

Tuolumne County Youth Football & Cheer

Football Handbook (page 3)

COACHES

If you know of any coach in Tuolumne County that has a professional background, we would like his or her name. We can only do our best. We view coaching as an awesome responsibility, your coaches will:

- Get the players in shape
- Understand each players potential
- Work on individual skills for each position
- Work on team execution of plays
- Motivate, communicate, lead

Coaches must have the freedom to develop three things in their athletes: pride, poise, and self-confidence, We use the following steps to instruct the game of football.

- Explain what is required
- Demonstrate the techniques
- Have the player perform the technique
- Explain the consequences of not performing the technique properly
- If necessary, execute the consequences

If you have any problems with the Cowboy or Cats coaching staff please contact the head coach. If not satisfied with the outcome please contact the Coaches representation.

Your Head Coach:

Varsity: Dave Kreig or Mike Dambacher

JV: Dan McHoul or

Bantam: Lee Suggs or Don Macias

Your League President:

Dan McHoul

PLAYERS EQUIPMENT

Each player is required to supply the following equipment in order to play football:

- Athletic supporter
- Custom mouth guards, if preferred must attach to helmet face guard and can't be white or clear.
- Water jug
- Hand towel
- Football Cleats

Players will be issued the following equipment:

- Helmet with face mask and chin straps
- Mouth guard
- Shoulder pads
- Hip pads
- Thigh pads
- Knee pads
- Jersey and pants (practice and game sets)

This equipment must be returned to Tuolumne County Youth Football & Cheer. At the season's end or parent will be