



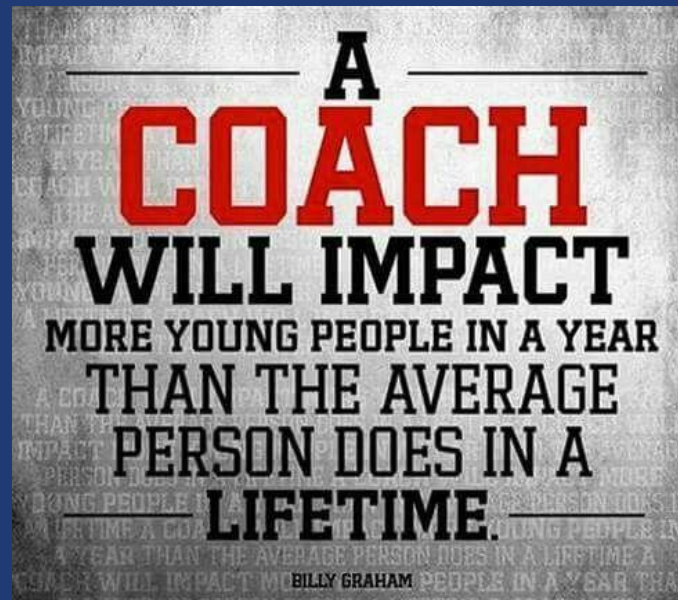
JC PARKS

Coaches Meeting
Chiefs Flag Football
July 22, 2025



Thanks!

- Thank you for coaching and volunteering your time to mentor young kids.
- Great way to make a difference in our community.





TAC

Housekeeping

- Footballs
- Handouts
 - Copy of PowerPoint Slides
 - League Rules Modifications/Clarifications
 - League Rules Points of Emphasis
 - NFL Flag Football Rulebook
 - NFL Flag Footballs (red, blue, & brown)
 - How to Shorten Your Belts
 - Field Diagram
 - Indemnification form
 - Spring/Summer Program Guides
 - Ice Cream Coupons
- 90-minutes meeting. Steve then Rob Gourley (Lead Official)
- Hold questions until the end please



Our Goal

- Provide a safe, fun, and enjoyable youth sport experience for the kids in our community



League Perks

- JC Parks has partnered with the The Kansas City Chiefs again (year 5) to provide an exciting league with perks, like official Chiefs gear, including a reversible (red & white) jersey, flags, and more at: chiefs.com/chiefsflag



League Formation

Grade	Evening	# Teams
1 st Grade	Mon.	12
2 nd Grade	Tues.	16
3 rd Grade	Wed.	12
4 th Grade	Thur.	8
5 th -6 th Grade	Thur.	10
Total		58 (585 kids)

Websites

- Please see the websites linked below for more info.

- jcparks.com.

- Search for Chiefs Flag Football

- teamsideline.com/jeffersoncity

- Coaches Registration
- Game Schedules

Background Checks

- As part of the Coach's Registration, we also require all head coaches to submit their information for a [criminal background check](#) through Bchex.
- Take about 1-2 days to be approved.
- I will contact you if it is not approved.
- If account is active, won't allow duplicates.

Team Sites

- So you can see the players on your roster, the parents, and their contact information.
- Yesterday you received an automatic email with a link to your team site from TeamSideline.
- Check your junk mail in case it went there.

Team Names

- Chosen during Coaches Registration by the Head Coach.
- Preference was given to the coaches who registered first.



Team Rosters

- Each team has 1 Head Coach and up to 3 Assistant Coaches.
- Teams were formed by schools first, then reciprocal buddy requests.
 - No Modified divisions this year, all Rec.
- I cannot take any late registrations.
- We prefer rosters to be around 10 players or less.
 - The league format is 5 vs. 5.

Communications

- **Please contact all of your team parents ASAP to:**
 - introduce yourself
 - let them know they are on your team
 - inform them of any possible upcoming practices
 - verify their contact information, etc.
- There are also many free apps available for team communication like GroupMe, Team Snap, & Team Reach.

Parent Meeting

- Set up a Parent Meeting so they can meet you and so you can go over your expectations, goals, etc.
- Quick meeting for 5-10 minutes before your first practice.



Indemnification Forms

- Each parent on your team must fill out an Indemnification Form and return it to the Head Coach at the Parent Meeting/1st Practice.
- Includes important information including indemnification, treatment authorization, emergency contact information, and medical conditions.
- Distribute, collect, and keep these until the season is over.
- You do not need to submit these forms to me.

Flag Football Resources

- Resources for Flag Football plays, etc.
 - flagfootballplans.com
 - Color coded 5 on 5 flag football plays
 - 25 Flag Football Plays - (18) Run - (7) Pass
 - \$20
 - 5 on 5 Wristband Set
 - \$15



Flag Football Resources (cont.)

