



Flag Football League Coaches Packet

Recreation Supervisor:

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Welcome to the 2024 Flag Football League!

Thank you all for volunteering to coach for the upcoming Flag Football League! We are excited to get the season underway!

Coaches Meeting

There will be a mandatory coaches meeting before the season. The coaches meeting will be held via Zoom. During this meeting we will go over the league rules, your team roster, practice schedules and additional league details. Please come to the meeting with any questions that you might have.

Coaching Expectations

As a coach you are looked upon as a teacher, leader, role model and parental figure by the players on your team. Do not underestimate the effect or influence (positive and negative) you can have upon a child. In coaching young players, winning or losing should be the least important thing for both you and the players. Soon enough, children will be exposed to the competitive nature of sports. Your goal should be to teach the children about the actual sport and instill upon them a love for the game. If your players enjoy themselves and want to play again next season, you should consider yourself a SUCCESSFUL coach.

COACH CODE OF CONDUCT

As a coach within the New Lenox Community Flag Football League, you agree to follow the code of conduct below:

- As a coach, I understand I am a role model and will be held accountable to a code of behavior.
- Place the emotional and physical wellbeing of the players ahead of a personal desire or external pressure to win.
- Do my best to provide a safe playing environment for all children.
- Lead by example by demonstrating fair play and sportsmanship to all involved.
- Provide a sports environment for my team that is free of drugs, alcohol, tobacco, and abusive/inappropriate language.
- Respect the game and communicate with league officials in an appropriate manner.
- Be knowledgeable of the league rules and regulations.
- Encourage team members to play by the rules and respect the rights of other players, coaches, fans, and officials.
- Be responsible for my own behavior and the behavior of my team members, their parents and fans.

Failure to comply will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal warnings, ejections and/or suspensions. Incidents will be handled how staff deems appropriate based on the severity of the incident.

Teach Good Sportsmanship

Good sportsmanship should not only be taught to the players on your team but also to the team parents. Teaching good sportsmanship starts with you as the coach. Players and parents feed off your energy on the sideline. If you are erratic with the referees or the other team, the players and parents will follow suit. If you are cool, collected and cheering on your team, everyone else will do the same! During your practices and games, stress these details to your players and parents:

- Hand the flag back to the opponent after a “tackle”
- Help an opponent off the ground.
- Say “good game” and high five the other team at the end of the game.
- Treat the referees with respect by respecting their call and saying, “yes sir/ma’am.”
- Cheer for your own team and not yell at the opposing players or coaches.

Kids play sports because they want to have fun with their friends! They are not focused on winning. When they get older and into high school, they won't care or sometimes even remember that they didn't win a game. Keep your focus on coaching good sportsmanship, football fundamentals, hard work ethic and most of all having fun!

Coach behavior with referees

When a referee makes a call on the field respect their decision. If you have a question about the call that was made, ask the question in a respectful manner. Yelling at the referee – “THAT IS A HOLD!” is not acceptable and you will not get a response from them. If you need more clarification, this will be discussed when there is a stoppage in play. This would include at a timeout, change of possession, halftime or at the end of the game. If the referee has the time to give you an answer at the end of the play, then they will. Do not expect to get a response during the play as their priority is what is happening in front of them.

Some of these referees have previously played in our Flag Football League. So, one day, your child could be in the referees' shoes. Before you start giving them a hard time, stop and think – would I want a coach yelling at my child when they are out there trying their best? For a lot of these kids, it is their first job. They are going to make mistakes and miss calls, LET IT GO! Use that situation and turn it into a learning experience for your players. Control the controllable. You can't control what the referee is going to call or not call – but you can control how your team responds to the next play.

Flag Football League Rules

As the coach you are responsible for knowing the rules for the league. The rules can be found on the Team Sideline website under the “Downloads” tab.

Team Information

Team Rosters will be emailed to the coaches before the coaches meeting. **You have until Thursday, July 25 to contact the families of your team.** When contacting your team, go over the following information:

- **Please don't share any information from the roster with the entire team. The information on the roster is just for the coaches.**
- Team Number & Name
- Practice Schedule
 - Location
 - Days of the week
 - Time
- Confirm their contact information
- Give them your contact information
- Discuss the time and date of your Parent Meeting.

Parent Meeting

Before your first game, schedule a team parent meeting. Parent Meetings are vital to a successful season as it makes you more approachable as a coach and the parents can feel more connected to the team. At this parent meeting, here are some details to go over:

- Introduce yourself to the parents and let the parents introduce themselves to the team.
- Set up a group chat with the team.
 - This will make it much easier to communicate with everyone, especially if there is a last-minute cancellation.
- Explain the values of a coach and your goals for the season. Remind the parents this is a recreational league.
- This is a great time to ask for more help!
 - Maybe there will be a practice or game that you cannot make.
- Discuss the behavior you expect out of them as a sport parent.
 - Winning isn't everything. It's about learning the game, trying hard and having fun!
- Many teams start a snack rotation for the players after their game. (This is not required!) But this a good opportunity to discuss it and any dietary restrictions or allergies that the players may have.

