



RCS Flag Football Coaches' Code of Ethics

The function of all coaches is to abide by only the highest level of sportsmanship and conduct. The coach must be aware that he or she has tremendous influence in the development of the participant, and thus, shall never place the value of winning above instilling the highest desirable ideals of character.

- Coaches must inform both their players and the players' parents/guardians that they must be registered in the league through the Refugees Community Services Association with a waiver on file, registration form, and parents' code of ethics signed.
- Coaches will provide a positive role model and atmosphere in practices and matches. This includes being courteous, respectful and polite to all players, parents, other coaches, administrators and officials.
- Coaches will work with and try to develop every member of your team.
- Coaches are responsible for taking an active role in education about, and prevention of drugs, alcohol and tobacco abuse; both in their lives and in the lives of their players.
- Coaches will actively use their influence to enhance sportsmanship by their players and spectators.
- Coaches will meet before and after matches and exchange friendly greetings to set the correct tone for the players.
- Coaches will treat officials with respect and shall teach their players and spectators to do the same.
- Coaches will confine their discussion to the rules and not challenge official decisions involving judgment.
- The coach shall be thoroughly knowledgeable with RCS rules and is responsible for their interpretation to players and parents.
 - The spirit and letter of rules should be regarded as mutual agreements.
 - The coach shall not try to seek an advantage by circumventing the spirit or letter of the rules.

I hereby acknowledge that I have read and understand the above and agree to be held bound by the Coaches' Code of Ethics. If I fail to act as described in the Coaches' Code of Ethics, I fully understand that I can be relieved of my volunteer coaching duties with the Refugees Community Services Association recreational programs.

Print: _____

Sign: . _____

Date: _____



RCS Sports Coach/ Volunteer Attire

As a volunteer and representative of the Refugees Community Services Association, you represent a very new and growing organization in the community; therefore, your appearance is extremely important. Wearing appropriate clothing allows you to participate safely in activities with the children. Remember, you are the person parents see daily, and the way you dress and represent yourself leaves an impression parents take with them.

As a volunteer, your appearance must present a positive image. Your attire is also important in maintaining your safety while volunteering. The following are the specific dress codes applicable to volunteering with the Refugees Community Services Association:

1. Coaches' shirts must be worn and visible always. You will be given a coach shirt on picture day. If you are not wearing your coaches' shirt, please make sure you are in your "team" attire.
2. Coach shirts must be kept clean and in good repair.
3. Closed-toe shoes must be worn always. Absolutely no flip flops, clogs, sandals, or open-toed shoes are allowed at any time.
4. Pants must fit properly and be in good repair. Pants should be worn on the waist (hips) and tightened properly.
5. Shorts may be worn, but may not be higher than mid-thigh. Shorts must be worn on the waist (hips) and tied.
6. Baseball hats may be worn facing forward. Hats should have an appropriate logo for children to be around.
7. Bandanas, du-rags, and stocking caps may not be worn as head coverings.
8. Jewelry worn by a coach on a field or court must be minimal and simple for safety purposes.
9. Piercings and tattoos are requested to be kept discreet.
10. Personal cell phones/pagers/two-ways (or anything similar) are not allowed to be worn while on a field/court for safety purposes.
11. Volunteers must maintain grooming and hygiene that is professional while volunteering.
12. Once cleared coaches have met coaching requirements and have been notified by the RCS Program Director and they will receive a Coaches shirt on the first day of games.



RCS Parents' Code of Ethics

- I (we) hereby pledge to provide positive support, care, and encouragement for my (our) children participating in youth sports by following the Parents' Code of Ethics.
- I (we) will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sport events.
- I (we) will place the emotional and physical well-being of my (our) children ahead of my personal desire to win.
- I (we) will insist that my (our) children play in a safe and healthy environment.
- I (we) will support coaches and officials working with my child, to encourage a positive and enjoyable experience for all.
- I (we) will demand a sports environment for my (our) children that is free from drugs, tobacco, and alcohol and refrain from their use at all youth sport events.
- I (we) will remember that the game is for youth – not the adult.
- I (we) will do our best to make youth sports fun for my (our) children.
- I (we) will ask my (our) children to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- I (we) promise to help my (our) children enjoy the youth sports experience by doing whatever I (we) can, such as being a respectable fan, assisting with coaching, abiding by league rules, or assisting with the league activities.
- I (we) expect that my (our) children's coach will be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I (we) hereby acknowledge that I (we) have read and understand the above and agree to be held bound by the Parents' Code of Ethics. If I (we) fail to act as described in the Parents' Code of Ethics, I (we) fully understand that my (our) children and I (ourselves) can be asked to leave the Refugees Community Services Association recreational programs.

Print: _____

Sign: _____ Date: _____

SNACK SHEET

GAME

DATE

PLAYER BRINGING SNACK

SAMPLE PRACTICE OUTLINE

DATE: _____ OBJECTIVE: _____

EQUIPMENT NEEDED: _____

TIME MINUTES DRILL DESCRIPTION

5:00PM	5 MINUTES	STRETCH, WARM UP, CONE DRILLS
5:05PM	10 MINUTES	ROUTE RUNNING AND CATCHING

PRACTICE WINS:

1.) _____

2.) _____

3.) _____

PRACTICE CHALLENGES:

1.) _____

2.) _____

3.) _____

Coach Agreement

I, the undersigned, have read and understand all the policies and procedures as set forth in the 2022 Coach Guidebook. I also understand that I am responsible for following as well as ensuring that my team and team's parents are informed and comply with all the policies and procedures, as they are stated in the 2022 Coach Guidebook.

Sport (Circle One): Flag Football Pee Wee Sports Youth Basketball Youth Clinics

Team Name: _____

Coach Name (Print): _____

Coach Signature: _____ Date: _____