

COACHING INFORMATION

Coach Meeting

The coach meeting is scheduled Thursday, August 8 in the downstairs meeting room at the Green River Recreation Center. Coaches may come anytime from 4:00 PM to 6:30 PM. I will take approximately 15-20 minutes for coaches to schedule practices and pictures. The following will be conducted and given out at the coach meeting:

1. Schedule practices
2. Schedule pictures for your team
3. Coaches will be given a coaching packet of information, game schedules, roster with player contact information, and equipment bag.

Coach Material Resources

Within the coach e-mail is a link to the City of Green River website that provides PDF files that pertain to flag football drills, practice organization, and game management. Please let me know if you have any issues accessing this link.

Practices: The season begins the week of August 19, 2019. Teams may practice two times per week, with a maximum of seven practices for the entire season. Coaches do not have to practice the maximum number of practices (some weeks coaches may opt not to practice, especially if a team has two games that week). Games start the week of August 26. Call Kevin at 872-0515 or 707-2688 to add or change practices. I will contact coaches if there are any game or practice schedule changes due to conflicts in scheduling. E-mail address: ksadler@cityofgreenriver.org

Games: Games will be played on Tuesday and Thursday evenings at 6 PM and 7 PM and begin the week of August 26. The games are scheduled on the baseball outfields of Stratton Myers and Collier Park. Field lights are available. The last night of games is scheduled on September 27. Each team will play 7 games.

Game Shirts: Game shirts were given out at registration. Game shirts are available at the Recreation Center if a player paid for a shirt and did not get one or if the player needs to exchange shirt sizes.

Rules: Rules are contained within this packet.

Injuries: If any moderate to serious injuries occur to a player at practice, please fill out the injury report form in your coaching packet and call Kevin at the Recreation Center. If an injury occurs at a game, the Field Supervisor will fill out this report.

Concussion Protocol:

1. Become familiar with the signs and symptoms of a concussion found on www.cdc.gov/headsup
2. Coaches are strongly encouraged to view the "Heads Up: Concussion in Youth Sports" online course from the cdc.gov/headups website
3. Any participant exhibiting the signs, symptoms, or behaviors associated with a concussion or head injury (1) must be immediately removed from the activity and (2) may not again participate in any activity until cleared by an appropriate health care professional. REMEMBER WHEN IN DOUBT SIT THEM OUT.
4. Coaches need to fill out an injury report form provided in your coaching packet if a child is suspected of having a concussion at a practice and contact Kevin Sadler at 707-2688 as soon as

possible. If the suspected concussion occurs at a game, the Field Supervisor will fill out this form and contact Kevin.

5. The injured participants' parent or guardian should be immediately notified of the suspected concussion or head injury so that they can be evaluated by an appropriate health-care professional.

Cancellations of Games and Practices:

Coaches will be contacted if there is any cancellation of games due to bad weather. The Green River Parks and Recreation Department will text players if there is a cancellation. In many circumstances, a cancellation will not be able to be determined until game time due to rapid weather changes and lightning.

Coaches should always cancel or cease practices if lightning is less than 6 miles away (can use a weather phone app to determine this or the count method. The Count Method: measure the elapsed time from the flash to the bang. Every 5-second count equals a distance of a mile. For example, a count to 30 seconds equals a distance of 6 miles.

Unable to Contact Player on Roster or Need to Replace Equipment

Contact Kevin at 707-2688 if you are unable to reach a player on your roster and need to replace ice packs or soccer equipment.

Contact Kevin if you are unable to reach a player on your roster and need to replace ice packs or soccer balls at 872-0515 or 707-2688.

PLEASE CONTACT PLAYERS ON THE ROSTER ON OR BEFORE THURSDAY AUGUST 15.