



**NATIONAL YOUTH SPORTS  
TACKLE FOOTBALL**

**PRE-SEASON COACH PACKET**

**FALL 2019 - Spring 2020**



# NATIONAL YOUTH SPORTS FREQUENTLY ASKED QUESTIONS

## **ARE ALL COACHES VOLUNTEERS?**

Yes. NYS does not ask teams to fundraise or volunteer on game days. All NYS asks parents to do is volunteer with their child's team. There are many vital roles to play on a team and those positions are filled by volunteer parents. NYS offers a pre-volunteer section on the registration form, but many times we utilize the parent team meeting to assign coaches roles, once we have teams put together! NYS NEVER assigns coaches, all coaches are parent volunteers! Any team with a coach is a result of a parent indicating on their child's registration form their willingness to help!

## **HOW CAN I GURANTEE A HEAD COACHING SPOT AND TEAM?**

The only way to assure a head coaching position and team is to enroll a full team. This would mean having at least 12 players requesting you as a coach. Registrants MUST be signed up by the final day of early registration to solidify your coaching spot and team.

## **WHAT ROLE DO I PLAY ON GAME DAYS?**

NYS does not ask coaches to do anything other than educate and coach the children on their team! NYS will set up all fields and provide Site Directors and Referees.

## **DOES NYS PROVIDE PRACTICE LOCATIONS?**

NYS partners with local school districts and parks & recreation departments in relation to practice facilities each season. Since each agency works differently, we post a list for each area on our website, at [www.nysonline.org](http://www.nysonline.org). We encourage ALL teams to utilize daylight hours, HOA parks, and neighborhood green areas to conduct practices to avoid additional costs.

## **DO WE HAVE TO USE AN ASSIGNED NYS PRACTICE LOCATION?**

NYS teams may obtain their own practice location, but may not contact school districts and parks/recreation departments, as those agencies will refer you back to the league. We encourage teams to utilize non-lit areas during daytime hours to minimize cost and maximize the number of facilities available to practice. In addition, we have a link on our website dedicated for more information on practice field guidelines.

## **HOW OFTEN SHOULD MY TEAM PRACTICE?**

Typically, teams practice between 2 - 3 times per week. NYS does not restrict the amount of practice time, so teams can practice as little or as much as they desire.

## **DOES NYS PROVIDE PRACTICE EQUIPMENT?**

Since NYS does not ask team to fundraise or pay team assessments, we encourage all members to bring a ball, cones, etc. for practice purposes.

## **WHAT DO I NEED TO SUBMIT TO THE LEAGUE AS A COACH?**

NYS will welcome all coaches selected to coach a team once their team is established. At that time, coaches can initiate their certification process by uploading a concussion course certification to their team discussion board and complete a background check. Coaches must complete a background check through Protect Youth Sports (\$8), and a concussion course through NFHS (Free). NYS will not charge additional fees for any certification. The fees listed above are paid through the certification organization. The background check can be substituted with a valid Arizona State Fingerprint Clearance card (regular card), concealed weapon permit, valid identification for a law enforcement agency (not a military ID card). Our inaugural season each year begins with our Fall season. Once a coach completes all items, he or she will be administered a NYS Coach status for one year from submission of background check. Any individual on the team needing to obtain coach certification to be on the field (up to seven coaches) must complete this certification process (steps listed on final page).



# NATIONAL YOUTH SPORTS FREQUENTLY ASKED QUESTIONS

## **ARE WE REQUIRED TO FUNDRAISE OR PAY ANY TEAM ASSESSMENTS?**

NO! NYS does not require parents, players, or teams to fundraise or pay any additional fees to participate in our programs.

## **SINCE NYS DOES NOT REQUIRE FUNDRAISING, CAN WE STILL OBTAIN SPONSORSHIPS FOR OUR TEAM?**

NYS teams may not utilize our 501(c)3 non-profit number to obtain sponsorships or open bank accounts in their team name. Teams may obtain business sponsorship checks, made payable to NYS, to have an account open at our local office for team use. Funds can only be utilized for items for the children (registration, tournament costs, trophies, uniforms, etc.), and can only be debited by providing an invoice to be paid or a receipt for reimbursement. Any extra funds at the end of the season will stay with the team for use in a future NYS season and cannot be debited for cash.

