

**Overview** The NAYS Coach Training and Membership Program (formerly the National Youth Sports Coaches Association, or NYSCA) is the most widely used volunteer youth sports coach training program in the nation, having trained nearly 4 million coaches since its inception in 1981. The program is designed to sensitize youth sports coaches to their responsibilities and equip them with the necessary tools to make them effective, positive and knowledgeable coaches.

**How it works** To become a NAYS Coach, coaches must participate in a video-based, interactive training clinic. Coaches may attend a live on-site clinic, conducted by a local NAYS Member Organization, or complete the program online. Each coach must sign the Coaches Code of Ethics and complete the clinic review questions. Both the live on-site and online clinics are approximately 2.5 hours and consist of two parts:

- **Coaching Youth Sports** Featuring well-known collegiate and professional coaches, sports psychologists, medical professionals and other experts sharing general coaching advice.
  - Youth Sports Violence
  - Teaching Good Sportsmanship
  - Keeping Players Active at Practice
  - Building Confidence
  - The Role of Winning in Youth Sports
  - Working with Parents
  - Nutrition and Hydration
  - Injury Prevention
  - Conditioning and Stretching
- **Sport specific training** Covers drills, skills and the fundamentals of coaching each sport. NAYS offers 13 different sport specific videos and counting.





**Membership** NAYS Coach membership is valid for one year and the fee is \$20 per coach. Members receive:

- Interactive clinic
- \$1,000,000 excess liability insurance policy
- High quality membership card with key tag
- Youth Sports Journal
- Member E-Newsletter
- Supplemental training courses
  - Concussion
  - Bullying Prevention
  - Coaching Children with Mental Health Challenges
  - Protecting Against Abuse
- Online personalized member area
  - Coach Rating System
  - Coaching forum
  - Additional drills & skills
  - Coaching resource library
  - Much more...
- Exclusive corporate discount programs



### **Get Involved**

Organizations can become a NAYS Member Organization to implement the NAYS Coach Training and Membership Program. Coaches can become a NAYS Coach online at [www.nays.org/sign-up](http://www.nays.org/sign-up)

**Continuing Membership** Coaches receive a membership renewal notice each year. To continue membership, the member must re-sign the Coaches Code of Ethics pledge and remit a \$20 membership renewal fee. There are no additional required training clinics. Coaches who continue their membership will receive everything listed above PLUS an excess liability insurance increased to \$2,000,000, plus \$250,000 excess accident/medical insurance.

***Discounts available for multiple year renewals.***

**Visit [nays.org/coaches](http://nays.org/coaches) or contact us today for more information.**

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**COACH SELF-REGISTRATION**  
**Membership fee paid by Member Organization**

**INSTRUCTIONS FOR SIGNING UP TO COMPLETE THE NAYS COACH ONLINE TRAINING:**

- Go to the NAYS homepage at [nays.org](http://nays.org).
- Click on **SIGN UP** – Located on the upper right-hand corner of the NAYS homepage.
- On the following page (*log in hub*) locate the **RED COACH** box and click **JOIN NOW!**
- Take a moment to review the **How It Works** page and then click **GET STARTED**.

**Note:** The membership fee is paid by your local NAYS Member Organization. To bypass the payment page, you must select the organization's name on the dropdown.

- **Step 1:** Select a sport on the **Registration** page.
- **Step 2:** Enter the required information on the **Contact Information** page.
- **Step 3:** Select your NAYS Member Organization's name – **TOWN OF GREENWICH PARKS AND REC.**
- **Step 4:** Review the Member Details on **Confirmation** page. Edit, if necessary.

**ONCE YOU HAVE COMPLETED THE REGISTRATION PROCESS:**

Locate the **Click here to get started!** link on the **Your Registration is Now Complete!** page to begin the online training or you may return later by logging in at [nays.org](http://nays.org). Log in with the email and password used during the registration process.

1. Review each section of the **Coaching Youth Sports** video.
2. Answer the 15 Review Questions - You will receive your results with an opportunity to correct your answers.
3. Read and acknowledge **Coaches Code of Ethics – SUBMIT**.
4. Once back on the **TRAINING MENU**, select the sport you registered for – **GO TO TRAINING**.
5. Complete each section of the sport specific portion of the training.
6. Answer the 10 Review Questions - You will receive your results with an opportunity to correct any incorrect answers.

Upon completion of the online training, you will have instant access to a personalized online Member Page. Please be sure to take advantage of all the benefits offered to you as part of your NAYS membership, including **FREE** trainings; Concussion Awareness, Bullying Prevention, Protecting Against Abuse, and Coaching Children with Mental Health Challenges.