

COACHING INFORMATION

Coach Meeting

The coach meeting is scheduled Wednesday, October 9 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

The Utah Jazz provides a coach resource website that is linked to the City of Green River website providing age based skill development and practice plans. I will email the city website link that has this information to all coaches. The Utah Jazz website address is:

<http://jazzyouth.leagueapps.com/pages/video-lessons>

Practices: The season begins the week of October 14, 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). 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 at various school gyms and the Rec Center, Monday-Thursday, and begin the week of October 21. Game times are at 6 PM, 6:30 PM, 7 PM, & 7:30 PM depending on game location. The last night of games is scheduled on November 15. Each team will play 6-8 games.

Game Jerseys: Game jerseys were given out at registration. Game jerseys are available at the Recreation Center if a player paid for a jersey and did not get one or if the player needs a new jersey.

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 scheduling conflicts or extreme weather conditions. The Green River Parks and Recreation Department will text players if there is a cancellation.

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 basketball equipment.

PLEASE CONTACT PLAYERS ON THE ROSTER BEFORE THURSDAY OCTOBER 11.