



## LINCOLN YOUTH SPORTS COACHES AVAILABILITY FORM



Full Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Do you wish to be a head coach or assistant coach? \_\_\_\_\_

If any, Names of other coaches you'll be working with: \_\_\_\_\_

Names of all Coach's kids: \_\_\_\_\_

Team Name Request: (first come first serve per division) \_\_\_\_\_

**Mark with an "X" the division(s) you want to coach**

1 <sup>st</sup> /2 <sup>nd</sup> Boys	1 <sup>st</sup> /2 <sup>nd</sup> Girls	3 <sup>rd</sup> /4 <sup>th</sup> Boys	3 <sup>rd</sup> /4 <sup>th</sup> Girls	5 <sup>th</sup> /6 <sup>th</sup> Boys	5 <sup>th</sup> /6 <sup>th</sup> Girls	7 <sup>th</sup> /8 <sup>th</sup> Boys	7 <sup>th</sup> /8 <sup>th</sup> Girls

**Rate your potential practice days from 1 to 5 (1 being best, 5 being worst)**

Monday	Tuesday	Wednesday	Thursday	Friday

**Rate your potential start times from 1 to 4 (1 being best, 7 being worst)**

4:30	5:00	5:30	6:00	6:30	7:00	7:30

**Select Your Coach's Shirt Size (Mark an M for Men's or a W for Women's)**

S	M	L	XL	XXL	XXXL

\*\* Although we try very hard to get all coaches their highest rated practice days and times, due to gym/field availability, number of teams and age divisions, we ask that you please be flexible with us as we may not have your highest rated days and start times available and will therefore try to get you the closest match possible.



## Lincoln Youth Sports Volunteer Description



- TITLE:** Volunteer for the City of Lincoln Youth Sports Leagues.
- DESCRIPTION:**
- Coach of male or female athletes between the ages of 5-17.
  - You will be considered a role model for 8-12 young athletes assigned to your team; therefore sportsmanship, fair play and full participation are mandatory.
- RESPONSIBILITIES:**
- Plan and supervise games, practices and events.
  - Supervise assistant coaches, managers or team parents.
  - Teach the young athletes the fundamentals of the sports.
  - Encourage the involvement of the parents in the sports.
  - Schedule and conduct parents and other necessary meetings.
  - Provide a safe and fun environment for the kids.
  - Learn and follow all league rules, policies and procedures.
  - Treat all players fairly.
  - Put the feelings of the players ahead of your desire to win.
  - Attend all league functions and participate in league activities.
  - Communicate or distribute all league information to all players & parents.
- QUALIFICATIONS:**
- Successfully complete the application procedure.
  - Attend and scheduled coaching interviews or meetings.
  - Be enthusiastic.
  - Learning and improving outweigh the want to win at all costs.
  - Must be patient, especially with children.
  - Be organized.
  - Be dependable.
- INFORMATION:** As a volunteer coach, you are treated by local, state & federal law as being an unpaid employee of the agency in which you are associated with; therefore, you must conduct yourself in the same manner as you would your own job. In the same respect, you will receive the same treatment, aside from compensation and benefits, as the employees of the City of Lincoln.

I agree that I have read and understand the above job description for a youth sports league volunteer or coaching position, and that I accept the terms of the job description.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Name (Print)

\_\_\_\_\_  
Date

**Please note: Failure to sign this page will render the application incomplete and unacceptable.**

**CITY OF LINCOLN  
VOLUNTEER WAIVER AND ACKNOWLEDGEMENT**

**My name is:** \_\_\_\_\_

**I am (check one):**  Over the age of 18

Under the age of 18 (parent or legal guardian must sign form).

**I am (check one):**  Not currently employed by the City of Lincoln in any capacity.

Currently employed by the City of Lincoln as a \_\_\_\_\_, but will not be performing the same type of services as a volunteer.

I agree to volunteer for the City of Lincoln through the City of Lincoln Volunteer Center in the Recreation Department.

By my initials below, I acknowledge that I have read and understood each item.

*(initials)*

\_\_\_\_\_ I may be eligible for Workers' Compensation benefits in the event of injury in the course of performing my volunteer duties, but will not under any circumstances receive any other type of compensation for any injuries from the City of Lincoln that may occur during the course of volunteering.

\_\_\_\_\_ I will be performing hours of service as a volunteer for the City of Lincoln and/or the Lincoln Volunteer Center for civic, charitable, or humanitarian reasons.

\_\_\_\_\_ I will be performing services as a volunteer without promise, expectation, or receipt of compensation (in any form) for services rendered.

\_\_\_\_\_ I understand that I can be relieved of my duties as a volunteer at any time and for any reason that I have no rights to continue my volunteer status.

\_\_\_\_\_ In the event that I am relieved of my duties, I understand that I am not eligible to invoke the appeal or grievance process that may be available to City of Lincoln employees.

\_\_\_\_\_ I understand that I am not eligible for and will not participate in any benefits (including medical insurance, retirement, life insurance, etc.) provided to City of Lincoln employees.

\_\_\_\_\_ I understand that I am not a member of any bargaining unit and do not have any rights under any Memorandum of Understanding.

\_\_\_\_\_ I authorize the City of Lincoln Public Information Officer or anyone else authorized by the City Manager to use, reproduce, or publish any and all photographs or videotapes of me, which may be taken during my participation in a volunteer event, for any purpose, without compensation to me.

