



COSUMNES
COMMUNITY SERVICES DISTRICT

2023 Youth Flag Football Coach's Meeting

August 9, 2023 | COSUMNES COMMUNITY SERVICES DISTRICT



Our Mission

The Cosumnes CSD is dedicated to enhancing the quality of life of the residents, businesses, visitors, and employees within our diverse community by protecting lives, property, and the environment through superior fire suppression, emergency medical services, fire prevention, and special operations response; and by providing parks and recreation services through well-maintained parks and recreational opportunities for health, wellness, and social interactions.

Our Vision

Be an innovative, inclusive, and intentional, regional leader committed to providing exceptional services that exceed expectations and enhance the quality of life of those we serve.



Our Values

Safety & Mitigating Risk

We protect District employees, as well as mitigate risk and exposure of the District and public.

Financial Responsibility

We are an accountable, transparent, and stable Agency as we provide quality services through progressive innovations.

High-Quality Workforce

We develop and train a high-quality workforce with emphasis on professionalism, diversity, equity and inclusion, succession planning, competency, and organizational growth.

Service to the Community

We deliver the highest levels of service to the residents, visitors, and businesses within the District.

Diversity, Equity & Access

We ensure diversity, equity, and inclusion in all aspects of district work.

Flag Football Coach's Meeting

**August 9,
2023**

Meeting Agenda

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- Clearance for Coaches
- Concussion Protocols
- Rules
- Practice Details
- Game Day Basics
- Coaches' Timeline
- ActiveNet Tutorial
- Clinic Day Overview
- Draft Details
- League Resources
- Final Reminders

Clearing Coaches

- LiveScan Fingerprinting (good for about 5 years)
- Concussion Protocol Training (renew every year)
- 2023 Coaching Badge & T-Shirt
- **ONLY 2 coaches prior to draft day.**
 - Max of (3) coaches per team after



“A coach must never forget he is a leader and not merely a person with authority.”

- John Wooden



Youth Sports Concussion Policy

Cosumnes CSD recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. This policy is intended to provide easy to understand guidelines related to participants who have been diagnosed with or are suspected of having a concussion.

This policy applies to all Cosumnes CSD Youth Sports programs and is for all players, coaches, parents, staff and officials.

Removal from Play Policy – “When in Doubt, Sit them Out”

If a participant exhibits any signs, symptoms, or behaviors that he or she may have had a concussion, that athlete must be removed from all physical activity for the remainder of the day. The participant’s parent or guardian must be informed that they had a suspected concussion and what signs or symptoms were observed and any treatment that was provided.

*Whenever there is an apparent head injury, CSD staff will call 911 to have the participant(s) checked on. The participant or their parent or guardian may refuse treatment from emergency personnel once they arrive.

Return to Play Policy

Following a suspected concussion, the participant can only return to play with permission from a health care professional and a written clearance to return to athletic activity.

Concussion Information Sheet

A concussion information sheet will be supplied to all coaches, parents, players and staff detailing the definition of a concussion, how to prevent concussions, signs and symptoms of a concussion and what to do if a child has a suspected concussion. All parents, coaches and staff must sign stating that they have read and understand the concussion information sheet.

Concussion Training – CDC Heads Up Concussion Training

All coaches and staff must complete the online concussion training provided by the CDC Heads Up Concussion program. <https://headsup.cdc.gov>

General Rules: Division 1

Division 1 (11 – 14 years)

- Roster: minimum of 8 players and maximum of 10 players
- 5 v 5
- 4 downs to advance first down, 3 downs to score
- Ball Size: Junior Size & Weight (11-13 lbs.)

General Rules: Division 2

Division 2 (8 – 10 years)

- Roster: minimum of 8 players and maximum of 10 players
- 5 v 5
- 4 downs to advance first down, 3 downs to score
- Ball Size: Junior Size & Weight (11-13 lbs.)

