

Team Ad Training



San Joaquin Valley
Youth Football League

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Game Day Book Checks

SJVFYFL – Bylaws

Description of the Team AD Role

1. A Team Athletic Director must be assigned to each program/team depending on individual chapter preferences. The Athletic Director cannot be a coach. Must be at least 21 years of age. The Team Athletic Director must be listed as 1 of the 8-personal listed on the coaching roster for sideline access.
2. Duties of the Team Athletic Director:
 - 2.1. Complete faceoff / book checks prior to kick off.
 - 2.1.1. The Team Athletic Director may only ask the player their name.
 - 2.1.2. The Team Athletic Director will verify the photo on the player card matches the player, and all documents are listed on the player card.
 - 2.2. Verify proof of age for players on their own team if asked.
 - 2.3. Remain on the team sideline during the game.
 - 2.4. Provide a team roster list for announcing.

On Game Days

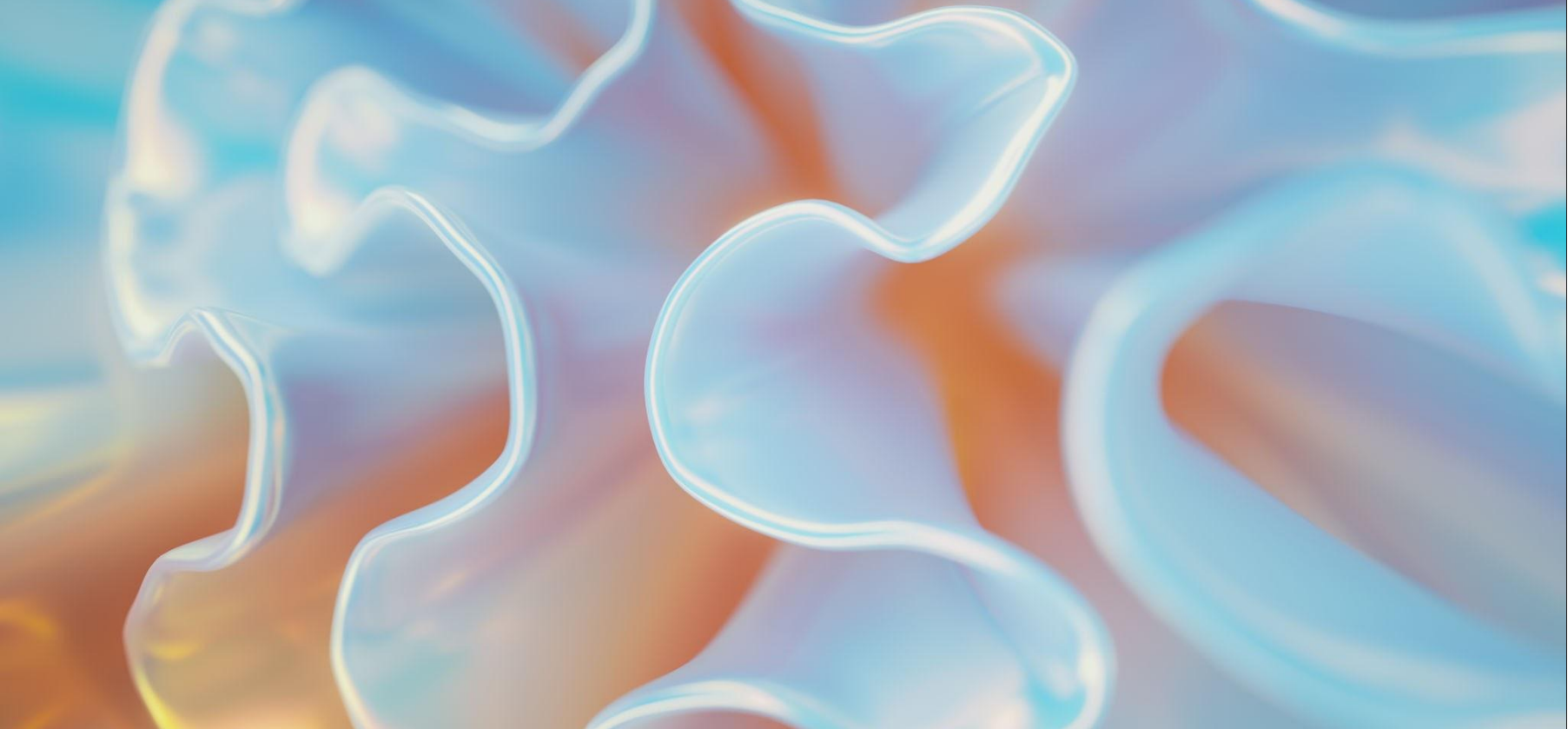
- Either the President or the Program Football Director should designate which endzone they want to complete book checks at.
- 30 minutes prior to the original kickoff time each team will line up on their sideline near the designated endzone.
- The Team Ads will switch books and walk to their opponents side to check in players.
- Absolutely NO coaches are allowed in the check in area.
- All players should be lined up either standing or kneeling with their helmets off.
- Team ADs or program presidents are ONLY allowed to ask the player his/her name.
- Ensure the player matches the picture provided on the player card
- Ensure the jersey number matches what is listed on the player card.
- Ensure the documents have been upload. The sections for the documents will show a file name or link.

