

STALLION



STRONG

Coaching Requirements & Requirements

SOUTHTOWNE STALLIONS



THE SOUTHTOWNE STALLIONS YOUTH FOOTBALL & CHEER PROGRAM
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MISSION STATEMENT

To provide a positive and supportive environment for youth to develop skills, a winning attitude, improve character and sportsmanship while competing in a fun and challenging atmosphere.

PHILOSOPHY

By explaining, demonstrating, and using repetitive drills, our coaches will focus on proper body positions and proper fundamentals. Our coaches will focus on developing self-esteem and confidence by believing in our athletes and giving them positive reinforcement.

PURPOSE

By becoming apart of the Southtowne Stallions Youth Football and Cheer Program, youth will experience:

- ✓ An improvement of self -esteem and self discipling
- ✓ A renewed respect for authority
- ✓ A respect and concern for others through sportsmanship
- ✓ An inclination to give 100% effort to all endeavors
- ✓ A respect for teamwork, team spirit and building friendships

GENERAL COACHING QUALIFICATIONS

The Southtowne Stallions Youth Football and Cheer Program has high expectations for the coaches that will be entrusted to teach the game of Football and the sport of Cheerleading to the youth of the surrounding communities. Stallion coaches will possess the following characteristics and qualifications:

- ✓ Passion for Football and Cheerleading
- ✓ Desire and ability to teach football or cheerleading and life skills
- ✓ Win with class and lose with dignity
- ✓ Respectful to Southtowne Stallion members, game officials and opposing teams showing good sportsmanship in all situations
- ✓ Available for the time commitment required to coach participants.
 - Head Coach: approximately 20-25 hrs. p/week during the season
 - Assistant Coach: approximately 15-20 hrs. p/week during the season
- ✓ Pass mandatory background check and coach's training
- ✓ Attend required coach's meetings
- ✓ Be in control at all times including intense game situations and parent exchanges
- ✓ Adhere to all Pop Warner and Southtowne Stallions rules

RECOGNIZE THE "WINNER" IN EACH CHILD ENCOURAGING THEIR STRENGTHS

HEAD COACHING QUALIFICATIONS

In addition to the basic qualifications for every coach, head coaches will possess the following characteristics and qualifications:

- ✓ Great decision -making skills.... Always put the Team first
- ✓ Great communicator with participants, coaches, officials and parents
- ✓ Great organizational skills
- ✓ Great delegation skills
- ✓ Great team building skills
- ✓ Great leader who leads by example



COACHING STYLE

Each Head Coach will have their own style and expectations that should be shared with their coaching staff, participants and parents. The Southtowne Stallions will not mandate a certain style but will expect the coach's style to support the Southtowne Stallions Mission Statement and Philosophy.

- ✓ Evaluate each participants strengths and weaknesses but boost self-confidence and self-esteem in all participants
- ✓ Put each participant in the best situation to be successful recognizing the "winner" in every child
- ✓ Be fair to each participant and make impartial decisions. Decisions should be based on the best interest of all participants on each team.
- ✓ Make football and cheerleading a fun and enjoyable experience
- ✓ Don't use abusive language or berate or belittle participants in any way
- ✓ Understand that voice volume may be raised only to ensure that the participant being addressed can hear proper understanding, or to offer strong encouragement
- ✓ Never use profanity or foul language. Use of foul language or profanity is grounds for suspension from the Program's coaching staff
- ✓ Remember that you are working with children who will often make mental and physical mistakes
- ✓ Be positive, smile, and enthusiastically encourage ALL participants
- ✓ Always act in a manner to be an excellent role model for all participants
- ✓ Choose the proper attitude remembering that people care more about what you do than what you say
- ✓ Support the game officials with positive comments in front of the participants. Your lead will instill respect for authority and create a positive atmosphere for all that participate and watch
- ✓ Reinforce the motto "***win with class and lose with dignity***"
- ✓ Support the coaches by helping to control the crowds

COACHING STAFF

Assistant Coaches and Jr. Coaches will assist Head Coaches at all times.

COMMUNICATIONS

The Head Coach will communicate team news, Southtowne Stallions news and dedicated events to the tea parents. The Head Coach should also communicate their expectations to the participants, the parents and coaching staff when the teams are determined. Regular meetings with the coaching staff are encouraged.

Keep lines of communication open with parents. After each practice, you should gather parents for announcements and communicate issues related to the team. Communicate to parents that unruly or inappropriate comments from the sidelines during a game may result in penalties for the team. Cheer Coaches should help the Football coaches to manage the conduct of the team's fans on the sidelines. Any issues related to conduct of the fans should be immediately communicated to the Director of Operations and President.

