



LHSC Rec Coach Checklist

- On the [COACHING main page](#) of the LHSC website, scroll down to the list of five volunteer requirements
 1. Register yourself as a Coach (click **Mod Rec & Rec COACH & Manager Registration**, complete form)
 2. Complete Concussion training & certification steps as shown
 3. Complete SafeSport training & certification steps as shown
 4. Complete Sudden Cardiac Arrest training and certification as shown
 5. Apply for and clear “RMA” background check
- Log on to TeamSnap and view 2019 Roster (late June)
- Establish contact with ALL team families (before July 15)
- U8-U12 Respond to LHSC Coaches Survey about Team Strength (late June)
- Team name changes/updates to registrar (before July 15)
- ALL U8-U19 Coaches attend LHSC Coaches Meeting (**July 24**)
- U13-U19 Coaches also attend District 2 Meeting (mid **July TBD**)
- Request practice field from Currin Cyr (more info at LHSC Coaches meeting)
- Pick up equipment if needed (late July or early August)
- Remind parents to pick up uniforms at Winners Sportswear (August)
- Hold parent meeting (August or earlier)
- Start practice (mid August)
- Collect MANDATORY Medical Release Waivers for all players. Either print blanks from [LHSC FORMS](#) or ask parents to print, sign, and give to you (FIRST PRACTICE or earlier)
- U8-U12 Download schedule using link sent by EYSA (late August)
- U13-U19 Download schedule from District 2 (late August)
- Preseason Jamboree for U8-U11 (September 1)
- Season begins (September 7)
- U13-U19 Recreational Cup entry deadline (September 17)
- U13-19 Bring completed roster form to each game
- Report game results and File referee reports (each week after game, win or lose)
- Be prepared to adjust practice times due to light/weather (Oct/Nov)