

WEST TENNESSEE SOCCER CLUB
HOOLIGANS
Coach Information Form

Coach Full Legal Name: _____

Coach Address: _____

Coach Cell Phone Number: _____

Coach Work Phone Number: _____

(Please mark which PHONE NUMBER is primary)

Coach Home Email Address: _____

Coach Work Email Address: _____

(Please mark which EMAIL is primary)

Coach State and Drivers Licenses #: _____

(Please attach a copy of your current Driver's License)

How many years of coaching experience? _____

What licensures do you currently hold? _____

(Please attach a copy of ALL current licenses)

Previously Coached? _____

Will you be able to pass a mandatory Background Check from the State of Tennessee? YES NO

Any special skills or knowledge that would be helpful to Pride Soccer Club (e.g. CPR Certified)? YES NO
Please list and attach certifications: _____

Are you aware this is a volunteer position within the Pride Soccer Club organization? YES NO

Signature: _____

Date: _____

By signing you are agreeing with all mentioned in this coaches' packet, agree to a www.TNSoccer.org Background Check, turning in all paperwork as required.

West Tennessee Soccer Club

Coach – Code of Conduct

*****COACH, ASSISTANT COACH, TEAM ASSISTANT, TEAM MANAGER (herein coach) *****

- Each coach should, with reasonable effort, commit to 1 full year of coaching the team.
- The coach should uphold the team mission and philosophy as it is written. Ethics should never be compromised to win the game.
- The coach must follow the training plan with minimal adjustment to ensure proper skill building. Efforts should be made to reach the level of every child.
- The coach should serve as a resource coach for Munford Soccer Academy and Munford Park & Recreational to build a better community program.
- The coach should represent our club with dignity and civility as well as be an ambassador for our team, our club, and its affiliates, both on and off the field.
- The coach will make every effort to refrain from engaging in negative behavior with any parent, official, coach, player, or anyone else associated with soccer activities.
- The coach should understand the players and other coaches depend on his attendance, knowledge, and commitment to the team.
- The coach should understand that negative, inappropriate behavior or non-compliance with team policy can result in disassociation from the team.
- The coach must model good sportsmanship, patience, and any other behavior that he expects in return from both the players and the spectators.
- Every licensed coach should uphold the statements and recommendations of the governing entity (USFF/NSCAA) and reasonably work to increase personal knowledge.
- Coaches must work collaboratively to meet the best interest of the players.

I, _____, have read, understand, and agree to uphold the code of conduct as it is stated for the operational purposes of West Tennessee Soccer Club. Once signed, this form will be kept on record for the duration of the coach's tenure with West Tennessee Soccer Club and can be used as a reference as necessary for any liability concerns once the relationship between West Tennessee Soccer Club and the coach has ended.

Signature _____ Date _____

Guidelines and Procedures

TRAINING REQUIREMENTS

- Players must arrive at the field fifteen minutes prior to training time, for warm-up.
- Players must practice in the Hooligans training uniform (official jersey, graphite shorts, blue socks, cold weather warm-ups, in black, gray, and white only).
- Players must come with a properly inflated and age appropriately sized soccer ball.
- Players must wear shin guards, under their socks.
- Players must bring plenty of water.
- If a player must arrive late or leave a training early, the TEAM MANAGER must be notified in advance.
- If a player needs to miss a training, notification must be made to the COACH.
- Players can train with other teams in the club (check with both coaches first).
- Players are not allowed to play on recreational soccer teams.
- Parents are strongly encouraged to not step on the field to talk to the coach or the players. Unless in the case of an emergency.
- If you would like a conference with the coach, an appointment must be made either before or after the training or at some point during the coach's free time.

UNIFORM REQUIREMENTS

- Orange Uniform- orange jersey, blue shorts and blue socks
- Any other UNIFORM COMBINATIONS must be approved by the PRESIDENT
- Primary Uniform Color is Always Orange- Only use Blue/Graphite Uniform When Required
- League Play- HOME team wears ORANGE jersey / BLUE shorts / BLUE socks
- League Play- AWAY team wears BLUE or GRAPHITE jersey / GRAPHITE shorts / BLUE socks
- Uniform Conflicts - For most leagues and tournaments the home team must change in the event of a conflict
- Tournaments- always wear ORANGE; change only when tournament rules require
- Under Armor Winter Gear - must be one of the following: Black, white, gray only
- Bring ALL uniforms to all games

