

FLAG FOOTBALL COACH

INFORMAL GUIDE

CHECK YOUR EMAIL

All essential information and communication will be sent to the email address you provided during registration. Please keep an eye on your email to ensure you don't miss any important updates. If you are not receiving emails, please contact the Recreation Department.



COMMUNICATE

Engage with parents through text or chat; some coaches prefer text messages, while others opt for chat applications (Gamechanger, TeamReach, ect) . Make sure to connect before the season begins to introduce yourself, schedule practices, etc.



TEAM BUILDING

Encourage teamwork among both players and parents. Some teams have a system where each parent takes turns bringing post-game snacks every week.



HYDRATE:

Encourage your players to bring water bottles to all practices and games. Some parents and coaches choose to bring a cooler with water or ice.



CODE OF CONDUCT

Coaches must ensure that players and their parents sign a code of conduct found in the coach packet and submit these forms to City Hall. This code sets expectations for fair play, respect, and sportsmanship for players, coaches, parents, and spectators, with coaches serving a crucial role in modeling and educating players on good sportsmanship.



PICTURE DAY

Picture day is scheduled for October 26 at Hogan Park. Parents can buy pictures via the recreation website. Coaches and assistant coaches receive a free buddy picture; they should share the purchase link with parents and direct any questions to the recreation department. All pictures will be distributed at City Hall to coaches for distribution to their teams. Head coaches will receive team picture plaques.



PRACTICES

Teams are required to hold practice sessions at least once a week. These practices are expected to be conducted in Escalon and can be arranged at any city park. Coaches will be provided with an equipment bag that includes practice gear for these sessions. Please return equipment to the staff at the snack bar after your team's final game of the season.



UNIFORMS

- Every player will be provided with a jersey and flag belt by the City Recreation Department, which is included in the registration cost. Pants should not be the same color as the flag belts and should have no pockets.
- Players are required to have cleats. Mouth guards are highly recommended. *Metal cleats and shoes with toe cleats are not allowed.*
- Coaches should distribute the uniforms to players based on the sizes listed on the roster provided.



GAME DAY

Arriving early at the designated field is crucial, and it's advisable to motivate players to arrive early for warm-up sessions before the game.

Ensure that your players are ready and appropriately attired with shirts tucked in, cleats and flag belts for the game. Keep in mind that jewelry is not permitted during games for safety reasons.



CERTIFICATES

At the end of the season, every player will be awarded a certificate of participation. Coaches can pick up the certificates from City Hall once they are ready and hand them out to their players.



While some teams may organize an end-of-season event, it is at the discretion of each coach and their team to decide whether to hold one.



For questions:

City of Escalon - Recreation Division - (209) 691-7372 - recreation@cityofescalon.org