Picture Day

Picture Day is scheduled for Saturday, September 7 and is located at Walker Country Estates Park. This will also be a game day, so your team pictures will be taken before your scheduled game. The specific Team Photo schedule will be emailed before picture day.

If there is rain in the forecast for Saturday, September 7, Picture Day may be moved to Lincoln-Way Central in the North Gym.

All pictures will be mailed to the address listed on the order.

Uniforms

I will notify you when the jerseys can be picked up from our Administration Building.

Equipment Bag

Each team will receive one equipment bag. **These bags can be picked up from our Administration Building (701 W. Haven Ave.) from 8:30am-4:30pm.** When picking it up, you will be required to sign off that you received the bag. If you need a later time, please let me know. **After your last game, drop off the equipment bag at the score table on site at Walker Park.** Staff will verify with you that all equipment has been received and you will sign the equipment drop-off form. If you need to replace any equipment during the season call or email me. See below for your division's color for your equipment bag.

<u>Division</u>	<u>Bag Color</u>
Tike:	Black
Pee-Wee:	Yellow
Youth:	Red or Orange
Junior:	Purple
Teen:	Green

Your equipment bag will consist of the following:

- 2 Footballs - Ball Sizes:
 - Tike & Pee-Wee: K2, Youth: TDJ, Junior & Teen: TDY
- 10 Cones
- 10 Flag Belts
 - Tike: 10 small (red clip)
 - Pee-Wee: 8 small (red clip), 3 medium (yellow clip)
 - Youth: 7 medium (yellow clip), 4 large (blue clip)
 - Junior: 6 medium (yellow clip), 4 large (blue clip)
 - Teen: 5 medium (yellow clip), 5 large (blue clip)
- First Aid supplies

Practice Information

Your team's practice information can be found on your team roster at the top of the page. It will give you the days of the week and the park for your practice. **Practices will start week of July 29.** All the practices are at local parks around the New Lenox community. If you are unsure where your practice location is, you can visit our website. Under the "Parks & Facilities" tab, click on "Park Amenities & Map" to pull up a map of our parks.

- Teams are scheduled to practice twice a week.
 - Some teams have brought it down to only once a week halfway through the season. That is okay, but make sure to communicate this with the team parents and stick to one of your two scheduled days.
- Stick to the practice days you were assigned to and your practice location.
 - If you need to make changes due to your own schedule being changed, first talk with all the team parents

to see how much it will impact their own schedules. If all families agree to switch practice days, then contact me to see what practice fields are available.

- It is your responsibility to cancel your own practices during inclement weather.
- Not all practice locations have access to a bathroom. Make sure to remind your team!
- Please let Dominic know if there is a player on your team you are having issues with. (Not attending practices, bad behavior, etc.)

[Weather Cancellations](#)

In the case of inclement weather, cancellations will be posted on the following platforms:

- NLCPD Facebook Page – www.facebook.com/NLCPDPage
- NLCPD Team Sideline website – www.teamsideline.com/sites/newlenoxparks/home
 - It will be listed under the “Cancellations” logo

Due to the high volume of players within the league, phone calls for cancellations will not be made. Depending on the time of the cancellation, an email may or may not be sent. If a cancellation occurs, we ask the coaches to send a group text to the team, so everyone is notified.

Games will be played in light to medium rainfall. If you hear thunder or see lightning while at the field, notify the staff immediately. If there is extreme heat or consistent rainfall, the game may be shortened if both coaches agree.

[End of Season Player Evaluations](#)

An evaluation must be turned in for each team! It is extremely important that you take this process seriously as I use these evaluations to help create the teams for the next year. Towards the end of the season, I will send you an evaluation for your team.

[MOJO SPORTS](#)

MOJO SPORTS is a free app for coaches that helps you plan age-appropriate practices for your team at the tap of a button. To download the app, search MOJO Sports in your phone’s app store. Once you download the app, it will ask you some questions regarding your team’s age and roster size. After you create your team, it will automatically generate practice plans specifically tailored for your team needs.

[Trophies/Medals](#)

Trophies or medals will not be given out to the players at the conclusion of the season. We ask that coaches do not do this on their own, if you find it necessary to purchase your team trophies, hand out the trophies at an off-site location. In the past, this caused confusion with our families, they assumed it was the Park District and called the office very upset. We appreciate your understanding.

[Team Sideline Downloads Tab](#)

The “Downloads” tab from the Team Sideline website will contain a lot of useful information about the season.

Below are the documents that it will include:

- League Rules
- Parent Packet
- Coach Packet
- Picture Day Schedule
- Coach Code of Conduct
- Sport Parent Code of Conduct

I'm looking forward to a great season,
let me know if you have any questions!

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