

SYVSA

SPOKANE YOUTH SPORTS

ESTABLISHED 1966

SYSA Flag Football Coaches Meeting

Virtual April 2021

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509-328-7972



SYSA Mission Statement

- *“To provide sports activities for all youth where everyone plays, develops skills, is taught good sportsmanship, and learns the value of being a team player.”*



Spokane Youth Sports Association

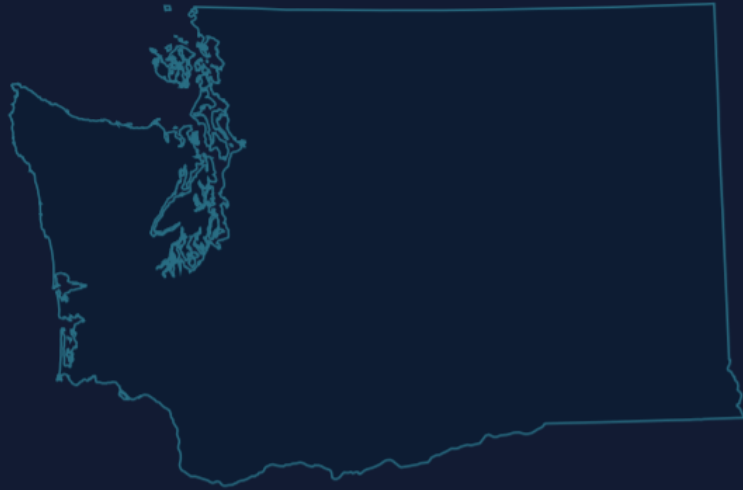
- *Non-profit association with a supportive & active board and continued support from our loyal sponsors*
- *Encourage beginners at every level*
- *Other SYSA sports include; soccer, basketball, baseball, ultimate frisbee, quick rip rugby, speed & agility, track and cross country*
- *SYSA Bingo permanently closed – supported SYSA programs*

Thank you for volunteering to Coach!

- Due to Covid 19, football training will be different Spring 2021.
- Become familiar with the State's Guidelines, Washington Youth Soccer Return to Play Guidelines and SYSA's guidelines. There are very specific requirements. All guidelines can be found on the SYSA website. [LINK](#)
- Focus on individual skill development at training practices.
- Intra-team scrimmages are **ALLOWED**.



Washington's Roadmap to Recovery [Link](#)



Healthy Washington

Roadmap to Recovery

[State's Covid Guidelines](#) dated 1/11/21
can be found on SYSA website.

Sporting Activities COVID-19 Requirements

Summary of January 2021 changes:

- **New Phase 1 and Phase 2 requirements youth team sports and sporting activities, and outdoor adult recreational team sports and sporting activities**
- **New sports added to the low risk category**

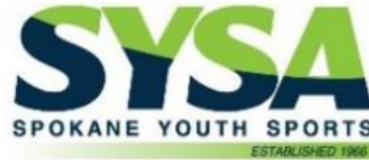
Included Here:

- Professional sporting activities indoor and outdoor
- School and non-school youth team sports and sporting activities indoor and outdoor, and adult recreational team sports and sporting activities indoor and outdoor
- Higher education, colleges and universities sporting activities

Not included here:

SYSA Return to Play Guidelines [LINK](#)

- Found on the SYSA website.



Return to Play Guidelines

Sport Risk Category guidance (all phases) Complete information located her [LINK](#)

Low risk sports: tennis, swimming, pickle ball, golf, gymnastics, climbing, skating, archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.

Moderate risk sports: softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.

High risk sports: football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts competitions, roller derby.

**all return to play guidelines may adjust at any time according to health recommendation from Spokane Regional Health Department, Washington State Health Department or the CDC.

General

A few things to note about the latest (1/11/21) Guideline update for PHASE 1:

- Face coverings are required for all players, coaches, and volunteers AT ALL TIMES.
- Outdoor team practices, training and intra-team scrimmages allowed.
- Scrimmage against other teams or training or practices with other teams is not allowed.
- No tournaments allowed.
- Any previous guidelines that are contradictory to the latest update are no longer applicable.

Phase 1

Masks

- Masks required for all athletes/participants. Coaches, trainers, managers, and any other paid or volunteer staff must wear face coverings at all times.

Physical Distance

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties.

- Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

Coach Considerations

- Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (ball, water bottles, bag, mask sanitizer, etc.) and prohibit them from sharing anything.
- The coach is the only person to equipment; cones, disks, etc.
- Coaches and players must always wear a face mask per current phase protocol and social distance from players when not engaging in sporting activities.
- Wash and sanitize your own equipment after every session.
- Increase your communication with parents, they need to know what you are doing as a coach and association to maintain their safety.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

Parent Considerations

- Ensure athletes are healthy, check their temperature daily.
- Limited or no carpooling.
- Stay in car or social distance when at training, wear mask at all times if outside your car.
- Ensure child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
- Notify SYSA immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- Do not assist coaches with equipment before or after training.
- Be sure your child has necessary sanitizer and cleaning supplies with them at every training.

Player Considerations

- Take temperature daily.
- Wash hands thoroughly before and after training and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
- Limited or no carpooling.
- Wear mask before, during and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own football to training, label it as your own.
- Practice social distancing and place bags and other equipment apart from your teammates' equipment during sessions.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.

Player is responsible for:

- Each player should bring a labeled football to every practice.
- Water bottle
- Mask
- Hand Sanitizer
- Athletic attire appropriate for the weather, shoes (athletic shoes or cleats)
- Dick's Sporting Goods Coupon Weekend
 - March 27 & 28, 20% off coupon weekend.



Case of Infection

When an athlete is diagnosed with COVID-19:

1. Contact SYSA regarding situation so appropriate contact tracing can be performed by association personnel.
2. SYSA will contact SRHD.
3. Have that athlete stay home.
4. Contact parents or guardians if for some reason they do not know already.
5. If the infected athlete was in contact with team within 48 hours of diagnosis, have the team also stay home – contact each of their parents or guardians that “someone” on their team has tested positive for the virus (do not reveal name of infected individual). Each of these players should also be tested for COVID-19 and if they have a negative they can return to training.
6. Infected player cannot return to practice until 10-14 days after symptom onset (10 days after symptoms AND 3 days of no symptoms) and must have a written medical clearance from their physician.
7. Disinfectant all equipment

Team Formation

- Player registration opened late January
- Training allowed in Phase 1 with intra-team scrimmaging
- Assign first by: Requested Coach / Requested Teammate
- Assign next by : Elementary school or High School
- After 3/25 deadline, register players as space is available.

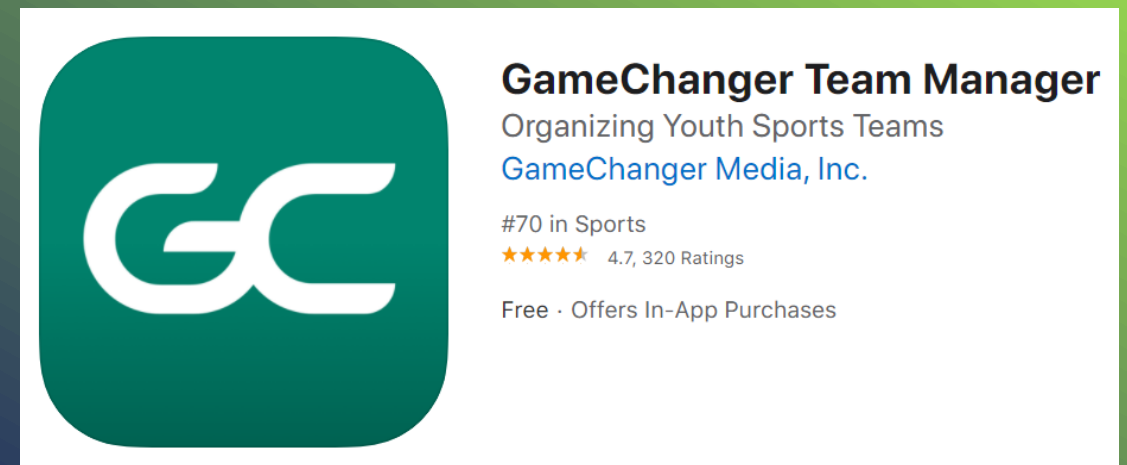


Introduce yourself via Zoom or email

- Please reach out to the team.
- Set your team rules
 - Introduce yourself, include contact information, what's the best way to reach you
 - Include expectations on arrival and pick up at training.
 - No high fives, fist bumps or hugs.
 - Include what you expect players to bring to practice and games. Players are expected to wear a mask, bring their own ball, bring hand sanitizer. Their items must not touch other player's items.
- Game Connect App – access to team roster
- Team Culture – YOU create the culture by your actions and stated expectations.
 - Acknowledge and cheer for GOOD SPORTSMANSHIP at practice
 - Smile. Have fun! Compliment. These kids need the emotional connection.

