

West Nashville Sports League Spring Flag Football Addendum

2020

LEAVE THIS PACKET HERE TONIGHT!

Head Coach's Name: _____

Assistants' Name(s): _____

Division: _____



WNSL COACH CERTIFICATION:

Please make sure to complete all forms in this Addendum packet and LEAVE THE PACKET HERE TONIGHT!

1. Coach Disclosure Form
2. Coach Code of Conduct
3. Background Check
4. Coach Bio
5. Team Parent Designation
6. Team Assessment
7. Team Name and Jersey Color Request
8. Short Order Form
9. Game Schedule Request Form
10. Medallion Request Form
11. Concussion Protocol
12. Cardiac Arrest Protocol

WNSL VOLUNTEER COACHING REGISTRATION

If you have not completed the online registration,
please complete the following:

First Name: _____ Last Name: _____ Middle Initial: _____

Date of Birth: _____

Mailing Address: _____

E-Mail Address: _____

Cell Phone: _____ Other Phone: _____

Division and Team You are Coaching: _____

Have you previously had experience working with children? YES NO

WNSL COACH CODE OF CONDUCT

- I will be a positive role model for my players. I will lead by example and always demonstrate sportsmanship and emphasize fair play.
- I will place the well-being of every player (whether he/she is on my team or not) ahead of my personal desire to win.
- I will organize practices that are both fun and challenging, designed to teach techniques and strategies that encourage team-play.
- I will emphasize skills development and improvement based on each individual player's needs, helping him/her gain confidence and self-esteem.
- I will consistently treat my players honestly and fairly. I will aim to be both a good communicator and listener. I will be generous in praise and never publically criticize.
- I will maintain an open line of communication with parents and encourage them to participate as instructors, team parents or liaisons.
- I will become knowledgeable in the rules of the sport, teach them to the players and support all league policies and regulations.
- I will inspect practice and game venues to ensure safe playing conditions. I will require players to be properly equipped at all times. I will teach safe and proper technique.
- I will abide by all WNSL policies. If there is a problem following these procedures, I understand that I will relinquish my coaching duties. I understand I am strictly a volunteer coach and not a member of the WNSL Board.
- I will create a healthy environment for sports by refraining from drug, alcohol and tobacco use.
- I will treat all players with respect, realizing this sport is created to benefit them.

Coach's Signature: _____

Coach's Printed Name: _____

Today's Date: _____



WNSL has begun conducting background checks for all HEAD coaches. *Please keep in mind that this is a different process from the volunteer registration at WNSL.org.*

Don't Forget to Complete the
Protect Youth Sports Verity Background Check

Go to:

<https://opportunities.averity.com/WNSL>

By MARCH 15!

Contact carly@wnsl.net with any questions.

WNSL COACH BIO

We would love to learn a little more about you. Please take a few minutes to fill out this form and turn it in at the Coaches' Meeting.

Name: _____

Including yourself, how many members are in your family? _____

Employer: _____ Occupation: _____

How many years have you lived in Nashville? _____ College You Attended: _____

Did you play sports in high school or college? _____ ... Which sports? _____

How many years have you coached Football? _____ ... How many of those years in the WNSL? _____

What is your primary goal this season? _____

How will you measure whether your season was a success? _____

Do you think equal playing time should be mandated? _____ Why or why not? _____

Thanks for coaching!

Team Parent Designation

All teams must have a team mom/dad designated as an additional point of contact. Please indicate the name of this person for your team:

Team Parent: _____

Team Parent's E-mail: _____

Team Parent's Player's Name: _____

Also, please direct your team parent to follow the volunteer registration instructions in this packet (also available online under the 'About Us' tab)

COACH' S PRESEASON TEAM ASSESSMENT

Please complete the following information so that we may gain some insight into your team. If coaching multiple teams, please fill out a sheet for each team:

On a scale of 1-10 with 10 being the best, please give an honest evaluation of your team's competitiveness _____ -or- No Idea

Has this team played together in the past? YES _____ NO _____

If YES, how many years? _____

What was the team's division and record last year? _____

Does your team have any players playing down? YES _____ NO _____

Does your team have any players playing up? YES _____ NO _____

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

If yes, what was the date of your 1st practice? _____

Players are old for their grade (been grey shirted) YES ___ NO ___ MAYBE ___

Please select the division your team would most likely fall into:

_____ **COMPETITIVE:** An above average team, usually with handpicked players for set positions by a coach and/or parent representative. The team will not move players around much and only certain players will be touching the ball. Intensity is present and winning is more important than development of all players.