-DO NOT ask

- The child's date of birth/how old are you
- For the child to hit their pads in their pants
- Where is your mouth piece
- Let me see your cleats

Player Uniform

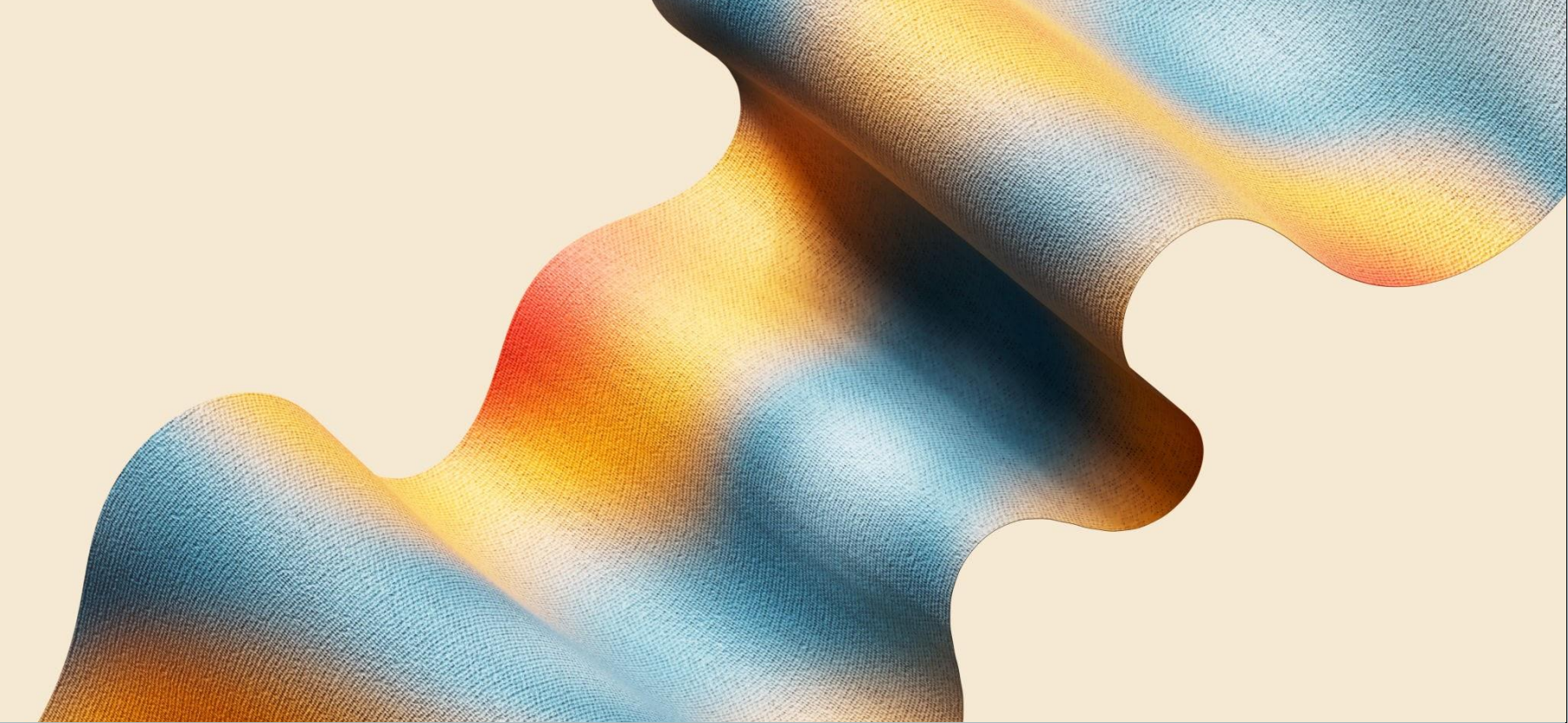
- It is the responsibility of the head coach to ensure their players are fully equipped before the game starts.
- The referees ask the head coaches before the game starts.
- Team ADs do not check the opposing team player's equipment, pads, mouth pieces, face shields, cleats, etc.



