



## SFPAL Seahawks Football & Cheer

Dear Prospective Coach Candidate:

SFPAL Seahawks is in the process of recruiting volunteer coaches for head and assistant coaching positions for this upcoming 2014 season!

SFPAL Seahawks Football and Cheer program exist to provide a positive and meaningful activity for youth of San Francisco. The intent of the program is not only teaching the basic fundamentals of football and cheerleading, but also to teach the importance of self-respect, sportsmanship, and academics. Prospective coaches must truly believe that they can make a difference in the lives of youth participants. This is done by being a positive role model and leading by example at all times.

Prospective coaches must be willing to read, understand and comply with all rules, regulations and expectations mandated by SFPAL Seahawks and Pop Warner. Coaches are expected to conduct themselves in a professional and respectful manner at all times. All staff and administrative positions are unpaid.

Interested coaches, new and returning, must complete the application process and interview, in order to be considered for a coaching position. Please keep in mind, coaching staff is limited to 6 coaches (1 head, 5 assistants) per team. Coaching positions are determined by SFPAL Seahawks leadership and are limited to one calendar year, per Pop Warner rules.

**Head coach applications are due January, 31st 2014.**

**Assistant coach applications are due March 31st, 2014.**

**Please submit completed application by:**

Email: [Seahawks@sfpal.org](mailto:Seahawks@sfpal.org)

Fax: 415-401-4670

Mail: SFPAL Seahawks – 350 Amber Drive, Rm. 203 San Francisco, CA 94131

Thank you for your interest in coaching our youth! We look forward to receiving your coaching application.

If you have any questions, please feel free to contact Teanna Tillery at 415- 573-9426 or Jennifer Mendoza at 415-401-4729.

Thank you,  
SFPAL Seahawks Leadership

## Head Football and Cheerleader Coaches

Head Coaches have a major responsibility within the SF PAL Seahawk Organization. They are required to understand and comply with rules and regulations mandated by SF PAL and Pop Warner. Furthermore, they are required to provide a safe and meaningful experience for youth football players and cheerleaders. They are also viewed upon as positive role models and representatives in the community.

**IMPORTANT:** All coaches must complete the coach application. All Head Coaches will be approved and selected by SFPAL Seahawks Leadership. All coaches must undergo a Criminal Background Check prior to the beginning of the season. Failure to comply will automatically disqualify you from this position.

The tasks and responsibilities for Head Coaches include, but not limited to:

- To operate under the direction of the Cheer/Football Director.
- Complete all mandated coaching requirements including but not limited to CPR/First Aid, attend League coaching clinics, and complete required online courses.
- To ensure the safety and wellbeing of all youth participants
- To communicate effectively and respectfully with all members of the SF PAL Seahawks, League Officials, and other associations.
- To provide adequate and appropriate supervision, guidance, and support to all youth participants.
- To read, understand, and comply to all rules and regulations mandated by SF PAL and Pop Warner
- To attend all mandatory clinics, meetings, events, and activities as mandated by SF PAL & Pop Warner.
- To assist in meeting all required deadlines for paper work, scholastics, registration fees, and certification as mandated by SF PAL and Pop Warner
- To schedule at least 2 regular parent meetings during the season
- To attend mandatory orientation meeting
- To assist with recruitment of youth participants
- To understand, comply, and implement the SF PAL Emergency Procedures and Game Day Safety Protocol.
- To assist SF PAL Administrators to issue and collect equipment as mandated by SF PAL
- To develop and submit a 4 month plan identifying goals and strategies to prepare for the season by March 31st of the year.
- To report weekly attendance and absences to the Compliance Director
- To prepare Team Book for Certification, ensuring that all required documentation is present.
- To transport Team Book to League Book Certification Days.
- To participate and give suggestions in planning sessions related to program development with SF PAL Seahawks Administrators.
- To set an example for youth players on the practice and playing fields by not engaging in activities, which promote physical or psychological harm. This includes the use of tobacco products, alcohol, or inappropriate language.
- To dress in appropriate league attire during games.
- To treat each player as an individual and ensure all criticism is constructive.
- Ensure maximum participation of players as required by the MPR Policy. (Football Only)
- To assist with other task and duties as needed or required by SF PAL and Pop Warner

## Assistant Football and Cheerleading Coaches

Assistant Coaches have a major responsibility within the SF PAL Seahawk Organization. They are required to understand and comply with rules and regulations mandated by SF PAL and Pop Warner. Furthermore, they are required to provide a safe and meaningful experience for youth football players and cheerleaders. They are also viewed upon as positive role models and representatives in the community.

**IMPORTANT:** All coaches must complete the coach application. All Head Coaches will be approved and selected by SFPAL Seahawks Leadership including Head Coaches. All coaches must undergo a Criminal Background Check prior to the beginning of the season. Failure to comply will automatically disqualify you from this position.

### **The tasks and responsibilities for Assistant Coaches include, but not limited to:**

- To operate under the direction of the head coach.
- Complete all mandated coaching requirements including but not limited to CPR/First Aid, attend League Coaches Clinic, and complete required online courses.
- To ensure the safety and wellbeing of all youth participants
- To assume the task and responsibilities of the Head Coach in his or her absence.
- To communicate effectively and respectfully with all members of the SF PAL Seahawks, League Officials, and other associations.
- To provide adequate and appropriate supervision, guidance, and support to all youth participants.
- To read, understand, and comply to all rules and regulations mandated by SF PAL and Pop Warner
- To attend all mandatory clinics, meetings, events, and activities as mandated by SF PAL & Pop Warner.
- To attend staff meetings on a regular basis before and during the season (at least 75%)
- To attend regular parent meetings during the season
- To attend mandatory orientation meeting
- To assist with recruitment of youth participants
- To understand, comply, and implement the SF PAL Emergency Procedures and Game Day Safety Protocol.
- To assist SF PAL Administrators to issue and collect equipment as mandated by SF PAL
- To set an example for youth players on the practice and playing fields by not engaging in activities, which promote physical or psychological harm. This includes the use of tobacco products, alcohol, or inappropriate language.
- To dress in appropriate league attire during games.
- To treat each player as an individual and ensure all criticism is constructive.
- To assist with other task and duties as needed or required by SF PAL and Pop Warner