



## Football Coach's Contract

Our goal is to help develop young men by providing an environment where they will have fun and develop the values of sportsmanship, teamwork, commitment, and hard work. We encourage scholastic achievement and family involvement while acting as consistent and caring male role models. The following are not suggestions; they are how we will act as WSA Rampage Coaches and role models. Violation of any of these points may be subject to review by the Waterloo Sports Association Board of Directors and appropriate action taken up to the immediate dismissal of the coach.

- Coaches must uphold the honor and dignity of the WSA Rampage. In all personal contact with athletes, officials and parents, the coach must strive to set the example of the highest ethical and moral conduct.
- The WSA Rampage demands a smoke and alcohol free athletic environment. Smoking, consuming alcohol or drugs around any child during practice or competition is prohibited.
- **DO NOT** wear clothing that promotes firearms, alcohol, tobacco products or bars during practices or competitions.
- The use of profanity, racial/ethnic comments during practice, competition or in the presence of players or parents during WSA Rampage sponsored events is prohibited.
- Coaches will place the WSA Rampage above participation in any other league.
- Coaches are responsible for all WSA Rampage equipment that has been issued to them for the use in practice and competition. Coaches are responsible for replacing any lost, stolen, or severely damaged equipment. Coaches are responsible for the timely return of **ALL** issued equipment to the WSA Rampage upon completion of the season.
- All players will play a minimum of 8 plays. Players must play half their plays in each half. Any violation of this rule could result in suspension and or permanent expulsion.
- Negative comments about **ANY** child at **ANY** time will **NOT** be tolerated. This is considered grossly unacceptable behavior and will **NOT** be tolerated in any fashion from any player, coach, parent, or spectator at **ANY** time.
- Keep in mind, kids have the amazing ability to hear everything, and kids talk to kids.
- Nothing hurts like hearing from another child a negative comment his/her parent has said about other children or overhearing negative comments from other parents/spectators about his/her performance.

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- Be consistent, set parameters and don't let your players go outside them.
  - Be positive, smile, and enthusiastically encourage your players.
  - Coaches must have the heart to help children of all races and economic conditions.
  - Physical abuse, intimidation, verbal abuse, corporal punishment of players is prohibited. Each child's welfare must be of the utmost importance.
  - **DO NOT** touch a player when you appear angry. Never touch a player in any private area. **DO NOT** use abusive or foul language.
  - If a player throws his helmet in anger or removes his shoulder pads in anger, remind the player that showing emotion in football is a good thing, but that certain outbursts are not allowed.
  - Report any player that has 4 unexcused absences from practices to the Football Director(s) immediately.
  - Report any rules violations to the Football Director, WSA President, or any WSA Board Member present.
  - Retrieve equipment from expelled players or players that quit immediately!
  - Call in your scores, win or lose, to (618) 939-9925 the day of your game.
  - Encourage teamwork, overt sportsmanship at every turn, self-discipline, cooperation, leadership, courtesy, honesty, initiative, and fair play.
  - WSA Rampage coaches **DO NOT** deliberately neither incite unsportsmanlike conduct nor tolerate it at any time.
  - Teach respect for the opposing team, coaches, officials and spectators.
  - WSA Rampage coaches **DO NOT** criticize opposing coaches or fans by word of mouth or by gesture.
  - Rosters will be balanced within the age group of that sport. Coaches are not permitted to limit their roster size.
  - WSA Rampage coaches **DO NOT** permit an ineligible player to participate in any competition
  - We **DO NOT** want any WSA Rampage team to win by more than 4 touchdowns if we can help it. If ahead by 30 or more in quarter 4, let the other team score to avoid shutouts.
  - No WSA Rampage team is allowed to score 50 points unless the other team is within 3 touchdowns. Be pro-active; don't put yourself in a position to go over 50. As a precaution, tell the official to flag your team if they score. Any team not honoring this rule will forfeit the game and the head coach will be fired.
  - Call timeout and put in wholesale second offense or defense in immediately for one series when ahead by 3 touchdowns.
  - Have 3rd string QB and running backs ready to play for above situations.

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- Put players in unfamiliar positions when a "slaughter" is on to keep the scores reasonable and guarantee fumbles to the other team.
  - **DO NOT** blitz, pass, have star players handle the ball or run trick plays when up by 4 touchdowns or more, except for first series after half.
  - **DO NOT** run outside or pass when up by 5 touchdowns or more.
  - When ahead comfortably late in the game, **DO NOT** call timeouts. Absolutely **DO NOT** pass or blitz. Stay inbounds and run the clock out. **DO NOT** bring in a star or big player late in the game. Kneel to run out the last few ticks if you are close to the goal line.
  - Be organized. Have your practices and drills planned out, written out and timed. Be efficient with our time, keep it short. Change drills often. Keep drills relevant to game play.
  - Try to make games or contests out of your drills to make them fun.
  - Have drills with group sizes 5-10, no larger, and 10 minutes or less. Keep calisthenics and agility drills to an absolute minimum (no more than 10 minutes).
  - Sprints should be kept to a minimum as well. Run plays out or play tag to get the conditioning in. Do lots of fit and freeze drills. Keep live scrimmaging to a minimum.
  - Get your kids plenty of water breaks. Take no chances with heat exhaustion.
  - In order to keep your players cool, there is no need to have helmets on when doing calisthenics or chalk talks. Take no chances with health issues, if necessary call a parent, evacuate, or call for ambulance.
  - Keep all asthma inhalers in one location.
  - Coaches will remove, from competition or practice, any participant when even slightly in doubt about his/her health until competent medical advice is available.
  - WSA Rampage coaches **DO NOT** permit or encourage "sweating down" tactics in order for a player to make the required weight.
  - WSA Rampage coaches **DO NOT** recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by a participant's physician.
  - No parents are allowed on the sidelines, except for coaches. Coaches must control their own crowd.
  - Together with officials, coaches are jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.
  - Refer any parent/guardian or coach complaints to the Football Director, WSA President, or any WSA Board Member.
  - Accept the decisions of the game officials as fair and called to the best ability of said officials.

- **DO NOT** argue with officials or opposing coaches. Only ask officials to clarify the number of the player committing the foul, asking for amount of time left or timeouts and clarifying any "Special" Tri-County Rules, never a judgment call - ever. Any coach that is tossed from a game will be suspended or fired.
- Have Fun! None of these players are professional athletes...yet! As such, remember that they are out there because they love the competition and want to learn the game of football. Teach them, but let them have fun... it will make for a better experience all around for everyone.
- If a WSA Rampage coach leaves to coach another football team, he will neither take any other WSA Rampage player with him, except family members, nor encourage any WSA Rampage player to leave the organization.
  - Any violation of the above mentioned rule will result in a \$250 fine assessed per player said coach either directly or indirectly took with him to another organization, to be paid to Waterloo Sports Association (WSA), as well as all legal and collection costs incurred by WSA.

I agree to abide by the above guidelines as a condition of coaching for the WSA Rampage. I can be terminated at any time, with or without cause and will have no remedy or review. I acknowledge that I will be a role model, that players will take their cue from me. I agree to act in a way that is honorable. While the goal is to play well, the primary goal is the uplifting and proper training of young men.

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

Coach Name (Printed): \_\_\_\_\_