Sports Connect/Blue Sombbrero Communication Software

- Must use the email that you signed up as a Coach
- Communication with team
- Practice schedule can be added by the coach
- Roster
- Emails
- Download the app
 - Allows you to send emails from your device
- **IMPORTANT:** families do not see the team information on the app until the COACH adds the team to the app.
- Log out and Log in if you are a returning coach to “refresh” the season.
- Invite email often lands in junk mail. Accept the invitation.



Spring 2021 Important Dates

- Flag Football Spring Soccer Training April 12 – May 15 (5 weeks)
 - Sign up for soccer practice, Renee@susa.com
- Dick's Sporting Goods 20% weekend March 27/28
 - Link to coupon on the SYSA Soccer website.
- Team Photos – not available due to social distancing requirement.
 - Take a “socially distanced” team photo at a practice and share with the families.
- *Tentative* Flag Football League (games only) if Spokane reaches Phase 2.
 - Involves a separate team registration by the coach to sign up.
- Registration for Fall 2021 Flag Football opens July 2021
 - If Spokane moves to Phase 2, Fall will have teams/games!

Handling Blood Borne Pathogens

- **RIGHTS OF PARTICIPATION**

- Individuals with infectious diseases have the right to participate in youth soccer programs.

- **COMMUNICABLE DISEASE PRECAUTIONS**

- Treat every person on the field, as in any area of society, with the assumption they are HIV positive.
- Carry latex gloves at all times in your bag. Carry empty plastic bags for disposal.

Weather Policy

- Poor air quality (follow SPS standards)
 - SYSA email at 3:00 pm if your practice should be cancelled.
 - YES practice and play in the rain!
 - Light rain vs squalls. Would you want to be out there!? Cancel practice in heavy rain if your own player/yourself are hesitant.
- Thunder/Lightning
 - 30/30. Flash to bang. Less than count of 30, sit out for 30 minutes.
- Extreme temperatures
 - Encourage players to dress appropriately for the weather
 - Do you or your player want to practice? Shorten practice time?

Training/Scrimmaging

- Training may begin April 12
 - All teams will sign up for two practice days. Practice twice a week for 5 weeks.
 - Set aside time each week for training. Keep drills fun and short.
 - Set aside time each week for an intra-team scrimmage.
 - It may be helpful to create the scrimmage teams prior to practice and alert the player if they need to wear a light or dark shirt.
 - Players also may naturally wear light and dark to help create teams. “Reds and blues are the dark team, everyone else in on the light team.”

Start your practice with FUN

- Greet every player as they arrive.
“Engagement”
- Start practices with an enjoyable activity (game)
 - Some kids may not be mentally ready to practice
- Icebreaker
 - If you could have super power?
- Training/Skills based activity or game
- Google or You Tube has great games by age.



Announcements to begin your training

- “Glad to see you!”
- ”Everyone feeling great? If you do not feel good, please let me know right away.”
- “Put your water bottle and hand sanitizer into your bag.” (prevents cross contamination)
- “Sneeze/cough into you elbow.”
- “Please do not touch equipment including the cones and other player’s sports ball.”
- “No hugs, high 5s or fist bumps!” Air high 5!

Practice Location List

- Coaches pick practice time, day or location.
- Andrew Rypien Field is the main practice location.
- There may be City & School districts fields available.
- Email Renee@sysa.com if you need to schedule or change your practice day/time.



Ideas to Engage Players

- Play-Practice-Play. Start your practice with a scrimmage. Show a skill/drill. Play again!
- Kids want to play. If a player is not acting appropriately, ask to sit out for that one activity. Ask “ready to come back and play?”
- New topic/training? – run a fun but very active game first! (too tired to talk)
- Talk less Coach!
- Prepare several different drills and limit standing around.
- Show simply and let them learn as they play.
- Players should not be punished with physical activities (running, push ups, etc.) they may end up quitting sports.
- Please have players use hand sanitizer between drills

Practice Ideas

- Basic football skills (passing, catching, kicking and footwork)
- Blocking and tackling (flag pulling)
- Positional drills and offense and defense drills
- Google Search & You Tube have practice plans
 - Example search: “Flag Football Drills and Practice Plans”
- <https://nflflag.com/football-drills>

Sportsmanship

- Coaches are role models
- Zero tolerance policy
- Respect parents, coaches, officials and players.

“I love to watch you play!”

The 6 things parents can say to
kids playing sports:

Have fun, play
hard, I love you.

Did you have
fun? I am proud
of you, I love
you.

som**ee**cards
user card



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#Play4SYSA
Have a good shot? Tag us!



<https://www.instagram.com/spokaneyouthsports/>



<https://www.facebook.com/Spokane.Youth.Sports.Association>

Thank you again for coaching.



The smiles ... this is the WHY we need to get youth players back on the field with their friends.

Have fun!