

Become a Coach or Mentor of YWCA Princeton Robotics All Girls FLL & FTC Teams!

The YWCA All-Girl Competitive Robotics Teams are looking for adult mentors and team coaches. The teams compete in the FIRST LEGO League (FLL) and the FIRST Tech Challenge (FTC), robotics competitions run by FIRST (For Inspiration and Recognition in Science and Technology). The YWCA currently has three teams: one FLL teams at the 4-8th grade level and two FTC teams at the 7-12th grade level. The administrative needs of the teams are supervised by Director of Programs at the YWCA Princeton, but the operational needs are met by the adult coaches and mentors.

The role of a coach/mentor is to be a guide for the team, not a member of the team. Team members (up to 10 students for FLL and 20 for FTC) must make all decisions and do all the work on the Robot Game and Project. This includes deciding on strategy, building, programming, researching, choosing a problem and innovative solution, and presenting at a tournament. Anyone who works with the team may teach team members new skills, handle logistics for the team, ask questions to get team members thinking, and remind them of the rules; adults play an important role in coaching and supporting their team, but the team's robot and project should be the work of team members.

The YWCA Princeton is looking for coaches and mentors with interests and character that will allow our team members to grow in self-confidence, leadership, and life.

The roles of the Mentors and Team Coaches for FLL and FTC are slightly different, and are outlined below.

FLL Coach

An FLL team must have a minimum of two screened coaches who are at least 21 years of age. These coaches do not need to be experts in any scientific fields, but should know how to secure these contacts on behalf of the team and manage the team's budget.

In addition, FLL Coaches must attend:

- at least one scrimmage
- one qualifier event
- other events, if invited

Coach Quick tips: <https://bit.ly/2Ln0DEk>

FTC Coach

An FTC team must have a minimum of two screened coaches, but 2-4 is best. These coaches do need to have some transferable skill from exposure to math and science -- e.g. project management or programming knowledge -- and must manage the team's budget.

In addition, FTC Mentors must attend:

- at least one (preferably 2) meets
- other events, if invited

FLL/FTC Mentor

Team mentors are people with skills, usually high school students and external subject matter experts. Subject matter mentors only attend a few meetings. Team mentors (high school students) attend most if not all of team meetings and participate in the translation of suggestions from the coaches to actionable items for the team. Team Mentors help keep the Fun in FIRST.

FLL/FTC Time Commitment

FLL is similar to a junior varsity sport. The time commitment includes on-season and offseason activities. FTC is similar to a varsity sport. Students and coaches should commit to FTC during the competition season.

- May-August offseason meetings and trainings (1-2 meetings a month for 1 hour each)
- September-December on season meetings (1-2 meetings a week for 2 hours each)
- December-April postseason - if necessary (e.g. the team wins a championship) - (2 meetings a week for at least 2 hours each)

FLL Logistics

FLL teams meet at the YWCA-Princeton in the Robotics Lab during weekdays and/or weekends.

FTC teams meet at SES Corporation (4 Research Way, Princeton) during weekdays and at the YWCA Princeton during weekends.

Date and times are made to fit the conveniences of the coaches and team members.

Stipends and Reimbursement

Coaches will be reimbursed for expenditures.

All Coaches Must:

1. Become familiar with information available at www.firstinspires.org
2. Clearly communicate with parents, mentors, YWCA liaisons, and FIRST® officials
3. Review the Game Manual on the FIRST® website
4. Register and escort Teams to competitions

For more information, contact toshea@ywcaprinceton.org.