



Coach Handbook

1. Coaching Roles & Expectations

- Head Coaches, Assistant Coaches, Event Specialists (Sprints, Distance, Throws, Jumps).
- Commitment to scheduled practices and meets.
- Age group assignments and athlete engagement.
- Code of conduct and athlete respect standards.

2. Compensation & Incentives

- Apparel package: polo, hoodie, hat, travel bag.
- Club covers coach meet credentials.

3. Training Resources & Practice Structure

- Weekly practice plans by age and event.
- Strength and conditioning guidelines.
- Technical skill progressions for running, relays, jumps, and throws.
- Injury response and weather safety protocols.

4. Certifications & Compliance Requirements

- TAAF background check required.
- SafeSport Certification required.
- CPR/First Aid certification recommended.
- Club will provide guidance for renewals.

5. Communication & Parent Interaction

- Use designated communication platforms for team updates.
- Professional and respectful communication with athletes and parents.
- No sideline coaching by parents; coaches enforce structure.
- Media/branding guidelines for uniforms and social content.

6. Coach Evaluation & Growth Path

- Performance evaluation at end of season.
- Opportunities to move into lead/event coordinator roles.