

# Coaches Meeting



# Introductions

## Exec. Board

- Tom Kelly
- Bill Mahon
- Tony Santi
- John Spiller
  
- Marty Kearney

## Board

- Toby Casella
- Denny Georgopoulos
- John Gonia\*
- Tim Hangsterfer
- Dave Lockie
- Steve Nelson\*
- Mike Mohler
- Dave Onion
- Tom Pasko
- Nelson Rodriguez
- Mike Stibich\*

# Introductions

- President – Tom Kelly
- Treasurer, Database - John Spiller
- Fields - Dave Lockie
- Midget Commissioner – Mike Mohler
- Widget Commissioner – Bill Mahon/Toby Casella
- Junior Commissioner – Dave Onion
- Referees - Bill Mahon
- Concessions – Nelson Rodriguez, Bill Mahon
- Pig Roast – John Gonia\*



# Coaches Clinic

LT Coaching Staff

LT Bennett Field

Tuesday, August 17

7-9 PM



# Folders

- Roster
  - ▣ Make all calls before Saturday
- Jersey numbers
- Practice field assignment
- Game Schedule
- Year Book forms
- Coaches contacts
- Sample parents letter



# League History

- Founded in 1995 by the Gavlins
- Traveled to Park Ridge
- House League today
  - 23 towns from Downers Grove to Berwyn
  - 625 football players
  - 140 coaches
  - 34 teams
  - 64 referees
  - 90+ cheerleaders



# Philosophy

- Instructional
- Small teams to increase playing time
- Balanced Teams
  - Skill
    - Why player evaluations are important
  - Weight
  - Grade
  - Experience
- We are not about win/loss records



# Philosophy

- If they make practice, they play
  - Everyone either starts on offense or defense, no exceptions
  - Everyone should have an offensive and defensive position
  - Goal: 50% of the plays
  - One measure is everyone on sideline enters game on change of possession or change in platoon
    - If you make a change during the game, hold true to the starting rule



# Schedule

- Coaches Meeting 8/15
- Equipment Pick-up Saturday 8/21
- Practices start Tuesday 8/24
- LT games - 1<sup>st</sup> week (9/11-12)
- Naz games - 7<sup>th</sup> week (10/23-24)
- Picture day Saturday, 9/18
- Pig Roast
- Banquet – Nov. 6 or 7
- Final week flex scheduling
  - Optional at the discretion of the Board and League Commissioner
  - Not a playoff, we don't have championships, about matching up weaker teams



# Equipment Handout

- Saturday 8/21, prepare to help
  - Juniors                      9 AM
  - Widgets                      10 AM
  - Midgets                      11:30 AM
- Arrive 1/2 hour before your time to prep
- Can host parent meeting after your time slot
- No practicing
- Watch sizing videos on USA Football website
  - [http://www.usafootball.com/equipment\\_fitting](http://www.usafootball.com/equipment_fitting)



# Equipment Handout

- Late sign-up and drops, coach gets equipment
- Shed
  - Don't take more than you need, return what's not needed
  - Keep it organized
  - Restrict access to coaches, don't bring the whole team
- End of season coaches collect and clean equipment (tape, glue, chin straps, mouth guards)
- Do not collect integrated pants
- Deposit checks will be distributed to coaches the last week of the season



# Parent Meeting

- Saturday after equipment pick-up
- Distribute
  - Game schedules
  - Roster
- Set Expectations of the athlete, parent and coaches
- Check equipment, names, etc.



# Practices

- ❑ Only on designated dates at designated times
- ❑ End by earlier of sunset or 7:30 / 7:00
- ❑ Do not leave until all kids are picked up
- ❑ Scrimmage schedule may be set by league commissioner
- ❑ No parking on the grass at Springdale, St. James
- ❑ Remind kids to pick up trash
- ❑ Return dummies to the shed and keep it organized
- ❑ Make sure sheds are locked
- ❑ Will notify of cancelled practices by email - Coaches may cancel on their own – May not practice if League cancels



# Practices

- Have a plan
- Use your assistant coaches
  - Break into smaller groups, keep the kids focused
- Only 8 practices before first game
  - Don't wait too long to insert defense and special teams
- You don't need many offensive plays



# Game Day

- Be ready to start next game immediately after preceding game concludes
- Parking space for emergency vehicles
  - Let parents (and grandparents) know these are not handicap spots and the cones should not be removed
- Pick up trash after your game
  - Plan your post game meeting at far end of the field and ask players and parents to pick-up garbage on way out



# Referees

- The Ref program is an extension of our football program
- All refs are former players in our league
- Over 60 local high school kids participate
- Guidelines:
  - No one should yell at the refs. Consult, do not debate or criticize
  - Coaches set the example
  - Only Head Coaches engage the refs
    - Assistant coaches or parents should not
  - Head Coaches are responsible for their sideline



# Head Coach & Sideline Conduct

- Ref or Board Member will instruct Head Coach to address individuals
- All coaches and parents must stay off the field and between the 25's
- Spectators must remain 2 yards off the field
- Coaches, Assistant Coaches, Players, or Parents will be asked to leave for unsportsmanlike conduct, excessive yelling, or unconstructive exchanges with refs or opposing coaches
  - Game will be stopped until individual completely leaves the park
    - Parent may take their player with them
  - Clock will continue to run during suspension of play
  - If Head Coach is asked to leave, Assistant Coaches will take over
    - Head Coach will be suspended for 1 additional week
  - Police will be called if individual is uncooperative



# Rules Highlights

- It's your responsibility to read the rules in their entirety
  - ▣ Striper & Double Striper
  - ▣ Horse Collar
  - ▣ 18 points
  - ▣ Number of defenders on the line