NYS Sponsorship form can be found online at [http://nysonline.org/Flyers/Sponsorship\\_Form.pdf](http://nysonline.org/Flyers/Sponsorship_Form.pdf)

## **WHY DO WE GET OUR GAME SCHEDULES THE WEEK OF OUR FIRST GAME?**

NYS strives for perfection and wants to ensure that when we distribute a schedule, that the information is up-to-date and accurate. Our organization works with many local school districts and local parks & recreation departments that may host various other activities at their locations. We release schedules the Tuesday prior to the start of the first game to ensure that everyone has the most accurate information for the season!

## **WHY DO WE NOT GET UNIFORMS IN THE TACKLE PROGRAM?**

We strive to have teams stay together and play on a year-round basis. Uniforms are items in which participants must purchase to allow for more team control and help to encourage teams to continue to play together throughout the year.

## **CAN I COACH OR AM I ALLOWED TO COACH MULTIPLE TEAMS (ORGANIZATIONS)?**

NYS does allow coaches to coach multiple teams within the league. A coach carrying more than one team is classified as an organization. In these situations, we require the organization to carry multiple coaches, as we cannot guarantee confliction in schedules on game days. NYS will strive to provide the best level of customer service in this area to accommodate everyone!

## **WHAT IS THE DEADLINE TO REGISTER PLAYERS?**

NYS sets a roster deadline for all programs. Please reference your local area registration form to locate registration deadlines.

## **DOES NYS OFFER SPECIAL TEAM PRICING?**

We do not offer special team/organization pricing. We believe in offering all participants the right to register at the lowest price available! We post early, regular, and late pricing and deadlines on all local registration forms. Please refer to those for exact deadlines and program pricing! Teams registering ten or more players will receive one complimentary registration for a player during the current season or a credit for a future season player. All players must be registered by league registration deadlines.

## **HOW DO PLAYER CERTIFICATIONS WORK ON GAMEDAY?**

Prior to the game-day, make sure that all your players are listed on the NYS roster (which you can view once all players are registered on your team, using the team page created during your initial set-up. On game-day, report to the NYS Site Director 15 - 30 minutes prior to your scheduled game, to complete your player certification. In order to help the process run more efficiently, please make sure that you have your players lined up in alphabetical order. Our NYS staff will be provided check-in sheets by the league on a weekly basis, listing player's photo, name, and birthdate.

The NYS representative will call out players by name. Each player, when called, will step forward and have their Photo reviewed. The NYS representative will record the player as being present and record the player's age. A player is ineligible if he or she does not have a photo (done by the parent at the time of registration) or is not listed on the NYS certification form.



# NATIONAL YOUTH SPORTS FREQUENTLY ASKED QUESTIONS

## HOW DO I STAY UPDATED ON LEAGUE INFORMATION?

- Follow NYS on Twitter at NYS Phoenix Tackle and receive “tweets” of every final score on game-day!
- Follow NYS on Facebook at National Youth Sports – Phoenix and receive league updates and posts of every final score on game-day!
- Log-in to your parent/coach portal (created during the initial registration process) at [www.nysaz.com](http://www.nysaz.com) and then just visit our Team Central tab to be able to follow along throughout the season, by viewing scores/standings, and much more!

## GAMESITE RULES

1. **Unregistered players are NOT ALLOWED TO PLAY.**
2. **Players missing a PHOTO will NOT BE ALLOWED TO PLAY in that game.**
3. **Ensure all players and coaches display good sportsmanship at all times!**
4. **Player Check-In begins 15-30 minutes prior to your game.**
5. **Coaches MUST be listed on the NYS certification report (up to 7 coaches).**
6. **Limit of 7 Coach spots will be issued per team. This includes Coaches, Assistant Coaches, Team Parents, Photographers allowed on the sidelines during any given game.**
7. **Teams may have to travel up to 50% of the time to game locations.**
8. **NO SMOKING OR PETS at any game site.**
9. **Players do not have a required playing time in our tackle football program**, but NYS strives to be an organization that emphasizes player development. We encourage all coaches to share in this same goal.



