



JR Falcon Football

Coaches Expectations and Code of Conduct

#F.I.R.S.T.

Coaches are expected to uphold and instill the core values of our program:
Family, **I**ntegrity, **R**elentless **E**ffort, **S**elflessness, and **T**oughness (F.I.R.S.T.)

Coaches will need to clear program background check, become USA Football certified, and fulfill the following responsibilities:

- Ensure a safe, healthy, and fun playing environment for all players that will teach and challenge each one to become a better football player and learn both the direct skills and the inherent lessons of competition.
- Ensure Safety through proper technique, equipment, and oversight.
- Support the Program through consistency and the encouragement of participation into high school.
- Help develop all players, despite ability and will offer equal opportunities (as much as possible) for players to perform in practices and games.
- Treat each player as an individual with respect, dignity, and professionalism, remembering the large range of emotional/physical development for their age group.
- Lead by example both in-person and online (text/social media), be a positive role model for all players and encourage good sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, board members, officials, spectators, or staff members.
- Be knowledgeable of the rules for the game and stadium, policies of Rockwood Summit JR Falcon Football Programs and the (SFL) St. Louis Feeder League.
- Conduct yourself accordingly, remembering that you are a youth football coach, and the game is for the children, not the adults.
- Never yell, taunt, threaten or inflict physical violence upon any player, coach, official, spectator, staff member or board member at any time. Will not use abusive or vulgar language or racial, ethnic, disability, or gender related slurs at any time during any Rockwood Summit JR Falcon Football events.
- Never bring or use drugs, alcohol, tobacco products (including electronic smoking devices) or weapons of any kind to any Rockwood Summit JR Falcon Football event.
- Any disputes between members of the coaching staff or Falcon Football Boosters shall be addressed in private, away from children and/or spectators. Public outbursts will not be tolerated. Disputes of any kind shall be handled in a respectful, calm and adult manner no matter who the dispute is with.

Responsibilities as a youth coach are of great importance. Your actions have the potential to significantly influence the young athletes whom you coach. By signing, you agree to abide by Rockwood Summit JR Falcon Football's Coaches expectations & Code of Conduct. You acknowledge any accusation or malicious activity will result in a short investigation/interview of

both sides into the allegations and will be conducted by the disciplinary board. Once complete, disciplinary action may occur.

The Booster President, executive board, and the Varsity Head Coach will be notified of all interaction during the investigation and disciplinary steps. Depending on the severity of the conclusion, discipline will occur as follows:

- **1st occurrence** - Formal warning and discussion with JR Falcon Football Vice President and the JR Falcon Football Director of Operations.
- **2nd occurrence** - One (1) game suspension and One (1) consecutive week suspension from practice field (ex. If the discipline is given on Thursday; the coach will not be allowed back until the following Thursday).
- **3rd occurrence** - Coach will be removed from team and future participation in program will not be permitted.

Please note: If the inappropriate action is deemed severe, the Falcon Football Booster Board can vote to remove a coach immediately without formal warning after all parties directly involved are afforded the opportunity to give their side of the story.

School Suspension Policy

When a player has been suspended from school, they are also suspended from all football activities*. After the suspension has been served, the following guidelines will be followed.

- **1st school suspension** - player will not be eligible to play in the first half of the next game.
- **2nd school suspension** - player will not be eligible to play the next full game.
- **3rd school suspension** - player's eligibility will be determined by the Falcon Football Booster Board.

* The Falcon Football Boosters Board may alter the above policy depending on occurrence severity.

A player's family can hold them out longer if they choose to do so. Head Coaches will need to meet with the player's family to discuss and determine if the family wants to take any further action.

The Junior Falcon Program Philosophy

We are a feeder program for the Rockwood Summit High School football program with teams at four grade levels: 4th/5th (combined), 6th, 7th, and 8th. We play in the St. Louis Feeder League (SFL) which includes programs from Eureka, Fox, Lindbergh, Northwest, Oakville, Parkway West, Rockwood Summit and Seckman. SFL programs may only roster players who will either attend their appropriate high school or would attend if they did not go to a private school.

We focus on long-term player development over short-term wins and losses. We are one program – 4th through 12th grade. Our offensive and defensive schemes and techniques are aligned with what is being done at the varsity level. We will foster the same Core Values (F.I.R.S.T.) promoted by the varsity program.

Family – Integrity - Relentless Effort – Selflessness – Toughness

Coaches Roles

Head Coach

- Communicate with Program Directors (Chris McCracken and Todd Garnatz)
- Communicate with Booster President/Co-President (Tiffany Byron and Jenn Garnatz)
- Communicate with Booster Grade Reps
- Communicate with parents, coaches, and players
- Organize practice plans
- Delegate roles for assistant coaches
- Offense individual groups (O-line, Backs, Receivers)
- Defense individual groups (D-line, Linebackers, D-Backs)
- Special Teams (6th, 7th, 8th)
- Offensive coordinator (delegate this job if possible)
- Defensive coordinator (delegate this job if possible)
- Manage game day logistics

Assistant Coaches (Adult/Parent)

- Communicate with coaches and players
- Follow practice plans
- Teach fundamentals
- Teach proper technique
- Set up and run drills
- Player substitutions on game days

Student Coaches

- Teach fundamentals
- Teach proper technique
- Help set up and run drills
- Help teach/install offense plays
- Help teach/install defensive schemes
- Offense/Defense scheme adjustments on game days

By entering your name, you consent to the Code of Conduct and expectations. You acknowledge and agree to conduct yourselves in a positive manner and set a positive example for others to follow both in person and online.