

Bloomington-Normal Cougars



2019 Coaching Information

Coaches have the ability to reach young athletes on a different level than parents or friends. Coaches often are a hybrid of both, having the wisdom and experience of parents, but the availability and approachability of a friend. The function of a youth football coach is to educate players through participation. Due to their unique position to mentor and mold their athletes, coaches are held to high standards, matching the great responsibility they have. Coaches shoulder responsibilities beyond amassing victories, and they are required to follow certain standards and guidelines to ensure proper leadership and influence. Coaches at all levels experience the pleasure of watching young people develop sport skills and contribute to successful teams.

Each adult wishing to volunteer his/her time to help coach for the Bloomington-Normal Cougars is expected to abide by the expectations established by the Cougars and that of the Junior Football League of Central Illinois (JFLOCI). All coaches wishing to volunteer will be presented to the Cougars Executive Board for approval.

Specifically, each adult wanting to volunteer for the Cougars, **prior to the start of the official JFLOCI season, MUST:**

1. Pass a background check.
2. Complete the USA Football Heads-Up certification program/process and any other JFLOCI internal certification as part of the JFLOCI Coaching Clinic.
3. Attend the preseason coaching program established by the Cougars Tackle Director.

Each adult wanting to volunteer for the Cougars should abide by the following expectations:

1. A Cougars coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
2. A Cougars coach shall strive to set an example of the highest ethical and moral conduct.
3. A Cougars coach shall know the rules of JFLOCI football and shall teach them to his or her team members.
4. A Cougars coach shall respect and support contest officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

5. A Cougars coach will conduct practices and games in a safe physical environment.
6. A Cougars coach will use current knowledge of proper skills and methods of instruction.
7. A Cougars coach will develop proper short and long-term planning for team success.
8. A Cougars coach will instill, regardless of ability, that players be afforded opportunities to develop their work ethic, sense of commitment, and social and athletic skills.
9. A Cougars coach understands that the goal is to win, but to win the correct way; never sacrificing character for wins.

Junior Football League of Central Illinois Points on Being a Coach

The responsibility for the way your team, fans, and parents conduct themselves at a competition is yours; you set the tone. Kids and their parents do not know to point, stare, degrade/snub officials, cheerleaders, or coaches without their coaches fueling the fire. You will have much more impact if you run your program with integrity. Please consider the following points of emphasis.

Point 1: Accept the Outcome. You may not achieve the goals you have set. Sometimes teams who place very high expectations fail. Everyone wants to win, or they would not compete. A good coach stresses the greater lessons of completion and will keep moving in a positive direction. When players see their coach offer congratulations, accept the outcome with poise, and refuse to participate in negatives, players will know that they have accepted the outcome with sportsmanship.

Point 2: Parents. They will follow your lead. Tell them exactly what you expect of them and watch them make you proud. Do not give them a reason to feel they can question an official. Every parent wants his or her child to win and know success. Help teach them that success comes in many forms, other than winning.

Point 3: Accept Yourself. Most often, poor sportsmanship is generated from the coach who ties self-worth in with the competitive efforts of his/her team; this is unfortunate for everyone and makes for an unhappy person and team experience. Recognize that competition is one day in the life of your kids and your program; that is not nearly the total impact you can have on your team members. Look for the positives. Realize that for every practice you conduct, someone, somewhere else is working hard. Everyone wants to win.

Point 4: Performance. Try hard not to reduce superior performance by another team. Realize that how another team plays has little to do with how your team conducts themselves on the field. If poor sportsmanship comes your way, refuse to get caught up with it. You can set a great example and make an important difference in the competitive sport of youth football.

Failure to abide by these expectations may result in your dismissal.

References/Sources of Information

<https://onlinemasters.ohio.edu/blog/what-standards-should-sports-coaches-follow/>

<https://ihsaa-static.s3.amazonaws.com/RichEngelhorn.html>

<https://www.nfhs.org/nfhs-for-you/coaches/coaches-code-of-ethics/>