AD Dress Code

Dress Code

- Team Athletic Director attire is as follows: Shorts/Slacks/Athletic Pants/Yoga Pants, team t-shirts or polos with program name/logo only, close toed athletic shoes, baseball hats/bucket hats/visors either plain team color or with program name/logo are required for sideline attire.
 - NO Jeans of any kind
 - NO clothing, hats, chains that contain profanity, or inappropriate pictures
 - NO cutoffs, crop tops, sagging pants or other clothing items that display undergarments
 - NO bandanas of any kind
 - NO open toed shoes



Heat Illness Overview

Four Types of Heat Illness

- Heat Cramps
- Heat Exhaustion
- Heat Syncope
- Heat Stroke

Heat Illness Prevention & Treatment

A proper acclimatization plan is essential to minimize the risk of exertional heat illness during the early season practice period. Gradually increasing athletes' exposure to the duration and intensity of physical activity and to the environment minimizes heat illness risk while improving athletic performance.

Heat Cramps

Signs & Symptoms:

Painful muscle cramps (legs, arms, or stomach), heavy sweating, thirst

Heat Exhaustion

Signs & Symptoms:

Heavy sweating, cool or clammy skin, headache, dizziness, weakness, nausea, vomiting, fatigue, fast weak pulse

Heat Syncope (Fainting)

Signs & Symptoms:

Sudden dizziness or fainting after standing or exercising in the heat, pale skin, weak pulse

Heat Stroke Medical Emergency

Signs & Symptoms:

Confusion, unusual behavior, difficulty walking, collapse, seizure, unconsciousness, body temperature above 104°F (40°C), hot skin

Heat Cramps

What Coaches & Parents Should Do

- ✓ Stop the athlete from participating.
- ✓ Move them to the shade or an air-conditioned area.
- ✓ Give water or an electrolyte drink.
- ✓ Gently stretch and massage the cramping muscle.
- ✓ Do not allow them to return to play until cramps are gone and they are fully hydrated.

Heat Exhaustion

What Coaches & Parents Should Do

- ✓ Remove the athlete from play immediately.
- ✓ Move them to a cool area.
- ✓ Remove helmets and excess equipment.
- ✓ Cool with wet towels, fans, or ice packs to the neck, armpits, and groin.
- ✓ Give cool water if they are awake and not vomiting.
- ✓ If symptoms don't improve quickly or worsen, seek medical care

Heat Syncope (Fainting)

What Coaches & Parents Should Do

- ✓ Lay the athlete flat and raise their legs 8–12 inches.
- ✓ Move them to a cool, shaded area.
- ✓ Loosen equipment and clothing.
- ✓ Give cool fluids once they are fully awake and alert.
- ✓ Monitor closely before allowing any activity.

Heat Stroke Medical Emergency

What Coaches & Parents Should Do

-  Call 911 immediately.
- ✓ Remove all equipment and excess clothing.
- ✓ Begin rapid cooling immediately (cold-water immersion is best if available; otherwise use ice packs and cold, wet towels).
- ✓ Continue cooling until EMS arrives.
- × Do NOT give fluids if the athlete is unconscious, confused, or unable to swallow.