_____ **RECREATIONAL:** Fun is the name of the game in this level -- generally are teams aiming to improve their skills but not wishing to play tough competition. These teams focus on education and development of each player in every position. Coach pledges that all players will get to play different positions and all players get touches during every game, winning or losing will not matter. Fun and developmental team.

_____ **TWEENER:** In between the two above and the league can place team where needed.

TEAM JERSEYS

Teams will be provided a generic, reversible jersey for the Spring season.

PRACTICE TIMES HANDED OUT AT COACH MEETING

There are six fields at Warner Park available for practice. Your team will be allocated $\frac{1}{2}$ of a normal playing field once per week. Once everyone has a designated practice time, you may request additional practice times if you wish.

PLAYER SHORTS ORDER FORM

Cost 15.00 per pair



No-pocket shorts

Sizes YS, YM, YL, AS, AM, AL, AXL, AXXL

Uniforms will be Red/White Reversible.

Please choose: _____Black _____Red

Size: Quantity:

YS: _____

YM: _____

YL: _____

AS: _____

AM: _____

AL: _____

AXL: _____

AXXL: _____

TEAM Name: _____ Age _____
Div: _____

Contact Person: _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Cell: _____

Email: _____

*****Order form must be completed and turned in by March 13th*****

Game Schedule Request

Coach Last Name: _____ Division: _____ Are you the head coach of two teams? _____

If you have players playing WNSL Spring Baseball, please list the coaches of those teams:

This calendar is where you make any scheduling requests. We schedule around WNSL Spring Baseball conflicts and can usually avoid work conflicts as well. If you know you will not be able to field a team on a certain week, let us know now and we can probably get you a double header on another week! We must know this before the schedule is released to even consider the alternate date, however.

*****Guarantee 7 League games plus tournament games*****

| WNSL Flag Football Schedule |
|---|
| March 28 |
| April 4 |
| April 11 Easter – No Games |
| April 18 |
| April 25 |
| May 2 |
| May 9 Steeple Chase – No Games at Warner Park |
| May 16 |
| May 23 End of Season Tournament |

Form Instructions:

Use the calendar to the left to make any schedule requests. Note that all requests are exactly that, and none are guaranteed. Please do not abuse this form by requesting all 10 a.m. games or something similar.

To indicate a week that your team cannot play, place an 'X' in the appropriate box.

Also note the following dates of importance:

- Spring break for WCS: Mar. 16 - 20
- Spring break for MNPS: Mar. 16 - 20
- Easter: April 12
- May 9 : Steeplechase

:

If you have other scheduling requests (back-to-back games, etc.), please indicate them here:

Medallions



WNSL no longer gives participation medallions to every player. If you would like to request participation medallions for your team, please fill out this form:

Yes, I would like medallions for my team this year: _____

-or-

No, I would not like medallions for my team this season: _____

Coach's Name: _____

Team Name: _____

Division: _____

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury.

(Adapted from CDC "Heads Up Concussion in Youth Sports")

Sign and return this page.

_____ I have read the *Concussion Information and Signature Form for Coaches*
Initial

_____ I should not allow any student-athlete exhibiting signs and symptoms consistent with concussion to
Initial return to play or practice on the same day.

After reading the Information Sheet, I am aware of the following information:

_____ A concussion is a brain injury.
Initial

_____ I realize I cannot see a concussion, but I might notice some of the signs in a student-athlete right
Initial away. Other signs/symptoms can show up hours or days after the injury.

_____ If I suspect a student-athlete has a concussion, I am responsible for removing him/her from activity
Initial and referring him/her to a medical professional trained in concussion management.

_____ Student-athletes need written clearance from a health care provider* to return to play or practice
Initial after a concussion. * (Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training)

_____ I will not allow any student-athlete to return to play or practice if I suspect that he/she has received
Initial a blow to the head or body that resulted in signs or symptoms consistent with concussion.

_____ Following concussion the brain needs time to heal. I understand that student-athletes are much
Initial more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.

_____ In rare cases, repeat concussion can cause serious and long-lasting problems.
Initial

_____ I have read the signs/symptoms listed on the *Concussion Information and Signature Form for
Initial Coaches.*

Signature of Coach

Date

Printed name of Coach

☞ Early Advance Care

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The Act is intended to keep youth athletes safe while practicing or playing in an athletic activity.

The Act requires:

- Require that, on a yearly basis, a sudden cardiac arrest information sheet be signed and returned by each coach and athletic director

- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - (i) Unexplained shortness of breath;
 - (ii) Chest pains;
 - (iii) Dizziness
 - (iv) Racing heart rate; or
 - (v) Extreme fatigue; and

- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest.

- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to return to full or graduated practice or play must be in writing.

I acknowledge that I have reviewed and understand the symptoms and warning signs of SCA.

Signature

Date