

# **Olean Huskies Youth Football and Cheer**

## **Coach's Handbook**

### **Mission Statement:**

*We are a local organization with a goal to provide quality coaching and experiences for the area's youth.*

### **Philosophy:**

We believe that sportsmanship and teamwork will help set up our youth for success throughout their lives. It is well known that children that participate in youth sports get a better experience when they can have fun and feel accomplished in their environment. We as a league like to promote growth and a sense of belonging to our players. Our players and cheerleaders need to know that it is okay to make mistakes and grow throughout the season(s). It is our mission and our responsibility as coaches to promote a safe and comfortable environment for the children to do so.

It is a goal of Olean Youth Huskies Football and Cheer to create positive relationships with our players and parents, while giving them the tools that they need to succeed at their respective sport and through life. We intend to help our players comprehend and execute all aspects of the game in ways that are appropriate for their age level. We are also responsible for teaching sportsmanship and teamwork to our kids as they work together to reach their goals.

Olean Youth Huskies Football and Cheer wants our coaches to respect the game of football and cheer. In doing so, you will also be respecting the players, parents, opponents, and referees. We as an organization want to create better people as well as better players.

### **Role of a coach:**

As a coach in youth sports, one must understand their role of ensuring that each participant has an fun and safe experience learning football or cheer. To fulfill their role, a coach must present themselves in many different forms. Listed below are some prominent roles a coach may take on.

### **Facilitator:**

- Ensure that you are presenting a positive learning environment
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage team feedback (player to player, player to coach)
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- Emphasize sportsmanship and fun.
- Invite parents to help and participate and be open to parent concerns.

### **Positive Role Model:**

- Work with all players in relation to their understanding
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, parents, spectators, opposing coaches, and players.
- Show respect and responsibility for the game of football/ cheer

### **Understand who you are coaching:**

- Children are not defined by chronological age only.
- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons.

## **Coaches' Responsibilities and Guidelines**

Coaches are role models for teaching the fundamentals of the sport, sport skills, tactics, and sportsmanship. Coaches are responsible for their personal conduct and behavior, as well as the conduct and behavior of players. Coaches are required to follow the Olean Youth Huskies Football and Cheer guidelines at all times. A coach who does not follow the guidelines provided by the OYHFC board/ CCMFL will need to meet with the Football/Cheer Representative and potentially the board in its entirety to continue to coach. All volunteer coaches shall be "at will coaches," and may be discharged by the OYHFC board with or without cause. Only coaches who have been approved by OYHFC will be allowed to go on the field of play during practices and games.

### **Responsibilities and Guidelines**

Coaches participating in Olean Huskies Youth Football and Cheer shall:

- Be reliable, and on time. (The first to arrive and the last to leave...)
- Be responsible for distributing a game/practice schedule to parents/guardians prior to the beginning of the season.
- Have with you, at all practices and games, the Emergency Contact Information forms for each child on the team.
- Be responsible for making sure first aid kits are on-site at every practice and game. The board will supply these kits.
- Be responsible for ensuring players' parents/guardians are informed of changes to the game or practice schedule. This includes cancellations the day of the game or practice.
- Ensure that each player receives playing time in games according to CCMFL policy on playing time.
- Be responsible for communicating OYHFC/CCMFL playing time policy as well as their own philosophy regarding playing time to parents/guardians & athletes prior to the start of the season.
- Always conduct themselves in a professional manner and shall refrain from directing abusive or sarcastic language or gestures toward officials, other coaches or players.
- Serve as a role model for players and spectators.
- Leave facilities in the same or better condition than they were when the team arrived.

## Coaches' Code of Conduct & Code of Ethics

**I will honor the fact that youth sports exist for youth, not adults.**

### Expected Behavior:

- Maintaining a positive and supportive attitude.
- Exercising your authority/influence to control the behavior of fans and spectators.
- Exhibiting gracious acceptance of defeat or victory.
- Accepting and adhering to all league rules and policies related to participation of adults and youth. Playing all players according to the equal participation rules established by the league and follow the spirit of those rules.
- Fulfilling the expected role of a youth coach to adopt a "children first" philosophy.
- Allowing and encouraging the players to listen, learn and play hard within the rules.
- Placing emphasis on fun, participation and team.