Heat Safety Tips for Youth Sports

Heat Safety Tips for Youth Sports

- 💧 Encourage athletes to drink water before, during, and after practice—even if they aren't thirsty.
- ☀️ Schedule frequent water and shade breaks (every 15–20 minutes during hot weather).
- 🧢 Remove helmets and shoulder pads during breaks whenever possible.
- 👕 Wear lightweight, light-colored clothing when appropriate.
- 🌡️ Gradually increase practice intensity over 7–14 days to help athletes acclimate to the heat.
- 👁️ Coaches should watch for early signs of heat illness and never ignore complaints of dizziness, nausea, or cramps.



Remember: When in doubt, sit them out. Early recognition and prompt treatment can prevent a minor heat illness from becoming a life-threatening emergency.



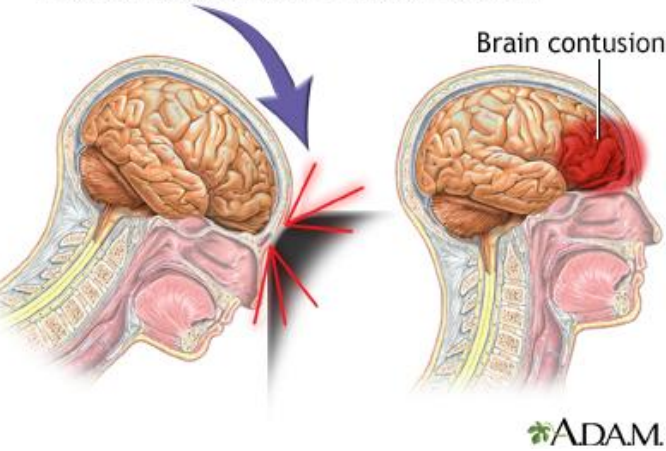
Concussion Overview

How can I spot a possible concussion?

Athletes who show or report one or more of the signs and symptoms listed below or who simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body may have a concussion or other serious brain injury.

Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not show up for hours or days.

A concussion is a violent jarring or shaking that results in a disturbance of brain function



Signs coaches may observe:

- Seems confused
- Forgets an instruction or is unsure of the game, position, score, or opponent
- Moves clumsily
- Answers questions slowly or repeats questions
- Can't remember events before or after the hit, bump, or fall
- Loses consciousness (even for a moment)
- Has behavior or personality changes

Signs of a more serious brain injury

In rare cases, a concussion can cause dangerous bleeding in the brain, which puts pressure on the skull. **Call 9-1-1** if an athlete develops one or more of these danger signs after a bump, blow, or jolt to the head or body:

- A headache that gets worse and does not go away
- Significant nausea or repeated vomiting
- Unusual behavior, increased confusion, restlessness, or agitation
- Drowsiness or inability to wake up
- Slurred speech, weakness, numbness, or decreased coordination
- **Convulsions or seizures (shaking or twitching)**
- Loss of consciousness (passing out)

When in doubt, sit them out! Record and provide details on the following information to help the healthcare provider or first responders assess the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out) and for how long
- Any memory loss right after the injury
- Any seizures right after the injury
- Number of previous concussions (if any)

