

COACHES CONTRACT

Our goal is to help develop young athletes 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 role models. The following are not suggestions; they are how we will act as role models and Grant Rocket Football Coaches.

- Be organized. Have your practices and drills planned out, written out and timed if need be. Be efficient with your time, keep it short. Change drills often.
- Speak with confidence and purpose.
- All coaches must have a parent meeting explain the expectations of the coach and the role of players, and parents along with a letter with those expectations.
- Try to make games or contests out of your drills to make them fun.
- Get your kids plenty of water breaks. Take no chances with heat exhaustion.
- NO need to have helmets on when doing cal, or chalk talks when it's hot, keep the kids cool.
- Take no chances with health issues, if necessary call parent, or call for ambulance. Keep all asthma inhalers in one location.
- 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 instead using no huddle, play Hawaiian rules football or play tag to get the conditioning in. Do lots of fit and freeze drills, keep live scrimmaging to a minimum.
- Be positive, smile, and enthusiastically encourage your players.
- Be consistent, set parameters and don't let your players go outside them. **WHAT YOU TOLERATE YOU ENCOURAGE!**
- Encourage sportsmanship at every turn.
- Encourage teamwork.
- Do not touch a player when we appear angry. Never touch a player in any private area.
- Do not use any abusive or foul language. 1st offense will result in a warning from the board of directors. The second offense will result in a one week suspension. Third offense the coach will be fired.
- Do not smoke or drink alcohol in front of any players or parents, on or off the field.
- Do not wear any clothing that promotes alcohol, tobacco products, or bars.
- Safety is our first concern; medical kits will be issued to each team. **Make sure your drills are safe.**
- All players will play at least the league minimum number of plays per game. Players must play half their plays in each half. Any Violation of this rule may result in suspension and or permanent expulsion.
- All coaches will maintain a minimum play sheet documenting the number of plays for each minimum play player. These sheets will be collected by the board of directors each week.
- Keep an attendance sheet that can be inspected by the board of directors.

- Put second offense or defense in immediately when ahead by 3 touchdowns. Substitute freely.
- Have 2nd string QB and running backs ready to play for above situations.
- Put players in unfamiliar positions when a “slaughter” is on to keep the scores reasonable and guarantee players get playing time.
- When ahead comfortably late in the game, do not call timeouts, absolutely do not pass or call blitzes and stay inbounds and run the clock out. Don’t sub a star or big player back in late in the game. Kneel to run out the last few ticks if you are close to the goal line.
- No arguing with officials or opposing coaches. Only talk to officials to clarify the number of the player committing the foul, asking for amount of time left or timeouts and clarifying any “Special” League Rules, never a judgment call ever. Any coach that is tossed from a game will result in a one game suspension. The second violation will go to the board do determine the disciplinary action. The third time a coaches is ejected he is automatically fired.
- No parents on the sidelines except coaches. **NO EXCEPTIONS!**
- If a player throws his helmet in anger or removes his shoulder pads in anger, player is expelled from the game.
- **Have Fun!**
- All coaches must be approved by the Board of Directors in advance, absolutely no exceptions.
- All head coaches and assistant coaches will support the Grant varsity Football program/coaches, work to build relationships with school administration and encourage an environment that exemplifies sportsmanship and respect.

I agree to abide by the above guidelines as a condition of coaching for the Grant Rocket Program. 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 the players will follow my lead. I agree to act in a way that is honorable. While the goal is to play well and win, the primary goal is the uplifting and proper training of young players.

Signed.....Date.....

Printed Name.....