



FOOD FOR THOUGHT

Another football season has arrived and YOU coaches are so fortunate to be involved with such a GREAT sport. There are only 141 jobs like yours in the WORLD. You are the backbone of helping young men that play for you become good citizens. Football is a great profession, you are privileged to have the name COACH. You have the responsibility of seeing your athletes get an education, but more importantly is to see that they learn the value of hard work, integrity, dedication, loyalty, fair play and a belief in doing what is right.

COACHES ARE ROLE MODELS!

In a 2001 survey of people that had success in many different fields of life, an educator or coach was the NUMBER ONE choice of whom a young person would turn to for help. YOU have the power to influence young men. Use this opportunity to demonstrate High moral values and ethical conduct.

SAFE PRESEASON TIPS FOR HOT WEATHER PRACTICES & GAMES
American Football Coaches Association and NTA guide lines should be followed. A death by heat exhaustion or stroke is a tragic occurrence and is inexcusable in this day and age.

1. **Before practice: drink at least 20 ounces of water 2 or 3 hours before practice and another 10 ounces 20 minutes before practice. Immediately after practice or competition is the key time to replace fluids**
2. **During practice drink early and often in general 10 oz., every 15 to 20 minutes. Drink beyond thirst and drink based on amount of sweat lost.**
3. **After practice drink at least 20 ounces per pound of weight lost within 2 hours of finishing practice.**

AUGUST 10, 2009 KICK OFF NEWSLETTER

WELCOME TO NEW HEAD COACHES

We wish to welcome new head coaches to the following colleges. Several have been head coaches at other colleges and we welcome them back to our ranks.

Ron Ponciano, Citrus College
Sean Fernandes, Compton College
Dave Johnson, Contra Costa College
Steve Mooshagian, Feather River
John Rome, Glendale College
George Swade, Los Angeles Harbor
Jim Fenwick, Los Angeles Valley
Mark Kanaapu, Merced College
James Kuk, Pasadena City College
Randy Whited, Reedley College
Kevin Emerson, San Bernardino Valley
Danny Walker, Sacramento City
Henry Browne, San Diego Mesa
Brett Pollack, College of San Mateo
James Winkler, West Valley College

During the past 6 month several colleges football programs have had to forfeit games or been put on probation due to CCCAA/COA rule violations. In many of the instances the violations have been committed by assistant coaches. With as many part time/ adjunct coaches in our community college programs, it is imperative that the head coach instruct his assistants in proper ethical behavior both on and off the field. Understanding the rules is important. **However following the intent and spirit of the rules should be of paramount importance.** By Laws, 1, 2, and 3 in the COA constitution. are the areas where most violations occur and should be reviewed thoroughly at your R-2 meetings. We must do everything to ensure and protect the integrity of the game

DON SHULA --"SUCCESS IS NOT FOREVER AND FAILURE IS NOT FATAL", and "SURE LUCK MEANS A LOT IN FOOTBALL, NOT HAVING A GOOD QB IS BAD LUCK".

REMINDERS

1. **Send your \$ 145 membership dues to Greg Shaw, Mt. San Jacinto College. ASAP.**
 2. **Confirm your schedule times with your opponents and send your schedule to Fred Baer.**
 3. **COA/CCCAA meeting October 28-30.**
 4. **CCCFA meeting December 10 & 11.**
- We encourage All head coaches and Assistants to attend and take a role in YOUR organization.**

"SMASH MOUTH" football and similar terms, **SHOULD NOT** be in a coaches vocabulary. The image of football is one reason to clean up slang terms like smash mouth, but a more compelling reason comes from a legal standpoint. In a courtroom, violent descriptive terms are used against coaches.

RUMOR CONTROL

Rumors should be dismissed unless a coach wishes to pursue them. If a coach feels there is truth to a rumor the proper procedure is to contact the other coach and discuss the matter. If this does not resolve the problem then the next step is to have the athletic directors of the colleges get involved. In this way proper communication takes place and a lot of the facts or issues can be discussed. So many time potential problems can be avoided by communication. We are professionals, there is no place for the spreading of rumors in our profession.