COACHING FAQ'S

What am I Doing?

- **Head Coach:** You will lead the team on the field while managing all parent communication regarding schedules and changes, with the option to delegate tasks to assistants.
- **Assistant Coach:** You provide hands-on training for players and assist the head coach with team operations including delegated communication tasks.
- **Bench Parent::** You maintain safety and order on the bench and on the sidelines, helping ensure players are ready to play and that messages reach parents quickly.

Background & Security Checks: All volunteer coaches must clear a local and National criminal background check before Coaching.

- **Prior Experience:** No expert knowledge or high-level athletic background is required. MCCS provides full practice plans and instructional guides as well as coordinator support when needed.
- **Background & Security Checks:** All volunteer coaches must clear a local and National criminal background check before interacting with players.
- **Age Limits:** Head coaches must be at least **18 years old**, though teenagers aged 16 and up can serve as assistants with approval.
- **Equipment Supply:** MCCS provides the essential team equipment specific to each sport like balls, cones, and uniforms so you do not need to purchase your own gear.
- **Roster Control:** If you volunteer as a head coach, your child has priority placement on your team if in that same age bracket. Additional children are placed as registered.
- **Do I have to have a child in the program to coach:** No, you do not. We are looking for applicants that have the time, dedication and passion for sports to offer to our youth athletes.

Time Commitment

- **Weekly Hours:** Expect to dedicate roughly **3 to 5 hours per week**, which typically includes two weeknight practices and one Friday or Saturday game with exception of make-up days which may lead to occasional Wednesday or Thursday game days.
- **Practice Schedules:** Head coaches can choose the area they wish to coach North, Central or South and also retain the privilege of choosing the time and

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days for weekly practices. Practices are generally held in the evening on Mon/Wed or Tues/Thurs for 1hr.

- **When will I find out if I have been selected:** Once we have assessed how many teams we will need to form, we begin to assign coaches to teams. Once this is completed, MCCS Youth Sports staff will contact you with all team information.

Training/safe practices

- **Mandatory Training:** Each season holds a Coaching meeting which covers Child abuse prevention training and other Yough sports training. You will also take Certified trainings which includes mandatory coursework regarding concussion safety, basic first aid, and bully prevention. MCCS Youth Sports pays for and uses National Alliance for Youth Sports (NAYS) training modules. The account is set up for you, and all certificates then belong to you.
- **Safety Protocols:** While MCCS will inspect the fields in advance of use it is always best practice for coaches to also inspect the field for hazards like broken glass or debris before players arrive. Ensure constant hydration breaks and monitor players for heat-related fatigue.
- **Essential First Aid Materials:** MCCS provides basic First Aid kits to all Head coaches and additional kits can be requested if needed.
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Core Roles at a Glance

Responsibility	Head Coach	Assistant Coach	Bench Parent
Primary Focus	Strategy, Culture, Lineups	Technical Skills, Drills	Safety, Logistics, Morale
Game-Day Role	Calls plays, manages officials	Coaches positions/bases	Organizes dugout/sideline
Communication	Leads parent/league talks	Reports player progress to HC	Coordinates snacks/jerseys

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