COACHING YOUTH SPORTS
THE NAYS WAY

The NAYS Coach Training & Membership Program, formerly the National Youth Sports Coaches Association or NYSCA, is the leading coach education and membership program in the country. More than 3 million coaches have joined NAYS to take advantage of its resources and benefits since 1981. NAYS Coach Training has proven valuable to youth sports coaches, whether they are new or veteran coaches on the sidelines. NAYS Coaches receive sport-specific training, excess liability insurance, corporate discounts, a members-only website with exclusive coaching resources, additional educational opportunities and so much more.

How NAYS Coach Training & Membership works...
To become a NAYS Coach, volunteer coaches must participate in a video-based, interactive training clinic. Coaches may attend an on-site training conducted by a local NAYS Member Organization, or complete the program online through the NAYS Coach Online Training. Both the on-site and online trainings consist of the same basic format:

Part 1  Coaching Youth Sports
An overview of a coach’s role and responsibilities in youth sports:
• Youth Sports Violence
• Keeping Players Active at Practice
• The Role of Winning in Youth Sports
• Nutrition and Hydration
• Conditioning and Stretching

• Teaching Good Sportsmanship
• Building Confidence
• Working with Parents
• Injury Prevention

Part 2  Sport Specific Training
Covers drills, skills and fundamentals of each sport. Sport-specific trainings are available for the 12 most popular team sports: Baseball/T-Ball, Basketball, Football, Flag Football, Softball, Cheerleading, Soccer, Volleyball, Inline Hockey, Ice Hockey, Boys Lacrosse and Girls Lacrosse.

Part 3  Coaches’ Code of Conduct
Coaches must sign the NAYS Code of Ethics for Coaches.

The NAYS Coach membership fee is $20.

Membership Renewal
To continue membership, coaches re-sign the Code of Ethics and remit a $20 continuing membership fee. There are no additional clinics to attend. NAYS Coaches also may renew their membership for multiple years at a discounted rate.
**Membership Benefits**

Coaches who successfully complete the NAYS Coach training receive:

- $1,000,000 excess liability insurance coverage
- High-quality membership card with key tag
- Access to a members-only section of the NAYS website, with coaching resources and additional training opportunities:
  - Resource library
  - Coach ratings page
  - Skills and drills section
  - Coaching forum
  - Exclusive corporate discounts/programs
  - …much more!

Coaches who renew their NAYS Coach membership continue to receive their member benefits PLUS a $2,000,000 excess liability insurance policy and $250,000 excess accident/medical insurance policy.

**Continuing Education**

The following trainings are free to NAYS Coaches:

- Concussion Prevention
- Bullying Awareness
- Protection Against Abuse
- Coaching Children with Mental Health Challenges

**NAYS Select Coach – Advanced Level Training**

NAYS Select Coach is an online training program developed to assist coaches of travel and advanced level teams. The clinic delivers an e-learning experience in eight key topic areas from teaching and communication to skills and tactics. The NAYS Select Coach training fee is $40.

**JOIN TODAY!**

To become a NAYS Coach go to www.nays.org to sign up or ask your league administrator if they are a NAYS Member Organization offering on-site trainings. Already a member? Log in to your NAYS member area at www.nays.org to access your member benefits.

www.nays.org

NAYS Coach Training & Membership Program

A program of the National Alliance for Youth Sports

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