



# So you want to be a Volunteer Coach...



Hi, my name is Irving Katz, and I am the SYSA/BBSA Recreation Soccer League Commissioner. I have been involved with SYSA since my eldest son started in this very league in Fall of 2014—and I was the coach!

Mind you, I had never coached anything before. I had played soccer in my youth, at a high level, but I was 13 years old during my last game. I really didn't know what I was doing, but I took the plunge anyway. I was very pleased to quickly discover a few things:

- Coaching was way more fun than I thought
- The parents were all so grateful that everything was "taken care of"
- Everybody's kids are complete goofballs (not just mine)
- I was making precious memories of being involved in my family and my community

I ended up coaching for several more seasons and even coached my youngest son's travel team for a while. I also took a chance and coached my sons in rec basketball and rec baseball. Coaching is addictive.

Anyway, here are a few things you should know about coaching rec soccer:

- You will have to jump through a few hoops, like a background check. There is no cost.
- You should expect to commit about 3 hours per week between practices, games, and communications
- You will be provided a coaching bag with balls, cones, jerseys (both game and practice), first aid supplies, and more, to be returned after the season.
- Talya Sterling, our Rec Coordinator, will provide weekly lesson plans, which you are free to use (or not).
- You will receive a credit for future soccer with SYSA/BBSA.

GOOD LUCK!