

# Putnam County Recreation Department

# COACHES PACKET

Poole Recreation Center

140 Recreation Road

Eatonton, Georgia 31024

706.485.8565

[recreation@putnamcountyga.us](mailto:recreation@putnamcountyga.us)

putnamgarec.com

Greetings Coaches,

Thank you for volunteering this season with the Putnam County Recreation Youth Sports Program. As we get ready to start our season of Youth Sports, we would like to encourage your continual support and participation. Whether this is your first time coaching or you have coached with us before, we would like to extend our deepest appreciation for your assistance.

The purpose of our program is to provide recreational youth sports activities for the youth of Putnam County. The emphasis of our program is for boys/girls to have **FUN** and enjoy participating. This program also facilitates learning fair play, sportsmanship, and the fundamentals of youth sports for our participants. This season we want to begin the consistent development of our participant's fundamentals in Youth sports. In an effort to adequately educate our participants, we ask that you focus your talents on developing the necessary fundamentals required for children to play this game.

You have a vital role in the development of our youth sports participants and it is our goal to provide you all the tools necessary to succeed at this task. At the Coaches Meeting, you will learn our expectations for this season, clarification on the rules, game and practice scheduling, and receive demonstrations on skill development drills you can incorporate for your teams practice. This also is your opportunity to input your ideas and suggestions on enhancing our programs as we progress.

If you have any questions, comments, or concerns regarding this information, please feel free to contact me at [swaskey@putnamcountyga.us](mailto:swaskey@putnamcountyga.us) or by telephone at (706) 485-8565. Thank you for your time and attention regarding this matter and we look forward to seeing you at the meeting.

---

SPORTS COACH TIP NO. 1

---

**IT'S NOT YOUR JOB TO  
MAKE EVERY PLAYER  
HAPPY 100% OF THE TIME,  
BUT IT IS YOUR JOB TO  
BE SUPPORTIVE  
OF EVERY SINGLE ONE**

---

#SPORTSCOACHTIP  
[COACHGRAY.COM/SPORTSCOACHTIP](http://COACHGRAY.COM/SPORTSCOACHTIP)

# PUTNAM COUNTY RECREATION DEPARTMENT

## THE ROLE OF A COACH

Coaches have a leadership role. They are a role model and should set an example for each player. For coaches to succeed, and for the kids to realize the best that sport has to offer, coaches must adhere to the code of fair play. Fair play can be described in three words: **Behavior, Good Manners and Respect**. Please review *Coaches Code of Ethics* – the guidelines set by the Putnam County Recreation Department.

## COACHES' RESPONSIBILITIES

The most important responsibilities of a youth coach are:

- To provide a Safe, **HEALTHY** environment for the practice and play of the sport you are coaching, and
- To provide **MATURE, ADULT** supervision for young athletes.

You must conduct yourself at all times with these two important facts in mind. During games, you share these responsibilities with the referees and opposing coaches. They must at all times supersede any other concern.

## OUR PRIORITIES AS COACHES AND AS AN ORGANIZATION

All coaches are expected to base their decisions on these priorities in the order shown below:

### I. Fun through Sportsmanship

Great games and good sportsmanship can be found together. Coaches' behavior should always be exemplary. When the game is very uneven, coaches should instruct their players to pass the ball and to stop scoring. Respect the feelings of your opponents. Good sportsmanship needs to be taught. Some players may react abruptly, out of frustration or lack of personal control, and coaches must be held jointly responsible for the action of their players. Teaching, modeling, and "expecting the best" are keys. Coaches are held responsible for the actions of the parents during a game and must advise the parents of this prior to the first



game. Some children learn from their parent's actions, good sportsmanship must be taught at home first. Good sportsmanship means a commitment from the players as well as the parents to the spirit of the game and to the team. Being part of a team means coming to practice and games, and participating under the coaches' instructions.

## 2. Full Participation

Putnam Recreation Department is a recreational league. Every player, when present at a game, shall play a required amount of time. If a child does not wish to play the full time, that child will not be required to play.

