



## Fondy JFL Coaches Expectations

The purpose of the Fondy Junior Football League (FJFL) is organized exclusively for educational and instructional purposes in the development of youth football, fundraise and solicit. The organization is dedicated to the principles of fair play and good sportsmanship and to the development of character in youth football players. We believe that players will have fun if each player has the opportunity to develop football skills to the best of his/her ability through practice and organized game participation. It is the goal of this organization to teach the game of tackle football, to assure the safety and welfare of the players and provide intelligent supervision. The organization strives to instill in each player the virtues necessary to achieve success in football and in life.

### EXPECTATIONS:

-Coaches are to exude good conduct, pride, integrity and sportsmanship. They are to be role models for their players. This covers conduct both on and off the field year round.

-The FJFL is an extension of the Fond du Lac High School program and as such:

- a) Attendance at meetings with the varsity high school coaches is "MANDATORY".
- b) Running the varsity high school offenses and defenses along with the associated terminology is "MANDATORY".

### **The FJFL Season:**

- Coaches must complete the mandatory "Heads up on Concussions" online course and print out the certificate to be held on file with the FJFL.

-Coaches "must" be available and in attendance for our yearly equipment handout and turn-in dates.

-Coaches "must" attend all FJFL coaches and team meetings.

-Coaches are to use their best communications skills with their players and the player's families.

-Coaches will be responsible to maintain a daily log noting the special points of each practice and game including player injuries. The logs will be turned into the league president at the end of the season unless a player is injured in practice, then the log is due immediately after practice the day of the injury.

-Coaches are to make sure every player eligible to play in a game reaches the league minimum participation level. Coaches are also responsible to maintain participation records for each game and present copies of those records to the league president on a weekly basis.

-Coaches will be held accountable for their team's player retention numbers. The FJFL expects that "ALL" coaches will have an 80% or higher player retention percentage each and every year.

-Coaches are expected to attend most of the practices and games associated with their individual teams.

-Coaches are to monitor "Parent Volunteer Hours and Participation" with their teams manager and encourage their parents to help whenever possible.

**Practices:**

-No unauthorized practices are allowed. No member, team, or coach may begin practices prior to the official start date set by the FJFL. Any instructing of three or more players is considered an organized practice and subject to reprimand. Practices are not to start any earlier than 4:30pm and end no later than 7:00pm. Pre-conditioning start date will be set by the FJFL and will be Monday through Friday. Pre-conditioning will be a maximum of three weeks. At the completion of the pre-conditioning time period, regular practice schedules begin. Regular practices are to be no more than 3 – two hour practices per week and only one – 1 hour no-contact walk through.

\*Minimum requirements for preconditioning:

1. Helmets shall be worn the first day of practice.
2. A minimum of four hours of conditioning in helmets prior to wearing shoulder pads.
3. A minimum of six hours of conditioning in shoulder pads and helmets prior to full contact (tackle dummies are permitted).
4. A total of ten hours of conditioning will be required before players may move into full contact (player to player contact). Inner squad scrimmages will be allowed at this time.

The FJFL believes that meeting these expectations is critical to the "long term" success of the FJFL and the Fondy Football program as a whole. Should a coach know that he/she is not able to meet an expectation, they should immediately contact the league president to discuss the issue.

Each coach will be evaluated prior to, during, and after each season. Should a coach fail to meet one or more of these expectations, they will be brought before a review board to go over any issue(s).

If a solution is unattainable or should a violation be deemed severe, the violator(s) will be removed as a coach in the FJFL.

The "Expectations" in this document convey the qualities the FJFL requires for its coaches.

Signing of this document is a requirement of all coaches and a statement that you agree to meet or exceed the expectations listed above.

Coach \_\_\_\_\_ Date \_\_\_\_\_

Print \_\_\_\_\_

JFL President \_\_\_\_\_ Date \_\_\_\_\_

