

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Recruiting Volunteers and Coaches



Where to start?

- Be specific – know what it is you are looking for and what needs to be done.
- Outline which tasks can/should be done by volunteers.
- Determine when, where, and how you will recruit the volunteers.
- Define the jobs of the volunteers, give them job a description.
- Determine the qualifications a volunteer would need.

“Eighty percent of those not volunteering say the primary reason they did not volunteer was simply because they were not asked!”

Tips for Finding Volunteers

- Spread the word to everyone you know.
- Call local high schools, more specifically the physical education departments.
- Talk to the parents of the participants.
- Go to other organizations and clubs – ask around.
- Ask your league director or local association president for names of people who might want to assist.

Tips for Keeping Volunteers

- Keep them busy doing things they will enjoy.
- Acknowledge their contributions.
- Have clear goals and expectations of their duties and responsibilities.
- Provide food and beverages.
- Say “Thank you” and mean it.
- Ensure that your volunteers understand your organization’s mission, goals, and overall strategy of their project.
- Have giveaways to reward them – small but meaningful.
- Have retreats, parties, or picnics – something away from work.
- Give out titles, attach an importance to their job.

