

## Mitchell County Recreation Department

### Coaching Packet

#### Coach's Ethics

As a volunteer coach in any Mitchell County Parks & Recreation Department athletic program, I will pledge as follows:

I will use absolutely no drugs, alcohol, or tobacco.

I will place the emotional and physical well-being of my players ahead of a personal desire to win.

I will use no foul language of any form during any sporting events.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

I will do my best to provide a safe playing situation for my players.

I will promise to review and practice basic first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead by example in demonstrating fair play and sportsmanship to all my players and players of opposing teams.

I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.

I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.

I will use coaching techniques appropriate for all the skills that I teach.

I will remember that I am a YOUTH sports coach, and that the game is for children NOT adults.

I will follow the rules and regulations which may be applicable to specific athletic programs which I am coaching and the rules and regulations for the building, field, court, or gym where I am coaching.

#### Coaching Responsibilities:

- A. Read thoroughly, understands, and abides by the by-laws and league rules.
- B. Contact and inform each player on his/her roster of practices and games.
- C. Ensure the team has scheduled practice at least once before the season begins making sure field and accessories are secured and gates are locked.
- D. Coaches must report to the department when a player quits as soon as possible so that the vacancy can be verified and filled.
- E. There will be **NO** tobacco products or alcohol used during games, practices or any other time while participating in our program.
- F. Coaches will only be allowed to participate with ONE All Star team as either Head Coach or Assistant Coach at a time.

#### Drafting Procedures:

- A. Teams will be selected by one of the following:

1. Player Draft

2. School Attending

- B. A meeting to draft players will be held with head coaches. On Draft Day, Head Coaches only unless given specific permission by the Recreation Department to have an extra person to help the Head Coach. This will be limited to one person IF allowed and that is all. Coaches are only guaranteed their child or grandchild when drafting a team. At this time, they will receive their coaching packet to include but not limited to rules, policies, procedures, and responsibilities. If there are any concerns/questions they will need to be raised at this meeting. At the close of the meeting the waiting list will go into effect. Guidelines for the waiting list will be followed from this point. If a league is not filled, players will be added to fill teams in order of registration.
- C. Trades will ONLY be allowed if some error has occurred or some outstanding reason for the trade. Error could include but not limited to putting siblings on a team or a special request that was documented prior to draft was somehow not honored. No matter the error or outstanding reason, ALL trades must be brought to the Recreation Department within 24 hours and the Recreation Department has full authority in this instance.

Conduct:

- A. Team Head Coach and Assistant Coach will be responsible for the conduct of their team.
- B. No rowdiness, profane language or any display of unsportsmanlike conduct will be tolerated.
- C. If a player is ejected from a game for any reason, he/she will be suspended for the next scheduled game. **(Rained out games do not count)**. A second offense will result in suspension of the next two regular season games and could be grounds for expulsion from the program.
- D. If a coach suspends a player from practice or a game, the parents and the Recreation Department must be notified in advance of next practice or game.
- E. Reasons for suspending a player: A player can be suspended for but not limited to fighting and/or being disrespectful to coaches or fellow players.
- F. Player disciplinary actions are the decision of the Head Coach. Parents can request a meeting between Head Coach and Recreation Director to discuss disciplinary actions taken. Head Coach should make every effort to deal with disciplinary actions at the time of the incident. Incidents that occur in practice should be dealt with at practice unless game suspension is warranted.
- G. If a player is suspended, then that player is not eligible to play in the following game. The first suspension is NOT to exceed one game and the child will be allowed to be back at the next practice after serving their one game suspension. If a child is suspended two times in a particular season, then that is grounds for expulsion from the program.
- H. If a coach is ejected from a game, he/she must leave the field immediately. They may sit in the bleachers and be a spectator but, if they are loud or unsportsmanlike, they will be asked to leave the park area.
- I. A coach caught mistreating a player or trying to make a player quit will be suspended for the remainder of the season.

- J. A coach involved in fighting (instigating or taking part) is automatically suspended for one year as a coach. A second offense will result in the coach being banned from all facilities.

Practice:

- A. schedules will be each Head Coach's responsibility.
- B. Practice times must be reserved by calling the Recreation Department. Practices will be scheduled on first come, first served basis.
- C. All practices across all MCRD youth sports are not allowed on Wednesday or Sunday. All practices must end by 9 p.m. across all youth sports. Practice times, locations, and schedules will be determined by the Head Coach. Coaches must contact the Recreation Department to schedule practices. Coaches will be responsible for making sure lights are off. All lights must be turned off by 9:00pm.
- D. Batting cage must be reserved. No team may reserve cage more than once per week unless there is a vacancy. Coaches may call Recreation Office after 4pm the day before to check on a vacancy.
- E. During the season, a player or team shall be allowed to meet a maximum of four (4) times per week. (This includes scheduled games.)

League Trophies:

MCRD will issue trophies to the Champions of each league in each program. There will be individual trophies for each player on the team and a team trophy that will be given to the head coach of said team. The forementioned rule will take place provided there is actually a Championship played in said league and if not each participant throughout the league will get a trophy.

Lightning Policy:

If lightning is detected within 10 miles, then all play is suspended for a minimum of 30 minutes. Fields to be cleared. Players are to go inside dugout, locker room, or go to vehicle in parking lot. If no lightning occurs within the 10-mile radius for 30 minutes, then play can resume. No more than two lightning delays in one night and if this occurs all play is suspended for the night. A game called due to lightning, rain, or unusual circumstances will be considered a complete game and will NOT be rescheduled after 3 full innings have been played or after 2 ½ innings if the home team is ahead and batting when the game is called. This rule will not apply to any playoff games, which will be rescheduled and will start anew.

All Star Procedures:

1. Any child chosen for the All-Star team MUST live in or be a full-time student in Mitchell County. This is a state rule.
2. MCRD will pay for hotel room night(s) of the Head Coach.
3. MCRD will only pay the entry fee to the GRPA District and/or State tournament.

4. All travel, food and lodging will be the responsibility of the parents/guardians/coaches/sponsors.
5. MCRD will provide a game jersey. All other uniform needs must be provided by the parents/guardians/coaches/sponsors.
6. All Star Selection will go by the following process:
  - A. Head Coaches will be given full roster of entire league and they will vote on their personal choice for All Stars. Limit not to exceed sport specific GRPA All Star roster limit. Players with the most votes will be selected as All Stars. The All-Star Head Coach will have the right to break any vote ties in regards player All Star selection.
  - B. Head Coach All Star player selections are to be turned into the Recreation Department a minimum of 24 hours prior to All Star Selection.
  - C. The All-Star Head Coach will be selected prior to All Star Selection
7. Being on the roster at the beginning of the season is grounds for possibly being chosen for All Stars. A player chosen for All-Stars, BEGINS All-Stars and does not fulfill his position on the team, without reasonable cause, may not be eligible the following year. Eligibility will be determined by recreation staff.
8. All All-Star Head Coaches for MCRD sports will be determined in the following fashion: The Recreation Director and Recreation Supervisor will each be allowed one vote for All Star Head Coach. Also, each head coach of said/particular sport will be allowed one vote for All Star Head Coach. Assistant All Star Coaches must be picked from within the program itself and the choosing of Assistant All Star Coaches is the responsibility of the All-Star Head Coach

Coach Signature: \_\_\_\_\_