- nflflag.com
 - Drills, playbooks, etc.



Certification Course

- We certify all of our coaches through an online course from the National Alliance for Youth Sports (NAYS).
- If you are a new coach to our programs, you will need to take
- Coaching Youth Sports (1 hour)
- Basic Youth Sports Safety & First Aid Training (50 minutes)
- Coaching Youth Flag Football (35 minutes).
- There is no charge for this.
- It can be done online at your leisure, but please allow 2-3 hours for this.
- Complete your certification before your 1st game.
- I will send you an automatic email soon, through NAYS, with a link to the course.



Certification Course (continued)

- After completion of the Coach Training, coaches become full members of NAYS.
- As members, coaches receive:
 - \$1,000,000 excess liability insurance coverage
 - access to a members-only section of the NAYS website, with coaching resources and additional training opportunities.
 - Resource Library, Coach Rating System, Skills and Drills section, and a Coaching Forum.
 - Coaches have the ability to complete several additional trainings at no cost as well.
- If you have taken the general course, but not the football course, I will add that for you.
- If your membership has expired, I will renew it for you.
- If you are certified through another organization, please email me your membership card for verification purposes.

Assistant Coaches

- If Assistant Coaches want a coaches shirt, they must complete the [Coach's Registration](#) and submit a background check.
- They do not need to take the certification courses.



Game Schedules

- All teams will play 6 games.
- Games are once a week.
- Games will begin the week of **Aug 18** and go until at least **Sept. 25**. Sept. 29 for 1st grade due to Labor Day. Please keep Sept. 29-October 16 open for rain make-ups.
- Game schedules will be released on TeamSideline at teamsideline.com/jeffersoncity in early to mid-August.
- **If there are any dates a majority of your team is not able to play, please let me know ASAP.**
 - I will try to accommodate, but no guarantees.

Game Times/Location

- Games will start at either:
 - 5:30, 6:30, & 7:30 PM
 - or 6:00 & 7:00 PM
 - One 8:00 PM time slot for Grades 5-6 only
- Games are 40 minutes each with a running clock and a 2-minute halftime.
- Games are scheduled 60 minutes apart.
- You can practice/warm-up in the out-of-bounds areas 30 minutes prior to each game.
- All games will be played at our 63 Diamonds Sports Complex.
 - 12143 Renz Farm Road, Jefferson City, MO 65101

Practices

- Practices begin on **Mon. July 28.**
- Practice dates, times, and locations are up to the Head Coach.
- We are offering our North Jeff Blue & Red Tee-Ball fields (904 4th St. Jefferson City, MO 65101) free for all teams to use for practices.
- 4 half-sized fields(1A, 1B, 2A, & 2B).
- I will email a Sign-Up soon.

Practices (cont.)

- Times available on weeknights are 5:00-6:30 & 6:30-8:00.
- Weekends are available from 8 AM-8 PM, also in 90-minute time slots (8:00-9:30 am, etc.)
- To allow equal access, teams are only allowed 1 practice per week. Will do more later if possible.
- We have a portable restroom there.
- Of course, you are free to practice at any other church or school fields you have access to as well.

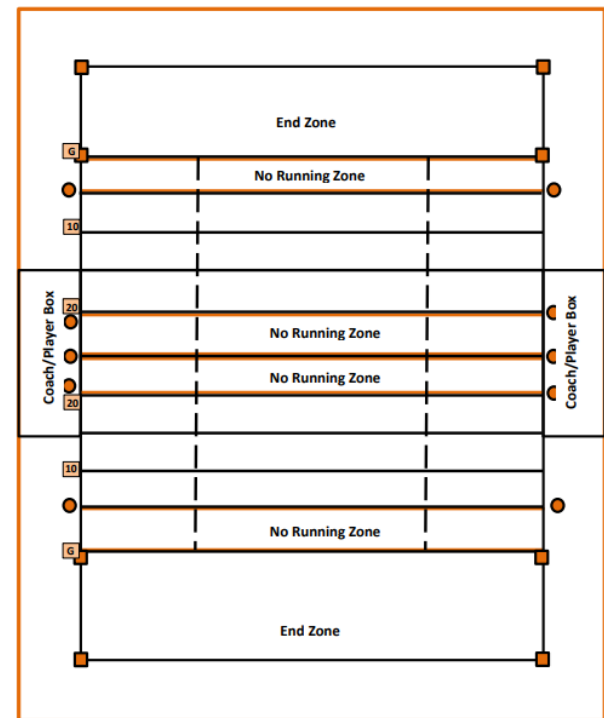
League Rules

- We use the [NFL Flag Football Rule Book](#).
 - Please become very familiar with the rules.
- We also have our own JC Parks League Rules [Modifications/Clarifications](#) **AND**
- [Points of Emphasis](#) **(NEW)**
- Field Layout is 70 x 25 yards for all grades
 - Note the No Running Zones (Pass Only)
- Home team provides a volunteer to operate the portable, tabletop scoreboard.
- Away team provides the volunteer to operate the down marker.