**I will do my very best to make youth sports fun for my child and other children involved.**

### Expected Behavior:

- Recognizing the differences of each child and treating each player as an individual while demonstrating concern for their individual needs and well-being.
- Encouraging all players, regardless of skill level, to be included as a member of the team.
- Recognizing that some physical tasks, drills and demands are not appropriate for all youth.
- Recognizing that youth may vary greatly in physical, social and emotional maturation and considering these factors when setting up competitions and when interacting with youth. I will do my best to organize practices that are fun and challenging for all my players.

**I will exercise good sportsmanship by demonstrating positive support for all players & officials at every game, practice or other sports event.**

### Expected Behavior:

- Adopting the position, teaching and demonstrating that it is our basic moral code to treat others as we would like to be treated.
- Abiding by and supporting the rules of the game as well as the spirit of the rules.
- Providing an environment conducive to fair and equitable competition.
- Using the influential position of youth coach as an opportunity to promote, teach and expect fair sportsmanship and fair play

**I will make sure all children play in a safe, healthy environment.**

**Expected Behavior:**

- Maintaining a high level of awareness of potentially unsafe conditions.
- Protecting players from sexual molestations, assault, physical abuse and emotional abuse.
- Correcting or avoiding unsafe practice or playing conditions.
- Using appropriate safety equipment necessary to protect all players.
- Seeing that the players are provided with adequate adult supervision while under the coach's care.

**I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol. I will refrain from their use at all OYHFC sports events.**

**Expected Behavior:**

- Being alcohol and drug free at all team activities or in the presence of players.
- Refraining from the use of any type of tobacco products at all team activities or in the presence of your players
- Refraining from providing any type of alcohol, drug or tobacco products to any of your players
- Encouraging parents to refrain from the public use of tobacco products or alcohol at team activities

## **Players' Responsibilities and Expectations**

Olean Huskies Youth Football and Cheer has established the following responsibilities for participants to adhere to:

- Players will listen to their coaches and be respectful of their elders.
- Players will take care of the facilities, equipment, and uniforms which they are given or participate in.
- Players will make sure to drink plenty of water before and after practices and games.
- Players will avoid all types of taunting and belittling remarks to their teammates or opponents.
- Players will show good sportsmanship at all times, win or lose.
- Players will not make sports a priority over schoolwork or family.
- Players will participate for the love of the game and social interaction with peers.

### **Players Code of Ethics:**

Players are expected to conduct themselves in a positive manner regarding their youth sports experience and accept responsibility for their participation by following the Players Code of Ethics Pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and just amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sporting events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

## **Offence and Penalty:**

Players may not conduct themselves in an unsportsmanlike manner at any time and may be removed from the league if they do. Regardless of the situation, we expect our players to act with the upmost respect and integrity in any scenario.

- **Offense:** ejected from a game

- o **Penalty:** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.

- **Offense:** Failure to follow established responsibilities, rules, policies and procedures as applicable to related sport

- o **Penalty:** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.

- **Offensive:** malicious obscene/profane/vulgar verbal abuse directed towards another individual.

- o **Penalty:** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) day suspension. This includes regular and tournament games, practices, award ceremonies or any other OHYFC function(s).

- **Offense Physical aggression towards another; pushing, shoving, striking or touching another individual.**
  - o **Penalty** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum five (5) years suspension. This includes regular and tournament games, practices, award ceremonies or any other OHYFC function(s).

## **Player Safety**

As a volunteer coach you will have the care, custody, and control of someone else's children. In this capacity you have the potential to create and to prevent accidents and injuries.

- You must provide adequate supervision to your players. The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until all parents or guardians have arrived!
- Evaluate your players and determine any limitations that they may have. Be sure players are physically and mentally capable of performing the e required skills. Evaluate injuries as they occur and determine if it is safe for the player to play.
- If any minor or major injuries occur, always fill out an accident report and give it to appropriate board member. Care and Prevention of Injuries The first line of defense in the treatment of injuries is to prevent them. Factors that can prevent injuries are:
  - The proper use of equipment
  - No jewelry allowed/ No hair beads
  - Make sure there is ample water and rest periods
  - Make sure players do not return too early from an injury

The care of an injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term disability. Upon seeing an injured player, a coach should:

- Stay composed
- Determine if a player is conscious and coherent (if not, dial 911)
- Question the player in regards to the injury
- Avoid moving the player if it appears major in any way
- Inspire confidence and reassure the player
- Determine how the injury occurred, after determining that an injury is not life threatening, the nature of an injury can be further determined. Note the position of the injured part. Is it swollen or deformed? Compare the injury with uninjured side of the body. Do not move injured part or player.

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