

## **COACHING INFORMATION YOUTH VOLLEYBALL 2020**

**Practices:** The season begins the week of April 13, 2020. 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 April 20. Call Kevin Sadler 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](mailto:ksadler@cityofgreenriver.org)

**Team & Individual Pictures:** Team and individual pictures will be taken at the Recreation Center. Picture envelopes are in the coaching packet which is given out at the Coaches Meeting.

**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.

**Abuse Prevention Code of Conduct (Federally Mandated):** Packet is contained within the coach packet.

**Rules:** Rules are contained within the coach 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 707-2688 as soon as possible. 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](http://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](http://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 bad weather. The Green River Parks and Recreation Department will text coaches and players if there is a cancellation.

If coaches need to cancel a scheduled practice, please contact Kevin at 307-707-2688 as soon as possible, so that schools can be informed of the 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 soccer equipment.

### **Coaching Resources**

Refer to City of Green River website: [cityofgreenriver.org](http://cityofgreenriver.org) (Parks and Recreation, Youth Programs & Activities, Volleyball)

**PLEASE CONTACT PLAYERS ON THE ROSTER ON OR BEFORE: Thursday, April 2nd.**