

Coaches,

Now that registration is over and most of the players have their equipment, the younger teams are divided up and the season is fast approaching, we wanted to send out an email addressing all the issues we can think of. Hopefully we will answer all the questions you have been clamoring to ask and give you a schedule of what is coming. So here it goes:

1. **Season Start Date:** Aug. 3<sup>rd</sup> is the beginning of the tryout and practice season. It is up to each of you to set your own practice times and locations. Please be aware that you are allowed up to 6 practices a week for a maximum of 2 hours each practice until school starts. After that, you may hold no more than 3 practices a week. Film sessions are not counted against your practice time. For grades 5-8, tryouts can start Aug. 3.
2. **“B” Division Coaches:** “B” team coaches are prohibited from contacting any player or parent in an attempt to recruit or influence them. You must wait until tryouts are complete before you form your team and staff. If you want to speak with a particular player or parent whom you would like on your team, please consult with the “A” team coach first. If he gives his approval, then you are allowed to contact the player/parent. We understand this puts a heavy burden on the “B” coach but we must avoid the situation where “A” caliber players are being pressured to play on a “B” team.
3. **Coaching Staffs:** It is up to each head coach to select up to an additional five assistant coaches. If you log into your registration account (<http://www.sportssignup.com/Lone-Peak-Youth-Football-Online-Registration.start>) you will have a list of all those who have applied as assistant coaches. If there are others who you want to select, they must register in the system and fill out the Coaching Application form and turn it in. Each coach will also be given a badge which they must wear to each game.
4. **Background Checks:** Once you have your staffs selected, please send an email to [lpvf.admin@hotmail.com](mailto:lpvf.admin@hotmail.com) with your list of assistants. You, along with your assistants, will then be required to complete the background check. This is also handled on the registration website and is very simple to complete. The feature will be activated on Aug. 1 and you can complete it once we have your coaching staff list. The background check registration must be completed by Aug. 9.
5. **CPR/First Aid Training:** Each coaching staff must have at least one person who is certified both in CPR and First Aid. If no one on the staff is, you or an assistant must complete the online training courses. The District will pay for the training. It is administered completely online and takes about an hour for each course. Once you have your staffs assembled, please let us know which coach on the staff is certified or will be taking the course. You will then be sent a username and password and a link to the training website. The training must be completed by Aug. 9.
6. **Coaches Clinic:** We will be holding a coaches’ clinic/meeting with Coach McGearly from Lone Peak High School. The tentative date for this is Aug. 5. Coach McGearly and his staff will instruct us as a group and hold breakout sessions for particular positions. We will also have a couple other presenters and a question and answer session. While all head and assistant coaches are welcome to attend, it is required that at least one

member of each coaching staff be present. More information on this clinic will be emailed once the date is finalized.

7. **Coaches' Kits:** A kit containing most of the essential coaching materials will be made available for each staff. The kit will include, among others, the following:

- Footballs
- First Aid Kit
- Football Tee
- Extra Mouth Pieces
- Tape for X's on Helmets
- Helmet and Shoulder Pad Hardware Kit
- Scoreboard (if desired)
- Blocking Dummies/Shields

Several of these items from last year were not returned. If you have any of them, please let us know ASAP. To ensure that we get all of the items back and don't have to continually purchase new items each year, a \$100 deposit check from each coach will be required to pick up the gear. We hope that is incentive enough to get all of the gear returned. The kit will be available by Aug. 1. You will receive an email noting where you may pick it up.

8. **Final Equipment Handout - Aug. 3:** If any of your players have not picked up equipment or need to exchange items, there will be one last opportunity on Aug 3. More information will be provided soon.

9. **Weigh-Ins:** Our scheduled weigh-in date is Friday, Aug. 14. More information on time and location will be provided later.

Please contact your players in the next day or two. We are beginning to receive emails from parents wondering when practices start and who their coaches are. All your rosters are available online through the registration software. You can email the whole team from your account. Your name and email address will appear in the "From" field so if anyone replies, the email is directed to your personal email address.

Hopefully this answers most of your questions. We believe the Conference will also hold a coaches meeting sometime before games begin on Aug. 22 to review rules and other such things. If you have any additional questions, please don't hesitate to send an email. We will also try and post as much information as we have on the District website.

LPYF Board