General Rules: Division 3

Division 3 (5 – 7 years)

- Roster: minimum of 10 players and maximum of 12 players
- 6 v 6
- 4 downs to advance first down, 4 downs to score
- Ball Size: Pee Wee Size & Weight (4-6 lbs.)
- 1 Coach allowed on field at a time per team
(out of play, behind team)

Game Rules

- Coaches restricted to their bench area only
 - Not allowed to cross mid-field to coach or sit anywhere else
 - Only the designated D3 on field coach permitted to cross over
- Must be in League issued uniform to participate
- Game time: four 10 minute quarters (running clock)
 - 2 (60 second) timeouts per half
 - 5 minute halftime
- Participation Rule
 - Every player is guaranteed 2 quarters of play
 - Regardless of practice attendance

League Uniform Requirements

Uniform consists of the following:

- NFL Flag Jersey, NFL Flag Belt, Mouthpiece, & Athletic shoes/molded cleats
- Shorts with **NO** pockets (**recommended**)
- Athletic shoes or cleats, **NO** metal spikes
- No jewelry allowed
- Medical bracelets & covered stud earrings ok
- No hard casts allowed
- Soft casts ok but at discretion of official

Team Practices

- Practice Location: Laguna Community Park (LCP)
- Practices are 1-2 times per week, 1 hour max
- Practice Plans are available if needed
- Notify Site Supervisor for any field issues/concerns
- Reschedule practice instead of cancelling
- Only registered players and cleared coaches are allowed on the practice field: NO Parents or Siblings
- Practice footballs are different than game footballs

Site Supervisor Expectations

- CSD staff will...
 1. Check in with coaches prior to practices and games
 2. Distribute equipment to coaches before practice
 3. Ensure all coaches have their badges on them and visible at all times
 4. Committed to checking all playing areas to ensure practice sites are safe and possible for play
 5. Be on-site at all times as a resource for parents and coaches to ask questions/share concerns

League Games

- Coaches/players arrive 15-30 minutes prior to game time
- Game Schedule: Show parents [Teamsideline.com/cosumnes](https://teamsideline.com/cosumnes) at team meeting
- ❖ Communicate game/practice times with parents not players
- Substitution Process: Every player is guaranteed 2 quarters (Officials will call subs into the game)
- ❖ Be aware of playing time and rotations

Coaches Timeline

- Clinic Day: Saturday 8/12 @ Laguna Community Park (LCP)
- Player Rosters received by Tuesday(8/15)
- **Contact all players by Friday, (8/18)**
- Officials Training
 - Teams for scrimmage games needed
- Practices Begin: Monday, 8/28 @ LCP
 - Only cleared coaches allowed to coach
- Games Begin: Saturday, 9/9 @ LCP
 - Game schedule to be posted by 8/25

Player Clinic Day Saturday, August 12, 2023

- Drills and Rotations
 - Want to give coaches a chance for evaluation
 - Want to give players a chance to enjoy and remember
 - Focus is on a fun for the players, smooth process for coaches
- Player Clinic Day – This Saturday
 - Division 3 – N/A
 - Division 2 – 9am
 - Division 1 – 11am
- Evaluation sheets will be given out along with a clipboard at check-in
 - Example on next slide

Coaches' Evaluation Sheet

		FOOTBALL					CSD Flag Football Player Clinic Day Score Sheet	
		CSD					Overall Score	Player Notes
#	Agility	Passing	Receiving	Running	Speed	1 - 5		
1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
2	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
3	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
4	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
5	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
6	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
7	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
8	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
9	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
10	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
11	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
12	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
13	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
14	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
15	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
16	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
17	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
18	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
19	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			
20	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1			

How the Staff Records Rosters: This paper is the final *copy*,
not the one you made during clinic day

Division 1 Player Draft

Team 1				Team 2				Team 3				Team 4			
Coach:				Coach:				Coach:				Coach:			
1)				1)				1)				1)			
2)				2)				2)				2)			
3)				3)				3)				3)			
4)				4)				4)				4)			
5)				5)				5)				5)			
6)				6)				6)				6)			
7)				7)				7)				7)			
8)				8)				8)				8)			
9)				9)				9)				9)			
10)				10)				10)				10)			

Player Evaluation: Coaches' Kids

- Staff will evaluate players
 - Looking to evaluate what round pick to use for coaches' kids
 - Looking to draft for teams that don't have a coach
- Coaches' kids will be grouped together
 - Coaches should check-in kids at designated area
 - They will wear a different colored penny than others
 - Will still run through the drills the exact same though

Draft Procedures

- First & Foremost Staff has final say on everything
- Staff evaluations of coaches' kids
 - Coaches will lose the draft pick corresponding with their kids evaluation by staff (non-negotiable)
- Staff will draft for any teams without coaches
- Snake Draft (ex.) 1,2,3...3,2,1
- Draft order is randomly assigned before the draft
- Siblings will be grouped together
 - Must draft both players back to back (lose 2 consecutive picks)