All comments or complaints from parents or otherwise should be channeled to the Head Coach. If issues cannot be resolved then comments should be channeled to the Program Director, the President and the Board of Directors of the Southtowne Stallions.

PARTICIPATION

The coaches are the face of the organization. In addition to coaching football or cheerleading, our coaches are expected to be active participants in events during the season and off-season. Events include, but are not limited to, community events, fundraisers, registration, equipment handout, parades, end of the season celebrations and more. The Southtowne Stallions is a volunteer organization that requires participation from all the program members. Due to family or work commitments it is difficult to participate in all events. However, we do expect the coaches to make every attempt to attend most events when volunteers are



COACHING MEETINGS

Head coaches are expected to attend all coaching meetings scheduled by Pop Warner. Assistant Coaches are expected to any mandatory meetings for all coaches and at least 50% of all other mandatory coaching meetings.

PRACTICE FORMAT

Football and Cheerleading requires practice time to be successful. The key to success is preparation and execution. Practice time is critical to the development of each participant.

The overall success of each participant, your team, and the Southtowne Stallions is dependent on the productiveness of each practice. Practice time is limited so make every minute count. Your team will play/cheer the way they practice.

Practice should never be canceled because the head coach is unavailable. The head coach should have a back up plan if he/she is unable to attend practice. The assistant coach should be prepared to practice the team in advance or short notice.

INJURIES

The safety of each child will be the top priority of each coach. Take each incident seriously and never joke or harass a participant who says they are unable to participate or force to participate against their will.

- ✓ Always err on the side of caution if a participant is sick, hurt or injured.
- ✓ If a participant says he/she is sick or hurt, then a coach should stabilize the participant and monitor their condition. A participant should not return to action until they are ready.
- ✓ Communicate each incident with the parent or guardian
- ✓ Injuries that are generally more serious than a bump, bruise, or sick stomach should never be taken lightly. The parents/guardian, Program Director and President should be notified immediately when a severe injury has occurred.
- ✓ Each coach should always have an emergency medical kit in their coaching bag to handle minor injuries such as cuts and scrapes.
- ✓ Each team should have ice bags, water jug and water bottles at every game and practice.
- ✓ Injuries can often be avoided by inspection of practice and game fields. Before beginning practice or game inspect all fields to ensure that they are safe.
- ✓ If a participant is diagnosed with a concussion, they are not allowed to participate until a written released is received from a doctor.

DISCIPLINE

Fighting, foul language, insubordination, unruliness and any act that takes away from the other participants experience will not be tolerated at practice, games or any activities or event. The Head Coach should address the situation immediately and inform the parent/guardian if the behavior continues.

EQUIPMENT MANAGEMENT

The Head Coach is responsible for the collection of uniforms and other equipment at the end of the season. The Head Coach is also responsible for collection of uniforms and the equipment from any participant that leaves the program prior to the end of the season. STS will provide an inventory sheet to each team that will be used to track the uniform and equipment of each participant. Uniforms are to be turned in at the end of the final game or competition. The Head Coach/Team Mom should contact any participant who does not return a uniform or equipment. The Program Director should be notified if all equipment or uniform immediately.



COACHING LIFE SKILLS

The practice field is a unique kind of classroom that teaches our participants many of the life skills that will be important as future adults, parents, spouses, coaches, employees and the like. Leadership, integrity, loyalty, teamwork, respect, discipline, determination, courage and pride are some of the skills that are characteristics of many athletes. Stallion coaches will discuss the meaning and importance of these life skills with the participants throughout the season. If the coaches make it important then it will become important to your participants.

COACHES PLEDGE

The Southtowne Stallions goal is to help develop youth beyond the lines of the football field/gym floor by providing an environment where they will have fun and develop the values of sportsmanship, teamwork, commitment and hard work. Winning is not the goal. We expect coaches to be consistent and caring role models with positive qualities. The following are not suggestions – we expect coaches will act as role models. Therefore, you agree and pledge that:

- ✓ Preparation: I will prepare for all practices and games
- ✓ Safety: I will do my best to ensure that participants have a safe experience while at practice, game or event.
- ✓ Fun and Positive Experience: I will do my best to ensure that all participants have a fun and positive experience while at any practice, game or event.
- ✓ Sportsmanship: I will encourage sportsmanship, team work and class always
- ✓ Alcohol, tobacco and Drug use: I will not use alcohol, tobacco or drugs in the presence of participants on field or off field during the season.