can't attend, notify the sports director in advance. You must also try to find a parent willing to fill in for you that day. The YMCA keeps a record of all coaches, assistant coaches, & fill-in parents—please inform the director of who will be covering for you.

Who cancels practices & games?

The YMCA will decide if practices or games are canceled due to weather or other unforeseen circumstances. If you need to cancel a practice, contact the sports director & your team before your scheduled practice day. If possible, arrange for a substitute coach rather than canceling.

Can I reschedule my practice or game?

If you have a scheduling conflict, contact the sports director to request a one-time reschedule. Approval will be given on a case-by-case basis.

What equipment is provided?

The YMCA provides balls & other basic equipment. Cones are available upon request. If you need additional equipment, contact the sports director in advance.

What are the rules?

Season rules will be distributed & discussed at the preseason coaches' meeting.

Why do I need a background check every year if I coach regularly?

To maintain a safe environment for children & youth, the Missouri Valley Family YMCA requires annual background checks for all volunteer coaches.

Are there financial benefits to being a volunteer coach?

No, the YMCA cannot offer financial benefits to volunteers, as it would conflict with our nonprofit, tax-exempt status.

When will I receive my team roster?

You'll receive your team roster at the preseason coaches' meeting. If you can't attend, contact the sports director to arrange a time to pick up your coach's packet. You must call all your players before the season starts to introduce yourself, remind them of their practice day/time, & inform them of their practice court.

Do players keep their jerseys/t-shirts?

Yes, all participants keep their jerseys/t-shirts for the season.

When is the preseason coaches' meeting?

The meeting is held at 6:30 PM on the Wednesday before the season starts at the Missouri Valley Family YMCA. Coaches will receive team rosters, league rules, & program details. Attendance is mandatory, but special accommodations can be made if there's an unavoidable conflict.

Can I schedule additional practices outside of YMCA scheduling?

No, extra practices outside of the YMCA's scheduled ones are not allowed.