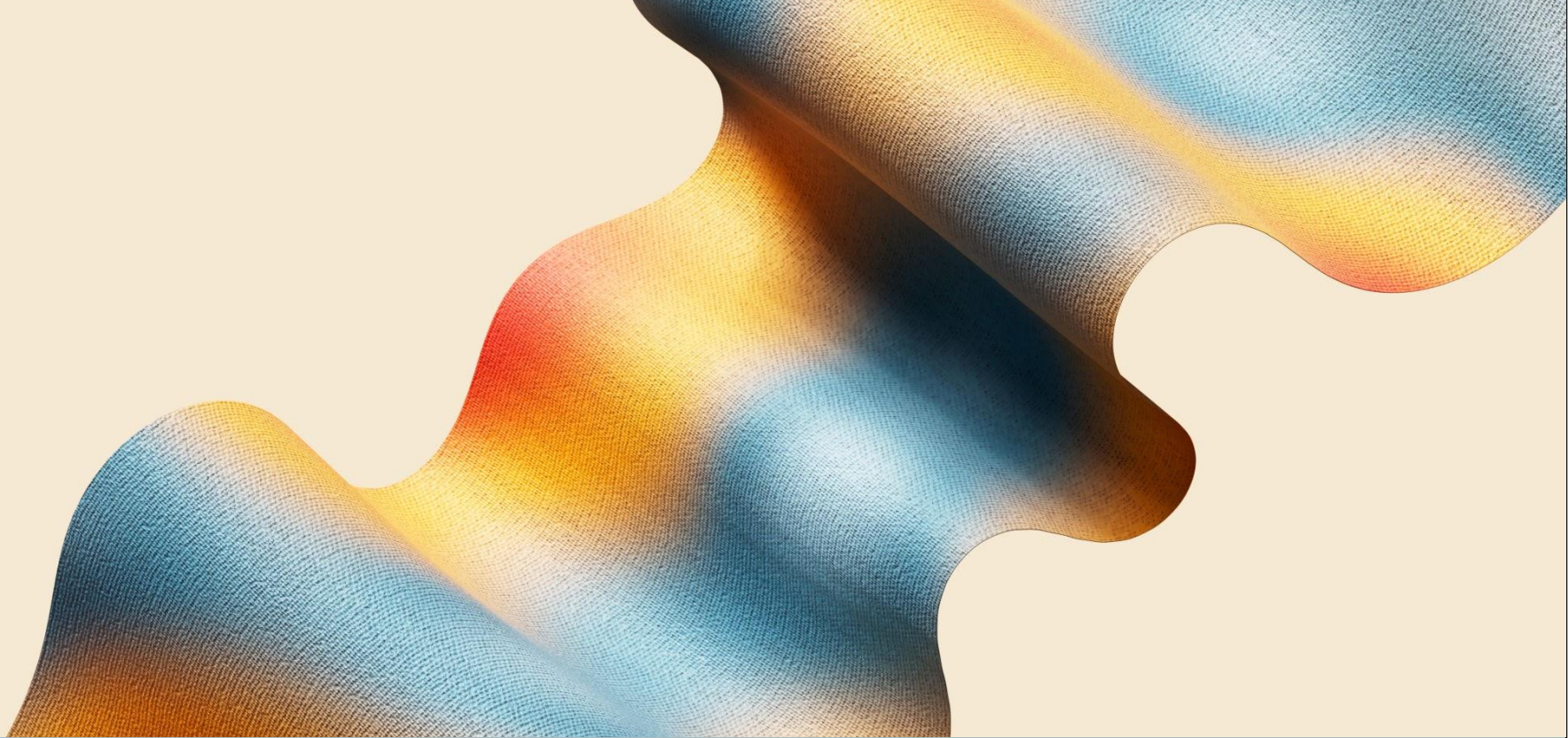
Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.

- Do not try to judge the severity of the injury yourself.
- Only a healthcare provider should assess an athlete for a possible concussion and decide when it is safe for the athlete to return to play

What should I do if an athlete has a possible concussion?

As a coach, team AD, or admin of the program – , if you think an athlete may have a concussion, you should:

Remove the athlete from play.



Mental Health Overview

Student Athlete Mental Health

Awareness

Examples of behaviors often seen in children with depression include:

- Feeling sad, hopeless, or irritable a lot of the time
- Not wanting to do or enjoy doing fun things
- Changes in eating patterns—eating a lot more or a lot less than usual
- Changes in sleep patterns—sleeping a lot more or a lot less than normal
- Changes in energy—being tired and sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury and self-destructive behavior

Extreme depression can lead a child to think about suicide or plan for suicide. For people ages 10-34 years, suicide is the second leading cause of death.



If video doesn't start please click the link below.

[Link](#)

Final Step!

Please click the link and complete the test!

Please keep in mind you must pass the test
with 80% or higher!

Test Link

Thank
You