


Making it Easier to Work with Sport Coaches

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Path for Today

- ▶ Background
- ▶ S&C Coach Stories
- ▶ Best Practices

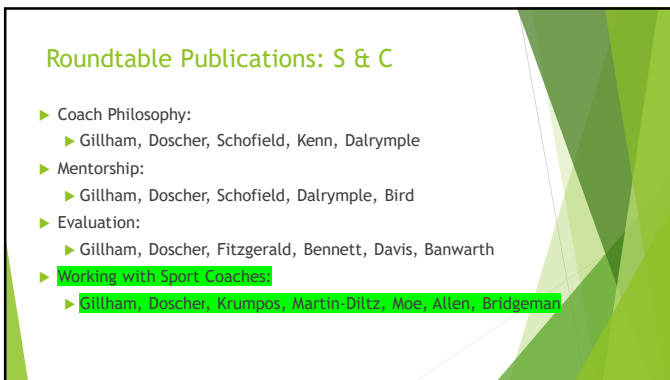


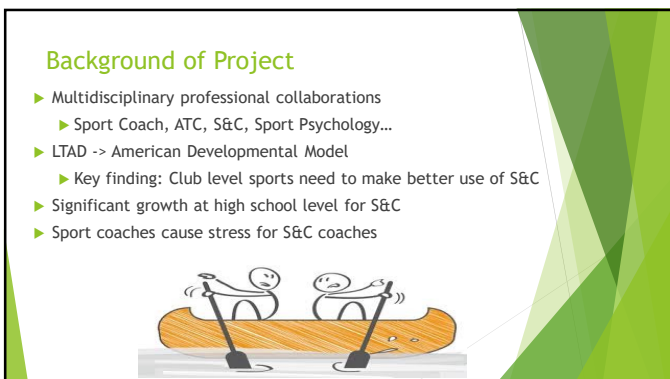
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Complicating Factors

- ▶ Most sport coaches had to serve as S&C for their team at some point.
- ▶ McGladery et al. 2014:
 - ▶ Sport coaches rarely trained to be effective as S&C
 - ▶ 427 participants on a RT exam for hs sport coaches, hs PE teachers, students
 - ▶ Pass rate was 58%
 - ▶ Highest pass rate was 62% from PE teachers currently teaching RT
 - ▶ Lowest content scores were on safety of RT



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Key Questions

- ▶ Particularly Challenging Sport Coach Demographics?
- ▶ Success and Failure Examples
- ▶ AD & ATC Involvement
- ▶ Athlete Effects
- ▶ New Sport Coach is Hired...



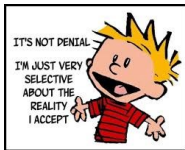
Sport Coach Demographics

- ▶ Were their own S&C
- ▶ Strong connection to previous S&C
- ▶ Parallels sport coach experience and success
 - ▶ First time HC
- ▶ Football, track & field, wrestling, basketball (m & w)



Success & Failures

- ▶ Long-game vs. Short-game
- ▶ Over-confidence by S&C
- ▶ Building relationships with the athletes
- ▶ Defense mechanisms: anger, frustration, sarcasm, avoidance



AD & ATC Involvement

- ▶ AD:
 - ▶ Unaware of S&C job responsibilities
 - ▶ Whom is easier to replace?
 - ▶ Whom costs more resources?
 - ▶ Overall low knowledge of S&C
- ▶ ATC:
 - ▶ Can be biggest ally of S&C
 - ▶ Closest knowledge level to S&C
 - ▶ Do not depend on athlete as go-between with ATC and S&C

Athlete Effects



- ▶ Remember who recruited the athlete
- ▶ Sport coaches may use athletes as pawns, do not follow suit
- ▶ Confusion leads to loss of respect
- ▶ Dangers of being a 'hype' focused S&C
- ▶ You are there for the athletes, forget that and pack your bags

New Sport Coach is Hired...

- ▶ Ask questions, LISTEN to answers
- ▶ Discuss coaching AND training philosophies
- ▶ Have a full season plan, anticipate adjustments
- ▶ Reach out early, but wait for sport coach's schedule
- ▶ Investigate that sport coach's background
 - ▶ Including who their last S&C was
- ▶ Acknowledge the hierarchy



If your
PLAN A
 doesn't work,
 the alphabet has
25 more letters!
 Stay cool!

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Best Practices



Mark Swann

Best Practices



visual context

ROCK 	URINAL 	WINE
SCIENCE 	ART 	RELIGION

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It is the mark of an educated mind to be able to entertain a thought without accepting it.
-Aristotle

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Best Practices



Many ignore what they don't want to deal with. Ignoring doesn't change things. It doesn't make them go away.

Trust = Consistency / Time

Best Practices

TRANSLATE

STRENGTH & CONDITIONING COACH CERTIFIED
SCCC
NSCA
NATIONAL SPORTS COMMISSION

Best Practices

"IT'S NOT HARD TO MAKE DECISIONS WHEN YOU KNOW WHAT YOUR VALUES ARE"
- ROY DISNEY

PHILOSOPHY

I'm a Democrat. I need a drink. I'm a Republican.

Best Practices

To Be Professional or Unprofessional

That's The Question

Stay HUMBLE WORK HARD BE KIND

Questions



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