



## Positive Coaching Award

The QCMBL organization is about more than sports. In addition to teaching skills and strategies, we encourage coaches to be positive role models and help players develop positive character traits and increased self-esteem and self-confidence. To reinforce this we will select one coach from the Pee wee, Bantam and Midget age divisions who embodies the values of a Positive Coach for the Positive Coaching Award.

The winners of this year's Positive Coaching Award for each division will be announced at the **conclusion of the Division Gold Medal game as per the QCMBL playoff schedule.**

### To make this happen, we need your help

Help identify worthy positive coaches in our organization. Use the attached nomination form to nominate a coach that you think deserves recognition in Pee wee, Bantam and Midget because he/she:

- 1) Models and teaches the concept of **Honouring the Game**, which involves respect for the Rules, Opponents, Officials, Teammates, and the Tradition of the game.
- 2) Helps players redefine what it means to be a "Winner" in terms of Mastery and not just the scoreboard, by rewarding effort as well as results, helping players set goals and measure their progress toward them, and developing a team "Mistake Ritual" to help players quickly rebound from mistakes.
- 3) Fills players' **Emotional Tanks** by providing a higher ratio off positive reinforcement to criticisms, refraining from using fear, intimidation or shame with players, and using Criticism Sandwiches to help players improve.

You may nominate more than one coach, and you may turn in more than one nomination form for the same coach. If a coach does something remarkable early in the season, you can write about that and make a nomination. If the same coach does something else later in the season that you want the selection committee to know about, submit another form.

And be sure to attend the Award ceremony at the **conclusion of the Division Gold Medal game as per the QCMBL playoff schedule** to honor the coaches selected.



# Positive Coaching Award: Nomination Form



Name of Coach being nominated: \_\_\_\_\_ Team Name: \_\_\_\_\_

Division (Peewee, Bantam, Midget): \_\_\_\_\_

Reason(s) for your nomination (be as specific as you can about what this coach has done to deserve this award). Use the back if you need more room:

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The characteristics we'd like you to consider in nominating coaches include

- 1) Modeling and teaching the concept of **Honouring the Game**, which involves respect for the Rules, Opponents, Officials, Teammates, and the Tradition of the game.
- 2) Helping players redefine what it means to be a "Winner" in terms of Mastery and not just the scoreboard, by rewarding effort as well as results, helping players set goals and measure their progress toward them, and developing a team "Mistake Ritual" to help players quickly rebound from mistakes.
- 3) Filling players' **Emotional Tanks** by achieving High Ratio of positive reinforcement to criticisms, refraining from using fear, intimidation or shame with players, and using Criticism Sandwiches to help players improve.

Your Name: \_\_\_\_\_ Email: \_\_\_\_\_

Please return this form to: [qcmbxlax@gmail.com](mailto:qcmbxlax@gmail.com)  
 or  
**Queen City Minor Box Lacrosse**  
**P.O. Box 27052, 420 Albert Street**  
**Regina, Saskatchewan S4R 8R8**  
**Attention: Coach Award**