Draft Procedures

- Any child not at clinic day will **NOT** be eligible for the draft. League Coordinator will **randomly** assign individuals to a team
 - No exceptions what-so-ever! Really though.
- Coaches are guaranteed their kids only
- Draft will be coordinated via whiteboard
 - All numbers will be placed on whiteboard and erased once chosen. Staff will not wait for you to write down every number; just look at the whiteboard for available players
 - Coaches should only be writing down names of players on their team (not all teams) in order to keep draft moving along
- No trading of picks or participants will be allowed
- Don't tell players what round they were taken

League Resources

- Wackford Front Office: (916) 405 - 5600
- Website: www.CosumnesCSD.gov
- Game Schedules: teamsideline.com/cosumnes
- “Coaches Emails”

League Contacts

- **Colin Medina, Recreation Coordinator**
 - ColinMedina@cosumnescsd.gov

Coaches Emails...

Subject: Coaches Meeting Recap

Message

Coaches ActiveNet Tutorial.pdf (1 MB) 2019 T-Ball Coaches Information.pptx (2 MB) LCP Practice Schedule.pdf (103 KB) Morse Practice Schedule.pdf (102 KB)
2019 Picture Day Schedule.pdf (48 KB) 2018 T-ball Uniform Fronts.pdf (409 KB) 2019 T-ball Rules.pdf (223 KB) Morse Park Map.pdf (87 KB)
Laguna Community Park Map.pdf (97 KB)

Good afternoon Coaches,

I apologize for getting this out late and in advance for the length of this email. This email is a bit longer due to the fact that you can use it as a reference throughout the season. It's going to include all of the important information you'll need, so please flag it so you can access it easily later. Additionally, feel free to forward this email to your parents since almost all of the info is relevant to them as well (you can edit out the coaches only stuff – I tried to label all of those). I'm going to put the resources toward the bottom of the email and the stuff you've probably been waiting for toward the top.

ActiveNet Tutorial (Coaches Only)
This first attachment is the ActiveNet Tutorial which will allow you to access your rosters. This site will give you contact information for all of your players as well as any allergies you should be aware of for their safety. Coaches often confuse ActiveNet (player roster) with TeamSideline (game schedule) so keep that in mind.

Make sure you call your players as soon as possible this week. We inevitably will receive calls on Monday from concerned parents who haven't heard from their coach yet. We always tell them that you have till Friday, but if you are able to do it earlier in the week, you will be able to calm many of their anxieties so please get that done as soon as possible.

Coaches Meeting PowerPoint
I have attached the slides that were presented at the Coaches Meeting. This is for any coach who wasn't able to attend so they can see what they missed, or for any coach who wanted to take a second look.

TeamSideline
This is the site you will use to access your team schedule: [HERE](#). Find the "T-Ball" tab on the left-hand side of the page, and then click your specific division. This will allow you to see the entire division's schedule; to access only your team's schedule, you'll need to select it underneath the "Division Name." Coaches often confuse ActiveNet (player roster) with TeamSideline (game schedule) so keep that in mind.

Practice Times (Coaches Only)
Many of you have not yet selected a practice time and day. Please see the attached schedules for each park, and email me back with your desired timeslot. Remember this document is always evolving, so if you don't respond quickly, I can't guarantee you'll get the open space you'll see because that time has probably been filled.

Picture Day Schedule
I have attached the Picture Day schedule for your convenience. Please remember that things can change, and your time might fluctuate. I want to give you a rough idea of the schedule so you can plan accordingly, but don't hold it against us if we have to make some alterations.

Uniform Color Schemes and Logos
The color scheme for each team is attached, as well as the logo that will appear on the front of the uniform. The uniform consists of a hat and jersey, we leave the color of the pants and socks up to the coach. There is no obligation to pick a particular color, it's up to personal taste of the coach/parents. If you are nervous to have to decide ask the parents or go with your classic white or black (depending on the uniform).

Final Reminders...

- **Player Roster Access**
 - ALL coaches will be able to access their roster on ActiveNet by 5 PM, Tuesday (8/15). Contact your team by Friday (8/18).
- **Clinic Day**
 - No players are allowed in the draft room for clinic day
- **Picture Day Requirements**
 - ALL coaches must be cleared in order to be in the picture (no exceptions)
- **Practice Time & Team Preference**
 - Don't leave without writing down preferences

Questions?



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