



BUFFALO  
GROVE  
PARK  
DISTRICT

## INTERESTED IN BECOMING A VOLUNTEER FLAG FOOTBALL COACH?

The Buffalo Grove Park District relies on volunteers for the success of its Recreation and Athletic Programs. Below is information for people interested in becoming a volunteer flag football coach at the Buffalo Grove Park District. You may also contact TJ Wilkes at 847.850.2199 or [twilkes@bgparks.org](mailto:twilkes@bgparks.org).

### FLAG FOOTBALL SEASON

Flag football practices begin in early August. Official flag football games begin in September and the season ends in late October/early November with rainouts possibly extending the season a couple of weeks.

### COACHING APPLICATION & ASSISTANT COACHES

All head coaches must fill out a coaching application which is available at the Alcott Center with the flag football registration forms and on the website. Coaches that are picked to be head coaches are allowed to pick up to one assistant coach for their team. Any coaches that do not have an assistant coach can request to have one assigned to their team for the season.

### COACHES MEETING

Before the season begins, the Park District will have a mandatory coaches meeting at the Alcott Center (530 Bernard Dr. Buffalo Grove, IL 60089). During the meeting schedules, rosters, practice field permits, first aid kits, and rules will be given to the coaches and various other flag football items will be discussed.

### NYSCA & ANTI-BULLYING TRAINING

All coaches are required to be NYSCA (National Youth Sports Coaching Association) certified and take the NYSCA anti-bullying course in order to coach. These sessions help coaches understand the philosophy of youth sports and how to coach young athletes without unnecessary pressures as well as how to deal with bullying. The training courses are offered online and the certifications last for one year. The NYSCA cost is \$25 (\$20 to renew) and will be reimbursed by Park District after showing proof of completion.

## PRACTICES

Practices are held once a week at a location and time selected by the coach. Practice fields and times are selected by the coaches after they have been accepted as a head coach. Selection on field locations and times is handled by a first come first serve basis. Coaches may have more than one practice a week, but only one practice is mandatory for the players. Practices can be 1 to 1 ½ hours long per day.

## COACHES / PARENTS MEETING

Hosting a parent / coach meeting is always in the best interest of the coach and everyone involved with the team. During the meeting coaches can find out possible assistant coaches (if needed) or other ways parents can help during the season. Team and league rules can be explained to the parents as well as handing out schedules, what parents/players can expect from you as a coach, and what you expect from the players and parents during the flag football season. A parent/team meeting can be held at the Alcott Center (must be scheduled by Park District staff a week in advance), before or after practice, or another location that works best for everyone involved.

## GAMES

All games are scheduled and played at fields throughout Buffalo Grove, which include Windsor Ridge Park, Willow Stream, Wellington Park and the Buffalo Grove High School Stadium. Games are played every Saturday and on some Sundays (if needed). Some make up game days and locations may be changed as needed for teams.

## UNIFORMS

Uniforms are included in the cost of the program. Uniforms for flag football consist of a team jersey. Please indicate your child's jersey size on the registration. Uniform sample sizes are available at the Alcott Center.

## EQUIPMENT

First aid and Coaches shirt are supplied. Coaches will be issued team equipment for the season. Team equipment consists of team flags, and practice and game balls. All equipment needs to be turned in at the end of the season.

## PICTURES & TROPHIES

Pictures are taken each flag football season. Dates and location of the pictures will be given to the coach at the coaches meeting. The exact time and date of your team's pictures will be mailed directly to the coach from the photography studio. Every player receives a trophy at the end of the season. Pictures and trophies are given to the coach before the last game of the season to hand out to your players.