

2010 Coaches Guidelines

The main objectives of our coaching staffs are to promote teamwork, fair play, sportsmanship, and character to our youth. Any decision by a youth coach should be with the children in mind.

COACHING STAFF DEFINITION: Any head coach, assistant, team parent or parents that assist the coaching staff during practice or game time.

No member of any coaching staff may be at any practice or game under the influence of alcohol or drugs or with the odor of alcohol on his or her breath. Use of profane language is not allowed. Under no circumstances shall any coach administer corporal discipline to any child.

The Head Coach must make sure that only coaches and participants are on the field during practices. Parents are not allowed on the field during practice (unless they are part of the coaching staff).

Head Coaches will insure that **A4TK** Board established practice times are followed.

No practice shall be cancelled by the Head Coach due to personal reasons. In the event that the Head Coach is absent, he or she should inform the coaching staff and appoint an assistant to conduct the practice. He or she will notify the appropriate Division Coordinator in advance of any planned absences.

Every football player who is not under disciplinary action and makes all scheduled practices must receive a minimum of (10) plays per game. It is the direct responsibility of the Head Coach to make sure that a precise record is kept, and that each player receives their minimum playing time.

If a Head Coach determines that a player will not be eligible to play in a specific game, he or she will notify the player's parents and the appropriate Division Coordinator at least (2) days prior to the affected game.

All football players must wear all of their protective gear (mouthpiece, shoulder, knee, thigh, hip and tail pads, helmet and chin straps) during all contact activities. The coaching staff must check each player before every game or practice, and must not allow a player not properly outfitted to participate.

It is the responsibility of the Head Coach to allow only players and Coaching Staff in the sideline box during game time.

The Head Coach must also make sure that his or her practice area and game bench are clean after each practice and game.

Coaches are expected to attend specific meetings called by the **A4TK** Board of Directors and / or respective Division Coordinators. Coaching staffs will also be assigned to assist in preparing the fields for home games, and cleaning up after games. The respective Division Coordinator will communicate assignments.

It is the responsibility of the Head Coach to assist the Equipment Manager in the collection of all **A4TK** equipment and uniforms following the last uniformed activity.

The Head Coach is responsible for assisting in ensuring orderly conduct among spectators (including parents). Coaches will refrain from over reacting or “fit throwing” during the game.

All players must maintain GPA of a C or higher, there will be tutoring available for those who don't meet these requirements.

Any Coach who violates these guidelines or the rules of the **ALCCL** may be brought before the Board of Directors for review. If a Coach is found to have violated guidelines, actions may include but are not limited to reprimand and / or suspension.

SAFETY: The **A4TK** program emphasizes player safety. At every practice or game, a person qualified to administer first aid will be present. Before any player participates in physical contact drills against another player, he will have had 1 week of intensive physical conditioning. At each practice and before each game, he will go through a thorough routine of stretching and warming up exercises. Before he ever takes the field in a game, he will have had over 50 hours of vigorous training and conditioning. When he plays, his games will be officiated by registered football officials.

EQUIPMENT: Each Player is issued the following equipment during assigned equipment issue dates: Helmet with face mask and chin strap Shoulder pads Hip girdle with pads Thigh pads Knee pads Practice pants Game jerseys and pants

Players must condition for 5 days prior to receiving football equipment. Equipment is only issued after a completed registration form with payment is received by **A4TK**. A parent or guardian must accompany the player and sign documentation to receive equipment. This equipment must be returned to **A4TK** at the season's end.

Each Player is expected to provide his own: Practice Jersey Mouth guards / Mouth pieces Shoes Athletic supporter Game & Practice socks

Certified Education Program

USA Football's Certified Education Program has been created for youth football organizations who want to standardize the level of coaching or officiating.

The Certified Education Program — for Coaches

Includes two course levels that provide chapters on theories of Communication, Practice Planning, Developing a Coaching Staff and Working with Parents. Courses provide in-depth training on the fundamentals of blocking, tackling and techniques for coaching every position on the field using 3D and 2D animation. USA Football trained approximately 5,000 youth football coaches in 2008, the first year of the program.

Features:

- ◆ Commissioners can track program and course completions
- ◆ Level 1 Sections: Coaching Theory, All Player Skills Understanding the Game, Positions & Responsibilities
- ◆ 3D & 2D Animations for visual comprehension
- ◆ Flexibility to take the course at your own pace
- ◆ Commissioners purchase promo code within membership
- ◆ 11 Chapters with Quizzes used to help retain information
- ◆ Course Certificate for each coach
- ◆ Course Level 2 is focused on the fundamentals for each position

Benefits:

Affordable program that allows organizations to mandate coaching education
Course Level 1 for new coaches
Great way to market your organization to parents
Good coaching increases player retention

Cost:

\$10 per Official (online)

COACHES APPLICATION FOR ALL 4 THE KIDS SPORTS

DATE _____ AGE _____ (DOB)

NAME _____ HOME PHONE _____

ADDRESS _____ WORK PHONE _____

PLACE OF EMPLOYMENT _____

CHILDREN IN PROGRAM (IF ANY) _____

EXPERIENCE (IF ANY) _____

REASONS FOR APPLYING _____

POSITION APPLYING FOR: _____ HEAD COACH _____ ASSISTANT

_____ TEAM MOTHER _____ TEAM DAD

WEIGHT DIVISION (Pee Wee; Junior or Senior, Any) _____

IF YOU WERE NOT APPOINTED AS HEAD COACH, WOULD YOU BE WILLING TO BE AN ASSISTANT? _____

ARE YOU WILLING TO BE A SPONSOR OR BRING A SPONSOR INTO THE PROGRAM?

DO YOU HAVE A SPONSOR IN MIND? _____

PLEASE LIST ALL EXPERIENCES AS A YOUTH HEAD COACH: (YEAR, LEVEL, ORGANIZATION, LEAGUE (IF ANY))

PLEASE LIST ALL EXPERIENCES AS A YOUTH ASSISTANT COACH: (YEAR, LEVEL, ORGANIZATION, LEAGUE (IF ANY))

I understand that my volunteer position with A4TKA is contingent upon my truthful completion and A4TKA review of this form. I authorize and understand the A4TKA may obtain a criminal report that is only visible to the A4TKA Commissioner and President.

Signature

Date