

COACHING INFORMATION

Coach Meeting

The coach meeting is scheduled Monday, August 16 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 an equipment bag. Please contact players by August 19.

Coach Resources

Multiple websites are available for coaching resources. Many sites are pulled up with a search of "Youth Flag Football Drills". Some examples of Youth Flag Football websites are:

1. flagfootballacademy.com
2. y-coach.com
3. youthflagfootballhq.com
4. broncosflagfootball.com
5. youtube.com

Practices: The season begins the week of August 23, 2021. 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 coaches may opt not to practice during certain weeks, especially if a team is scheduled for two games). Call the Front Desk 870-0511 to add or change practices. You will be contacted if there are any game or practice schedule changes due to conflicts in scheduling.

Games: Games will be played on Tuesday and Thursday evenings at 6 PM and 7 PM and begin the week of August 30. The games are scheduled on the baseball outfields of Stratton Myers and Collier Park. Field lights are available. The last night of games will be on September 30.

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.

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. Please give the report to a Field Monitor or bring it to the Recreation Center. If an injury occurs at a game, the Field Monitor can help 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.

1. 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. Please give this form to the Field Monitor or bring it up to the Recreation Center.
2. 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 the Recreation Center if you are unable to contact players or need to replace any equipment.

PLEASE CONTACT PLAYERS ON THE ROSTER ON OR BEFORE AUGUST 19.