TRAINING UNIFORM / EQUIPMENT

- BLUE Uniform- BLUE jersey, GRAPHITE shorts and BLUE socks
- GRAPHITE Uniform - GRAPHITE jersey, GRAPHITE shorts, and BLUE socks
- Inflated, appropriate size ball, water and shin guards for all training sessions

GAMES AND TOURNAMENTS

- Players must arrive at the game field from 30 minutes to 1 hour before the game.
- Players must arrive properly and uniformly dressed.
- Players must only warm up with their teammates and coaches.
- Players can only be instructed by the coach during the game. The parents' role is strictly encouragement "no coaching".
- Any involvement of the parent with their player during the game must be designated by the coach (injuries, water breaks etc.)
- If a player will be late for the game or must leave the game early, the COACH must be notified in advance.
- During the games, parents should refrain from making any comments to the game officials. The referees and linesmen should always be dealt with in a professional and courteous manner.
- Parents are not allowed to approach the coach after the game for discussions about playing time, playing position etc. Conferences should be scheduled for another time (24-hour rule).
- Every coach, player and parent must behave according to Tennessee State Soccer Association, league and tournament rules/guidelines.

TEAM TRAVEL POLICIES

* Confirmation of these guidelines shall be put forth by the head coach of the team.

- Itinerary should be given to all the players by the coach before departure to any out of town tournament.
- We strongly encourage players to travel together as a team.
- If the team is still playing in the tournament, players are required to meet at a designated area at a designated time as specified by the coach or manager to do any team related activities such as meals, walks etc.
- Players must be dressed uniformly when departing to the games.
- Players must follow the itinerary and must follow curfew precisely.
- For teams of age 14 and up, the players may room together if requested by the coach, or stay with their parents, but they are required to be in the same hotel as the team.
- Every person associated with West Tennessee Soccer Club must follow the rules of the hotel in which they are staying.
- Players are not allowed to run around in the hotel, play soccer in the hotel hallways, or walk barefoot.
- If the tournament has both male and female teams, casual association during free time will be allowed in public areas, but absolutely no player will enter the rooms of players of the opposite sex.
- If a conference is necessary between the coach and an individual player, it must be done in the lobby of the hotel or if a more private area is required, then it needs to be done in the presence of a manager or the parent of the player or another adult.

Sudden Cardiac Arrest Acknowledgement Form (Coaches/Managers/Board of Directors)



What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating. If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness;
- lightheadedness;
- shortness of breath;
- difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);
- fatigue (extreme tiredness);
- weakness;
- nausea;
- vomiting;
- and chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms? There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

Adapted from PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet 7/2012

What is the best way to treat Sudden Cardiac Arrest? Early Recognition of SCA

- Early 9-1-1 access
- Early CPR
- Early Defibrillation
- Early Advance Care

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The Act is intended to keep youth athletes safe while practicing or playing in an athletic activity. The Act requires:

- Require that, on a yearly basis, a sudden cardiac arrest information sheet be signed and returned by each coach, manager, and Board of Director.
- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - (i) Unexplained shortness of breath;
 - (ii) Chest pains;
 - (iii) Dizziness
 - (iv) Racing heart rate; or
 - (v) Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest.
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to return to full or graduated practice or play must be in writing.

I acknowledge that I have reviewed and understand the symptoms and warning signs of SCA.

Signature

Name (Please Print)

Date



Concussion Signs and Symptoms Information Sheet (Coach/Manager/Board Member Copy)

What is a Concussion?

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

DID YOU KNOW?

Athletes who have, at any point in their lives, had a concussion have an increased risk for another?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks following the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, the athlete should be kept out of play the day of the injury and until an approved health care provider* says the athlete is symptom-free and it is safe to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balanced problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right,” or “feeling down”

What are the Concussion Danger Signs?

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow, or jolt to the head or body if the athlete exhibits any of the following danger signs:

- Has one pupil larger than the other;
- Is drowsy or cannot be awakened;
- Has a headache that does not diminish or go away;
- Has weakness, numbness, or decreased coordination;
- Has repeated vomiting or nausea;
- Has slurred speech;
- Has convulsions or seizures;
- Unable to recognize people or places;
- Becomes increasingly confused, restless, or agitated;
- Demonstrates unusual behavior;
- Loses consciousness (even though brief it is serious)

Remember:

Concussions affect individuals differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or weeks. A more serious concussion can last for months or longer.



