

CSD Coach Resource Handbook



Together We Play



Cosumnes CSD – 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>

Weekly Practices:

Coaches are required to hold one practice a week for 45 minutes to one hour. Coaches will pick one of five Elk Grove Unified School District sites to practice weekly for CSD Youth Basketball. Younger division teams will be given priority at locations with adjustable baskets. The fields where games will be played are reserved and designated for your use as a coach in that league. If game fields become popular for practice sites, CSD Staff will assign half a field for one hour to teams to balance out time on those fields. Please see attached for a practice plan sheet.

Sample Practice Plan

- 10 minutes – Stretch/Warm Up
- 5 minutes – Review from previous practice
- 20 minutes – Stations (Drills # 1 - # 4)
- 5 minutes – Water break
- 15 minutes – Game situation/scrimmage
- 5 minutes – Review of day/Practice Wins & Challenges

Note: Be prepared with a few extra drills and ideas for practice. There will be times when drills do not keep the attention or interest of the children. It is easier to move on to something else and try that drill again in a week or two.

Awards & End of the Season Celebration (optional, not required):

All players will receive an award at the end of the season as part of their league registration fee. If you have any problems with your trophy, please contact CSD staff.

Healthier Snack Options

Snack Criteria:

All Cosumnes CSD youth leagues are recreational based programs. We look to obtain fitness and wellness with all participants involved in our leagues. For all participants involved in our leagues, we have suggested a number of healthy snack options listed below with less than 300 calories per serving, 3 grams or fewer of saturated fat, and 250 milligrams or fewer of sodium (350 mg or fewer for chips). **Please ask the parents/guardians if their child has any food allergies.** The following snacks are suggestions only.

Foods:

- Animal Crackers
- Graham Crackers
- Fruits and yogurt dip
- Whole-Grain Cereal Bars
- Pretzels
- Bread Sticks
- Baked Chips or Crackers
- Dried Fruits
- Multi-Grain Bars
- Baked Cereal Mix
- Granola Bars
- Fruit Roll ups
- String Cheese
- Fresh Fruits
- Raw Vegetables
- Popcorn
- Low Fat Muffins
- Fruit Cups
- Rice Cakes

Beverages:

- Bottled Water
- 100% Fruit Juice
- Tea (Unsweetened or Diet)
- Sports Drink (Gatorade G2)
- Electrolyte Replacement
- Flavored Water

CSD SPORTS TEAM SNACK LIST



DATE	GAME	PLAYER BRINGING SNACK
	Game # 1	
	Game # 2	
	Game # 3	
	Game # 4	
	Game # 5	
	Game # 6	
	Game # 7	
	Game # 8	

CSD SPORTS PRACTICE PLAN

DATE: _____ OBJECTIVE: _____

EQUIPMENT NEEDED: _____

	TIME	MINS.	DRILL	DESCRIPTION
Example:	5:00	10	Stretch/Warm Up	Stretch 5 minutes, lay ups 5 minutes

PRACTICE WINS:

- 1.) _____
- 2.) _____
- 3.) _____

PRACTICE CHALLENGES:

- 1.) _____
- 2.) _____
- 3.) _____