

What Does CAPS Mean & How Can I Practice It?

Communication - Respectfully exchanging verbal and non-verbal feelings, thoughts, wants, and needs in an appropriate calm manner. Being open and available to receive communication from others.

Examples:

- When sharing feedback, athletes and coaches keep eye contact and positive, open body language.
- Staff verbally communicate clearly with athletes and parents about practice standards and expectations.
- Staff sending timely emails and reminders about upcoming events.

Accountability - Owning up to your mistakes, learning from them, it and using those lessons to improve in the future.

Examples:

- When something in a stunt is not going well, each member of the group evaluates what they could do differently to improve, rather than looking for flaws in their teammates.
- When a coach is assigned a specific level to instruct, they are responsible to excel as a coach by taking the time to learn that level's rules and scoresheet.

- Families acknowledging that committing to a full season means knowing dates ahead of time, planning accordingly, and communicating conflicts.

Passion -- Demonstrating enthusiasm, energy, and love for Cali Coast Elite.

Examples:

- Athletes helping younger athletes and attending extra clinics to better themselves.
- When walking through the doors, remember the love you have for our gym, bring excitement and motivation to practice, and leave any unwanted feelings outside.
- Parents being actively engaged in the sport their child loves, by immersing themselves within the Cali Coast Elite family and supporting their child's commitment and growth.

Support- Providing comfort, assistance and encouragement to others.

Examples:

- Athletes being aware of, and supporting, each other's emotional needs.
- Coaches showing support for their junior coaches by passionately teaching and engaging them inside and outside of

practice.

- Parents and athletes supporting their coaches by trusting the decision making process that goes on behind the scenes and respectfully communicating concerns in a face to face meeting with their head coach and Betty.