# Rules point of emphasis

- Officials will look for and enforce:
  - ▣ Safety fouls
    - Face mask
    - Illegal use of helmet
    - Contact below the waist, offensively or defensively
  - ▣ Common fouls at point of attack
    - Holding, blocking in the back, offsides/encroachment
  - ▣ Sportsmanship
    - Foul language, fighting, etc.
  - ▣ Coach onfield, inside the 25
  - ▣ More stringent as level increases
    - Formation, eligible receivers



# Rules point of emphasis

- Officials “talk to”
  - Common fouls away from play
  - Lining up - at younger levels
  - Formations, eligible/ineligible receivers
    - Mentors on the field



# Weight

- Stripers & Double Striper Rule
  - Offensive and Defensive line only
  - Tackle to tackle on a balanced line
  - Double Striper at Junior level, (165-175 lbs.) cannot play on special teams
- Weigh-in at equipment hand out
  - All kids within 5 lbs. of striper weight must re-weigh. Listed as Heavy on sheets
  - Heavies, Stripers & Double Stripers will get a black bag and must bring helmet to scale at the shed



# Horse Collar

- Added to IHSA code in 2009
- Defined as grabbing inside back or side collar or the shoulder pads or jersey of the runner and subsequently pulling that runner to the ground
  - ▣ 15 yard foul from end of run



# Up by 18 points or more

- ❑ Losing team gets ball at mid-field
- ❑ Leading team cannot pass
  - ▣ Flagged, treated as an incomplete pass, ball returned to previous line of scrimmage and loss of down
- ❑ Leading team must replace starting running
- ❑ Leading team must punt on 4<sup>th</sup> down
  - ▣ Flagged, treated as an incomplete pass
- ❑ Clock runs continuously inside of two minutes
- ❑ Coaches can agree to continuous possession if imbalance is excessive
- ❑ Margins of 21 points or more should be avoided



# Players on the line

- No more than 6 on the line of scrimmage
- The other 5 players must be at least 2 yards off the line of scrimmage
  - This does not mean all 5 remaining players can be 2 yards off the line of scrimmage
  - 2 yard distance must be maintained until snap of the ball
- Must maintain a Safety and two defensive backs who are at least 5 yards off the line



# Helmets

- Names can be added using athletic tape in coaches bag
- Absolutely no stickers of any kind
  - We are an instructional league
  - All players are treated equally
  - Don't have resources to remove and clean helmets



# Injuries

- Take no chances
- Remove athlete from play
- Notify the parents immediately
- Call for emergency assistance if needed
  - Western Springs emergency number: 708-246-3131
    - Add it to your address book
  - 911 may go to another town



# Concussions

## WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- \*Is caused by a bump or blow to the head
- \*Can change the way your brain normally works
- \*Can occur during practices or games in any sport
- \*Can happen even if you haven't been knocked out
- \*Can be serious even if you've just been "dinged"

## WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- \*Headache or "pressure" in head
- \*Nausea or vomiting
- \*Balance problems or dizziness
- \*Double or blurry vision
- \*Bothered by light
- \*Bothered by noise
- \*Feeling sluggish, hazy, foggy or groggy
- \*Difficulty paying attention
- \*Memory problems
- \*Confusion
- \*Does not "feel right"



# Concussions

- If you suspect a player may have a concussion you take the following four steps:
  - Remove athlete from play
  - Ensure the athlete is evaluated by an appropriate healthcare professional. Do not try to judge the seriousness yourself.
  - Inform the athlete's parents or guardian and give them the fact sheet.
  - Keep the athlete out of play the day of injury and until an appropriate healthcare profession says there are symptom free and it's ok to return to play



# Background Checks

- Any adult interacting with the kids in a coaching capacity must submit to a background check every year
  - You must confirm you assistant coaches
- Very quick and easy
- Results are confidential
- <http://www.ncsisafe.com>
  - Step 1: Enter Self Registration Number: 15937599
  - Step 2: Enter Your Information as Requested
  - Step 3: Provide Legal Authorization and Certification



# Lightning

- ❑ Thor Guard System at Spring Rock Park is in place
- ❑ ALERT!! (*Take Cover*) The HORN will sound for 15 continuous seconds (The single blast will sound every 5 minutes or so during the unsafe period). Take cover in a shelter or car. Do not stand under trees. The STROBE LIGHT will turn ON and stay on until the all Clear.
- ❑ ALL CLEAR !! The HORN will sound with 3 short bursts: 5 seconds ON; 2 seconds OFF, repeated a total of 3 times. The STROBE LIGHT will turn OFF.
- ❑ Spring Rock commissioner will call other parks during practices and commissioners and board members present will make the call



# Cheerleading

- Returning after two years
- 90 kids, not all teams will have cheerleaders
- Chairperson: Denise Rosicky
- Know the cheer coach and coordinate schedule changes (i.e., games, pictures)
- Recognize your cheerleaders, include them when you can



# Misc

- No trophies/awards/medals other than those issued by the league
  - No MVP recognition
  - No undefeated season recognition
  - No pictures in the newspaper
- Do not schedule LTTV without Board approval
  - We give LTTV a donation for their time
  - We want all teams recognized equally
- Use your team parent



# Misc

- No scouting during practice
- Send assistant coach list, phone and address updates to the league mailbox  
[leagueinfo@wsjfa.com](mailto:leagueinfo@wsjfa.com)



# Questions



# Conclusion

- Thank you for volunteering your time
- Have fun
- Be safe
- Keep the right perspective
- Have a great season!