# NATIONAL YOUTH SPORTS SAFETY TIPS AND CONCUSSION RECOGNITION

1. Make sure your players check with their family doctors to assess player fitness before they begin any sport programs. The parent/guardian is responsible for a player's health and the league assumes no responsibility.
2. Hydration is a big issue in sports. Ask parents to send their children to practice with water bottles, and as a coach, remind players they should drink water throughout the day.
3. Make sure players wear adequate protective gear and examine all training and field equipment. Teach players to use equipment only for its intended purpose.
4. Ask parents to keep a first-aid kit in their cars to supplement your own first-aid kit. Encourage parents to get certified in first aid and CPR. You can never have enough qualified hands in case of an emergency. A first-aid kit and at least one adult trained and certified in first aid and CPR should be present at all practices and games.
5. Anyone responsible for driving youth athletes to and from practices or games should be licensed and insured. Consider updating your own insurance policy to reflect carpooling care of passengers.
6. Do not leave players alone before, during or after practices! Encourage your players to think safety during all games and practices. Example: Baseball: bat control, throwing the ball.

## CONCUSSION RECOGNITION - SIGNS AND SYMPTOMS

Concussions are a very serious injury. One misconception is that concussions are a football or contact sport related injury. Concussions can occur in any sport or recreational activity.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious.

### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

You can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.

**ALL COACHES MUST COMPLETE AN ONLINE CONCUSSION COURSE PRIOR TO WEEK ONE OF THE SEASON. UPON COMPLETION OF COURSE COACH MUST POST COMPLETION CERTIFICATE TO THEIR NYS TEAM DISCUSSION BOARD FOUND ON [WWW.NYSAZ.COM](http://WWW.NYSAZ.COM).**

**FREE COURSE CAN BE FOUND AT [WWW.NFHSLEARN.COM](http://WWW.NFHSLEARN.COM) AND SELECT COURSE "CONCUSSION IN SPORT."**

# NATIONAL YOUTH SPORTS COACH ID CARD PROCESS

**NYS will welcome all coaches selected to coach a team once their team is established. At that time, coaches can initiate their certification process and have the other individuals on their staff complete the process as well.** Coaches must complete a background check through Protect Youth Sports (\$8), and a concussion course through NFHS (Free). NYS will not charge additional fees for certification. The fees listed above are paid through the certification organization. Our inaugural season each year begins with our Fall season. Once a coach completes all items, he or she will be administered NYS Coach status and will stay valid for one year (based on time of background check submission). Any individual on the team needing to obtain a coach card (up to seven) must complete this certification process.

## **In order to obtain a coach ID card, the following items MUST be completed**

- Complete the NFHS Concussion in Sports Course – Free
  - Access NFHS course website at [www.nfhslearn.com](http://www.nfhslearn.com)
  - Register as a new user or login if you already have an established account
  - Under the Courses tab, Select Free Course
  - Access the Concussion in Sports – What You Need to Know Course
  - Complete the Course
  - Save Certification
  - Upload Certificate to your Team's Discussion board at [www.nysaz.com](http://www.nysaz.com)!
  
- Complete Protect Youth Sports Background Check – \$8 (valid for one year)
  - Simply visit our website at [www.nysaz.com](http://www.nysaz.com)
  - Scroll down to the bottom of our homepage
  - On the left-hand side of the page you will see a direct link to the background check process.
  - Just follow the steps provided by Protect Youth Sports
  - Results will automatically be sent to our league administrators to update on your coach account.

Protect Youth Sports will provide NYS a “Red Light” or “Green Light” in relation to an individual’s background. Any coach with a “Red Light” will not be able to volunteer coach on the sidelines during game-days.