This Release is entered into this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_  
Print Name (Volunteer)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
If under 18, Name of Parent/Guardian

\_\_\_\_\_  
Signature



# City of Lincoln Youth Sports

## Coaches Code of Conduct & Expectations

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### **I. I will place the emotional & physical well-being of my players ahead of a personal desire to win.**

#### **Expected Behavior:**

- Using appropriate language in appropriate tones when interacting with players, league officials, game officials, parents, and spectators.
- Including all players in team activities without regard to race, religion, color, sex, sexual orientation, body type, national origin, ancestry, disability, ability, or any other legally protected classification.
- Treating all players, league officials, game officials, parents, and spectators with dignity and respect.
- Playing all players according to the equal participation rules established by the league.
- Allow reasonable absences from practice.

### **II. I will treat each player as an individual, remembering the large range of emotional & physical development for the same age group.**

#### **Expected Behavior:**

- Recognize the difference of each child and treating each player as an individual while demonstrating concerns for their individual needs and well being.
- Encouraging all players, regardless of skill level, to be included as a member of the team and to remain involved in sports.
- Recognize that some physical tasks, drills, and demands are not appropriate for all youth.
- Recognize that youth may vary greatly in physical, social, and emotional maturation and considering these factors when setting up competitions and when interacting with youth.

### **III. I will do my best to provide a safe playing situation for my players.**

#### **Expected Behavior:**

- Maintain a high level of awareness of potentially unsafe conditions.
- Protecting players from sexual molestation, assault, and physical or emotional abuse.
- Correcting or avoiding unsafe practice or playing conditions.
- Using appropriate safety equipment necessary to protect all players.
- Seeing that the players are provided with adequate adult supervision while under the coach's care.

### **IV. I promise to review and practice the basic first aid principles needed to treat injuries of my players.**

#### **Expected behavior:**

- Keeping basic first aid supplies available in all practice and game situations.
- Recognizing and administering proper first aid to an injured player.
- Demonstrating concern for an injured player, notifying parents and cooperating with medical authorities.
- Protecting the player's well being by removing them from activity when injured and not returning them to activity if they are compromised by injury.

### **V. I will do my best to organize practices that are fun and challenging for all my players.**

#### **Expected Behavior:**

- Establish practice plans that are interesting, varied, productive, and aimed at improving all player's skills and individual abilities.
- Devoting appropriate time to the individual improvement of each player.
- Conducting practices of reasonable length and intensity appropriate for the age and conditioning of the players.

### **VI. I will lead by example in demonstrating fair play and sportsmanship to all my players.**

#### **Expected behavior:**

- Adopting the position, teaching and demonstrating that it is our basic moral code to treat others as we would like to be treated.
- Abiding by and supporting the rules of the game as well as the spirit of the rules.
- Providing an environment conducive to fair and equitable competition.
- Using the influential position of youth coach as an opportunity to promote, teach, and expect sportsmanship and fair play.

**Continued on Reverse**

**VII: I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all City of Lincoln youth sports events.**

**Expected Behavior:**

- Being alcohol and drug free at all team activities or in the presence of players.
- Refraining from the use of any type of tobacco products at team activities or in the presence of your players.
- Refrain from providing any type of alcohol, drug, or tobacco products to any of your players.
- Encouraging parents to refrain from the public use of tobacco products or alcohol at team activities.

**VIII. I will be knowledgeable in the rules of each sport that I coach & I will teach the rules to my players.**

**Expected Behavior:**

- Becoming knowledgeable, understanding, and supportive of all applicable game rules, league rules, regulations, and policies.
- Teaching and requiring compliance of these rules among players.

**IX. I will use those coaching techniques appropriate for each of the skills that I teach.**

**Expected Behavior:**

- Teaching techniques that reduce the risk of injury to both the coach's own players and opponents.
- Discouraging illegal contact or intentional dangerous play and administering swift and equitable discipline.

**X. I will remember that I am a youth sports coach, and that the game is for children and not adults.**

**Expected Behavior:**

- Maintain a positive, helpful, and supportive attitude.
- Exercising your authority/influence to control the behavior of the fans and spectators.
- Exhibiting gracious acceptance of defeat or victory.
- Accepting and adhering to all league rules and policies related to the participation of adults and youth.
- Fulfilling the expected role of a youth coach to adopt a "kids first" philosophy.
- Allowing and encouraging the players to listen, learn, and play hard within the rules.
- Placing the emphasis on **fun, learning, and participation.**

This Code of Conduct defines the expectations for adults serving as coaches in youth sports and provides the tools to be used by the City of Lincoln Recreation Department when necessary, to check behavior and to respond with resolve to protect all children from psychological, emotional, physical, or social abuses that can be perpetrated against them by youth sports coaches. Coaches failing to adhere to this Code of Conduct may be subject to the following disciplinary actions. Coaches will have the right to appeal any disciplinary action within 7 days of notification. Appeals must be submitted in writing to the program coordinator.

1. Warning
2. Probation
3. One game suspension
4. Multiple game suspension
5. Season suspension
6. Permanent suspension

As an applicant to coach in the City of Lincoln Recreation Department program(s), I have read and understand the Coaches' Code of Conduct as outlined, and by signing this document, agree to adhere to them.

\_\_\_\_\_  
Print Full Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

