

MOUNTAIN VALLEY YOUTH FOOTBALL COACH'S CONTRACT

There is perhaps no greater single element of importance to youth football than the coach. Just as the informed, knowledgeable coaching staff can bring success to a program, so does the uniformed, sometimes well meaning, but over-zealous staff bring disastrous results that not only effect their own program but otherwise damage or tarnish the game of youth football.

Negative publicity and a bad public image of youth football have surfaced in many areas more so in recent years than ever before. Often that notoriety has been unjust or even unfair. Often it has been deserved. Often it has been due to the direct actions of the well-meaning but over-zealous or ignorant coach.

The "ignorant" coach may be the greatest statistician and play maker that ever walked onto the gridiron. He may be capable of philosophies of youth football but there is no place for him on the youth football field.

1. The distinction must first be made that youth football is not pro football, not college ball, and remotely resembles high school ball.
2. The superior youth football coach is more concerned with his player's grades and citizenship than his team's win-loss record. While winning is certainly a part of football, in youth football a greater emphasis should be placed on how a team wins or losses a game.
3. The superior youth football coach will substitute to the maximum when he has built a comfortable lead and allow the opposing team to score. The superior coach never instructs his players to let the opposing team score or give them a score, which could be more humiliating than if they didn't score at all. But he should never reinsert his first string if the opposing team threatens to score just for the sake of recording a shutout.

Chances are the coach whose team has gone unscored throughout the season has very likely violated the very concept of youth football. A superior coach is one who has apathy for his opposition. He realizes that he is not just a coach for his players but he is a youth coach and those opposing teams are made up of youth. His conduct and actions are not only reflected upon and have a great impact on the youngsters of his team, but those of the other team as well.

4. There is absolutely no excuse for "piling on" a score, sweating down players, or not liberally using substitutions. But yet these practices or lack of practices seem to still persist. Even though abuses are few, it often then becomes more wide spread if opposing teams have any chance to stay competitive with the offenders.
5. Knowing and recognizing the distinctions of youth football and the philosophies that stand behind it, is only a part of becoming a real youth football coach. Football itself is constantly changing from year to year. You may or may not consider yourself to be an expert on football, but are you up to date on the latest training techniques? Do you know about the latest exercises, drills, isometrics, or stretching exercises used for developing young bodies? Are you familiar with the proper way to instruct blocking and tackling techniques to prevent injury? How competent are you in the field of athletic medicine or first aid? If it's been a few years since your playing days you might find your competence in some of the areas listed above might be considerably lacking or at least to the point where you need a little brushing up prior to taking the field and the responsibility for a number of youngsters this season. The physical education departments at most high schools and colleges are a virtual bank of such knowledge. Most instructors would only be to happy to share with you their knowledge of such things when they know you will be working with youth.
6. Conditioning is such an important part of youth football, yet more football players die of heat exhaustion than any other single cause. Do you feel comfortable enough with your present level of proficiency in such matters as discussed above: to know when to pour it on the practice field and when to let off for a rest period? If not, you've got some homework cut out for yourself. There are always coach's clinics every year that your association can inform you about.
7. Besides being familiar with philosophies involving youth football and proper coaching techniques it is extremely important that every coach has a through knowledge of the rules and policies that govern youth football.

At the present time there are two articles that combine to make the rules of youth football.

(A) The high school rule book: This can be obtained by contacting the National Federation of State High School Associations, at 11724 Plaza Circle, P. O. Box 20626, Kansas City, MO 64195

(B) The Mountain Valley Youth Football rulebook. This rulebook is supplied to you by the MVL through your association or at a MVL hosted clinic. The MVL rulebook takes precedent.

8. Coaches can have a say in the formation of the rules. Your contribution in the form of written data can be given to your association representative to be forwarded to the MVL association.
9. For many of the youngsters that you will be coaching, this might be their first and last contact with organized tackle football as a player. The idea that football must somehow supply "lessons" as training for future adult years is best left to the high school and college coaches. Keep the game free of parental pressure and adult ego and peculiarities. While teaching youngsters teamwork and co-operation and demanding hard work and discipline, you must also strive to make the practices, the games, the youth football experience a fun and rewarding experience for your players. An experience they will want to repeat and they want their children to experience.
10. The youth football coach represents the role of a substitute parent. His off-field contributions to his players can be more significant and beneficial often times than athletic instruction.

I have read and understood the MVL philosophies and rulebook. I am aware that my name and fingerprints can be submitted to the Dept. of Justice for a personal records check. I am aware that I can be subjected to disciplinary action in the form of reprimand, probation, suspension, and/or expulsion by the association of MVL for violation of appropriate constitution, bylaws, rules, and/or regulations and that I must confine all appeals to the provisions set forth in these publications.

Name _____ DL# _____

Address _____ CITY _____ ZIP _____ DATE _____

Coaches Signature _____ Presidents Signature _____

- Starters Rookies Jr. Varsity Varsity
 Head Coach Assistant Coach Junior Coach

Association _____ League Official _____