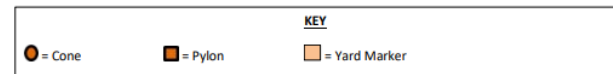
Field Diagram

- The field diagram illustrates field dimensions, end zones, no running zones, the coaches/players box, and where cones, pylons, and yard markers are placed.

Chiefs Flag Football Field Diagram



Spectator Line – orange line around entire field, 5 yards back.



Scores/Standings & Awards

- Score and standings are kept for all grades.
- All players will receive an award (i.e. medal).
 - Please hand them out after your last game.

Team equipment

- Equipment provided:
 - 4-6 used footballs per team
 - Grades 1-2 get 3 **red** footballs
 - Grades 3-4 get 5 **blue** footballs
 - Grades 5-6 get 5 **brown** footballs
 - New balls ordered later will be with jerseys/belts
 - All footballs must be returned at the end of the season
 - Flag Belts
 - These belong to the players
 - Recommend you label and keep during season
 - Trim excess length so not mistaken for a flag
 - Tape the belts so it stays at a certain length
 - See handout on How To Shorten Your Belts

Individual Equipment/Gear

- All Players must wear a mouth guard.
 - Not sure if Chiefs will provide mouth guards again.
 - Extra mouth pieces for sale at the Concession Stand for \$2.
 - Or buy your own at sporting goods store.
- Cleats or tennis shoes recommended.
 - No metal spikes
- The flags and sockets on the belts cannot be altered in any way.

Game Balls

- The offensive team will provide the game ball to the official.
- The game ball will switch out with each change of possession.



Jerseys

- Each participant receives a Chiefs reversible jersey.
 - Home team will wear **RED** side out.
 - Away team will wear **WHITE** side out.
- All jerseys must always be tucked in.
- Sizes based on what the parents ordered.
 - Jerseys will be new, from the NFL , and true to size.

Coach's Shirts

- Coaches who register through TeamSideline may receive a coach's shirt if supplies allow.
- If not, please introduce yourself to the officials before each game so they know who the Head Coach is.

Sportsmanship

- Everyone must always use good sportsmanship and conduct themselves in a professional and respectful manner.
- This includes all coaches, players, parents, and fans.
- Head Coaches are responsible for the behavior of everyone associated with their team.



Sportsmanship (cont.)

- We have a zero-tolerance policy and will not tolerate bad sportsmanship from anyone.
- Consequences will include ejections, suspensions, removal from the league and any means necessary to ensure the kids have a safe, fun, and enjoyable youth sports experience.
- Please also respect your opponent and do not run up the score. **Once a team is up by 35 points, the game will end.**
- Please sub different kids in at various positions to help keep the score more competitive.

Playing Time

- **Equal playing time** is required in Rec leagues.
- All players must have the **same amount of playing time on offense and defense.**
- All players must play a **minimum of four positions** throughout the season (minimum: two offense, two defense).
- I've found that it works well to plan this out and write/type it out before the game begins

Cancelations

- Please go to jcparks.com/polices, then Cancellations – Youth Sports, to read our cancellation policies and procedures
- in case of inclement weather. Please check our cancellations website first. The first update will be posted
- at jcparks.com/cancellations.
- In case of inclement weather, please [sign up](#) to receive text alerts from JC Parks via TeamSideline.
- An email will also be sent to all coaches & parents.
- We usually make a decision on cancellations at about 3 PM.
- We will play football in the rain, but not if it is storming or lightning.

Officials/Facility Supervisors

- We provide 2 Officials for each game & a Facility Supervisor.
- If you need any assistance, please talk to them.
- Please report all emergencies, accidents, incidents, etc. to the Facility Supervisor ASAP.
- Please be considerate and respectful in all dealing with the Officials & Facility Supervisors

Survey

- At the end of each season, we will email a brief online survey to all coaches and parents.
- Please take the time to offer us constructive feedback so we can continue to improve all aspect of our operations and service.



Questions for me & Lead Official Rob Gourley?



Thanks again!

- Thanks again for coaching and thank you for your time and efforts as we all work together to provide a safe, fun, and enjoyable youth sports experience for the kids in our community

Sincerely,

Steve Schellman

JC Parks

Sr. Program Manager of Youth Sports

Certified Youth Sports Administrator (CYSA)

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