Prevention and Preparation

Insist that safety comes first. To help minimize the risks for concussion or other serious brain injuries:

- Ensure the athletes follow the rules for safety and the rules of your sport.
- Always encourage the athletes to practice good sportsmanship.
- Wearing some form of protective head gear can help in minimizing some injuries sustained from head to head or head to goal contact. However, head gear does nothing to prevent the brain from moving in the skull. There is no "concussion-proof" head gear.
- Assist in educating the parents and players on TSSA's commitment to Concussion Education and Safety.
- Ensure that each parent/athlete has signed the Parent/Athlete Information Sheet at the start of the season and prior to any practice or competition.
- Have an action plan in place that you follow when you suspect a player to have the signs and symptoms of a concussion.

Action Plan

- 1. Remove the athlete from play** – Look for signs of a concussion if you athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!
- 2. Ensure the athlete is evaluated by an appropriate health care professional.** *- Do not try to judge the severity of the injury yourself. Health care professionals have several methods they can use to assess the severity of a concussion. As a coach, record any information that may assist the health care professional in the assessment after the injury.
- 3. Inform the athlete's parents or legal guardian-** Let them know about the possible concussion and give them the *Heads-Up Fact Sheet* for parents. This fact sheet can help parents to monitor the athlete for the signs and symptoms that appear or get worse once the athlete is at home or returns to school.
- 4. Keep the athlete out of play-** An athlete should be removed from play the day of the injury and until an appropriate health care provider* says the athlete is symptom-free and is safe to return to play. After you remove an athlete with a suspected concussion from practice or competition, the decision about return to play is a medical decision.

Gradual Return to Play of Concussed Athlete

An athlete should return to practice or competition under the supervision of an appropriate health care professional. When available, be sure to work closely with any certified athletic trainers. Below are five (5) steps you and the health care professional should follow to help safely return an athlete to play. Please remember this is a gradual process. These steps should not be completed in one day, but instead over weeks or months.

Baseline: Athletes should not have any concussion symptoms. Athletes should only progress to the next step if they do not have any symptoms at the current step.

Step 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

Step 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from their typical routine).

Step 3: Add heavy non-contact physical activity such as sprinting/running, high-intensity stationary biking, and regular weightlifting routine and/or non-contact sport-specific drills (in three planes of movement).

Step 4: Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 5: Athlete may return to competition.

If an athlete's symptoms come back or they get new symptoms when becoming more active at any step, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.

Why should an Athlete or Coach Report Symptoms?

If an athlete has a concussion, their brain needs time to heal. While an athlete's brain is healing, they are more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to one's brain. They (concussions) can even be fatal.

***NOTE: Health Care Provider means a Tennessee licensed medical doctor, osteopathic physician, or clinical neuropsychologist with concussion training.**



Concussion Acknowledgement Form
(Coach/Manager/Board Member)

MUST be signed and returned to the member club/association that is affiliated with Tennessee State Soccer Association (TSSA) prior to participation in practice or competition.

Coach/Manager/Board Member Name: _____

	Initials
I have read the Concussion Signs and Symptoms Information Sheet.	
I will not allow any athlete exhibiting signs and symptoms consistent with concussion to return to play or competition on the same day.	
I understand and have been made aware that a concussion is a brain injury.	
I realize that I cannot see a concussion, but I might notice some of the signs in an athlete right away. Other signs and symptoms can show up hours or days after the injury.	
If I suspect an athlete has a concussion, I am responsible for removing them from activity and referring them to a medical professional trained in concussion management.	
Athletes need written clearance from a health care provider* to return to play or practice following a concussion.	
I will not allow any athlete to return to play or competition if I suspect that they have received a blow to the head or body that resulted in signs or symptoms consistent with concussion.	
Following a concussion, the brain needs time to heal. I understand that a concussed athlete is more likely to suffer another concussion or more serious brain injury if return to play or competition occurs before concussion symptoms go away completely.	
In some cases, a repeat concussion can cause serious, long lasting problems or even death.	
I have read the concussion signs and symptoms on the Concussion Information Sheet and I understand the importance of Concussion Education for Coaches.	

****NOTE: Health Care Provider means a Tennessee licensed medical doctor, osteopathic physician, or clinical neuropsychologist with concussion training.***

Coach/Manager/Board Member Signature: _____ Date: _____