## 3. Safety

Coaches must ensure that players have adequate opportunities to practice. Practice is necessary to learn proper techniques and to get in condition. Deliberate breaking of the rules and/or dangerous play should never be encouraged and will not be tolerated.

Vince Lombardi quotes

"Perfection is not attainable. But if we chase perfection, we can catch excellence."

"It's not whether you get knocked down, it's whether you get up."

"If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives."



© Gary Thomas • www.ClipartCity.com/214649

# PUTNAM COUNTY RECREATION DEPARTMENT

## ZERO TOLERANCE POLICY

**This policy was implemented on 06/01/13 and revised on 08/30/14 with the purpose of upholding a healthy and enjoyable environment for the entire community of Eatonton – Putnam County. This policy is in effect for all participants and spectators at all Putnam County Recreation Department events and locations and will be enforced by law officers. This includes events held out-of-town. All decisions made are final.**

**It is the policy of the Putnam County Department to promote the development of strong character, a right attitude and a sense of responsibility and citizenship in youngsters. It is the purpose of this department to achieve this goal through fair play and good sportsmanship with adult leaders providing the example.**

- A. Players, managers, spectators, or coaches ejected from a game will not be allowed to participate in the next one (2) and/or up to the next two (2) games. In the event that the ejection is in the last game of the season the suspension may carry over to the next participating sport.
- B. Players, managers, coaches, or spectators who are guilty of profanity, either by words or sign, against other players, coaches, spectators, referees, or any other people just before, during, or immediately after a game shall be suspended for the current game and the next game and possibly up to the following game also.
- C. Players, managers, coaches, or spectators who are guilty of making threatening gestures against other players, coaches, spectators, referees or other people shall receive up to a two (2) games suspension.
- D. Players, managers, coaches, or spectators who participate in pushing, striking, or fighting against any other players, managers, coaches, spectators, referees, or any other people shall receive punishment as determined by the Recreation Director and County Manager.
- E. Players, managers, coaches, or spectators who are found consuming any controlled substance shall be suspended from league play for the amount of time to be determined by the Recreation Director and County Manager.
- F. Violators of A, B, C, or D above as determined by the Recreation Department officials or staff will result immediately in leaving the premises entirely without visual or verbal contact with their team for the entire suspension. Violators may be on probation for one (1) year from the date of suspension up to a maximum of five (5) years after which time the violator may request a hearing for reinstatement.



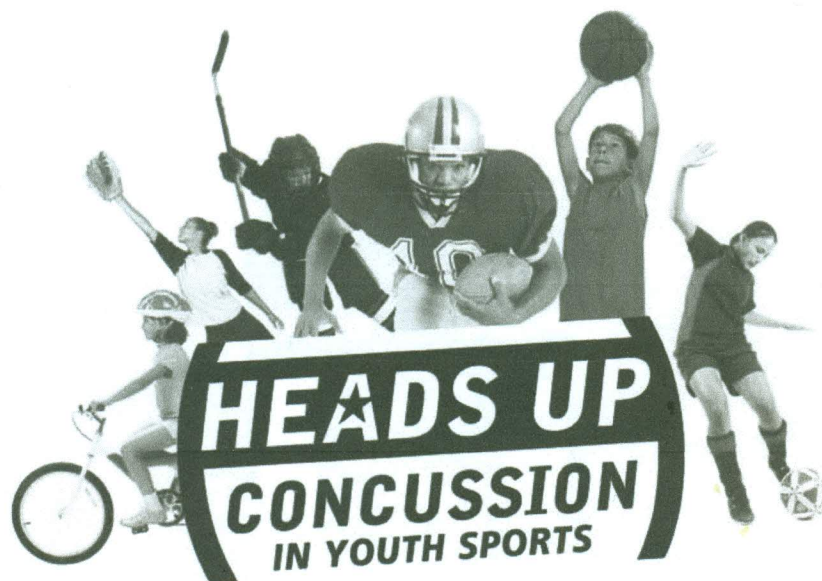


**GEORGIA RECREATION AND PARK ASSOCIATION**  
CARING FOR GEORGIA'S PEOPLE AND PARKS

## Georgia Recreation and Park Association Sportsmanship Statement

“The Georgia Recreation and Park Association (GRPA) and its member agencies have made a commitment to promote good sportsmanship by athletes, coaches, and spectators at all GRPA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated, and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today's event.”





## SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

### SIGNS OBSERVED BY COACHING STAFF

Appears dazed  
or stunned

Is confused about  
assignment or position

Forgets sports plays

Is unsure of game,  
score, or opponent

Moves clumsily

Answers questions slowly

Loses consciousness  
(even briefly)

Shows behavior or  
personality changes

Can't recall events  
prior to hit or fall

Can't recall events  
after hit or fall

### SYMPTOMS REPORTED BY ATHLETE

Headache or  
"pressure" in head

Nausea or  
vomiting

Balance problems  
or dizziness

Double or blurry vision

Sensitivity to light

Sensitivity to noise

Feeling sluggish, hazy,  
foggy, or groggy

Concentration  
or memory problems

Confusion

Does not "feel right"

## ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

## IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: \_\_\_\_\_

Hospital Phone: \_\_\_\_\_

Hospital Name: \_\_\_\_\_

Hospital Phone: \_\_\_\_\_

**For immediate attention, CALL 911**

*If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.*

For more information and to order additional materials **free-of-charge**, visit:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)





Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

## Protect the ones you love SPORTS INJURIES



### Sports Injuries: The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent injuries from sports and recreation activities, one of the leading causes of child injury, is a step toward this goal.

Taking part in sports and recreation activities is an important part of a healthy, physically active lifestyle for kids. But injuries can, and do, occur. More than 2.6 million children 0-19 years old are treated in the emergency department each year for sports and recreation-related injuries.

Thankfully, there are steps that parents can take to help make sure kids stay safe on the field, the court, or wherever they play or participate in sports and recreation activities.

### Prevention Tips

**Gear up.** When children are active in sports and recreation, make sure they use the right protective gear for their activity, such as helmets, wrist guards, knee or elbow pads.

**Use the right stuff.** Be sure that sports protective equipment is in good condition and worn correctly all the time—for example, avoid missing or broken buckles or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.

**Practice makes perfect.** Have children learn and practice skills they need in their activity. For example, knowing how to tackle safely is important in preventing injuries in football and soccer. Have children practice proper form – this can prevent injuries during baseball, softball, and many other activities. Also, be sure to safely and slowly increase activities to improve physical fitness; being in good condition can protect kids from injury.

**Pay attention to temperature.** Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to make sure that players are hydrated and appropriately dressed.

**Be a good model.** Communicate positive safety messages and serve as a model of safe behavior, including wearing a helmet and following the rules.



### Additional Resources



# WHEN YOU THOUGHT I WASN'T LOOKING

*A message every adult should read because children are watching you  
and doing as you do, not as you say.*

When you thought I wasn't looking, I saw you hang my first painting on the refrigerator,  
and I immediately wanted to paint another one.

When you thought I wasn't looking, I saw you feed a stray cat,  
and I learned that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me,  
and I learned that the little things can be the special things in life.

When you thought I wasn't looking, I heard you say a prayer,  
and I knew that there is a God I could always talk to, and I learned to trust in Him.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick,  
and I learned that we all have to take care of each other.

When you thought I wasn't looking, I saw you give your time and money to help people who had nothing,  
and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I saw you take care of our house and everyone in it,  
and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel  
good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes,  
and I learned that sometimes things hurt, but it is all right to cry.

When you thought I wasn't looking, I saw that you cared,  
and I wanted to be everything that I could be.

When you thought I wasn't looking, I learned most of life's lessons  
that I needed to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say  
"Thanks for all the things I saw when you thought I wasn't looking."

**LITTLE EYES SEE A LOT.**

*Each of us influences the life of a child.*

*Live simply. Love generously. Care deeply. Speak kindly.*