

Threats to the Strength and Conditioning Coaching Profession Roundtable Discussion

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Top Threats

- ▶ Unity of the profession
 - Need to have a better working relationship
 - Utilization of certifications
- ▶ Supervisor to evaluate the performances within the athletic department
 - Joint committee to come up with a proper evaluation by strength & condition professionals instead of current improper evaluations or in some cases none
- ▶ Who we report to within the athletic department
 - Direct evaluation from an A.A.D. that has knowledge of our profession (I.E. Master strength Coach)
- ▶ No representation in the NCAA
 - Need to get on board with NSCA with representation on NCAA committee's
- ▶ We are also our own contributor to our current situation
 - Better professionalism between all levels of strength & conditioning coaches working all together.

Top Threats

- ▶ Unity of the profession (i.e. no governing base)
- ▶ S&C oversight- who is it and what are their qualifications to supervise
- ▶ S&C Reporting Lines
- ▶ No impactful NCAA Committee representation
- ▶ NCAA manual lacks strong language regarding recommendations for hiring, oversight and best practices for S&C
- ▶ Status and perception culpability of the S&C profession

Unity of the profession

- ▶ An agreement that CSCS and SCCC are the **only** two certifications recognized by the NCAA
 - No progress under the current "ours is the best cert" strategy
- ▶ Solution
 - Long term goal- one governing body
 - NSCA and CSCCA can still exist
 - They currently serve solely as educators

Unity of the profession

- ▶ S&C coach first, employee at "___ school" second
- ▶ Need to remember there is always a camera and mic on when coaching

Unity of the profession

- ▶ Working Merger of NSCA and CSCCa
 - Organizational?
 - Joint elite certification? (Althoff).
 - This certification could be viewed as an agreement to proper means to train athletes which would encompass HIT, weight lifting, speed, power, etc. and not a single training philosophy which would evolve as improved research comes available.

Supervisor to evaluate the performances within the athletic department

- ▶ Need to push for a S&C developed evaluation protocol or tool suited towards positively influenced outcomes

Supervisor to evaluate the performances within the athletic department

- ▶ Create our own means of evaluation and not wait for admin to evaluate us.
- ▶ Bring them the data and promote ourselves as doing a good job.
- ▶ What admin can see the value in is equitable sport coverage for all teams, appropriate coach/athlete ratios and weight room security during down time to minimize the school's liability from a legal standpoint.

S&C Oversight

- ▶ Currently- A rare few are qualified (knowledge, experience, focus) to supervise our department.
- ▶ While efforts have been made for 20-30 years, educating administrators has proven ineffective.
- ▶ **Solution**
 - A S&C practitioner must be the senior staff member covering the S&C area, or...
 - Senior staff must be involved for us to ascend to higher status.
 - We must create a performance review that is detailed and comprehensive, current senior staff would not be able to execute it without more knowledge.

▶ ***#9. An athletic trainer's professional qualifications and performance evaluations must not be primarily judged by administrative personnel who lack health care expertise, particularly in the context of hiring, promotion and termination decisions.***

NCAA Recommendations

*Interassociation Consensus Statement on Best Practices for Sports Medicine Management for Secondary Schools and Colleges. In the document Independent Medical Care for College Student-Athlete Best Practices, was a topic at the 2016 NCAA Safety in College Football Summit.

Who we report to within the athletic department

▶ Likely need to teach this person what it is you do and how you spend your day

Who we report to with in the athletic department

▶ Either a high revenue sport coach (FB, M/W BBK), sport administrator type, or sports medicine.

S&C Reporting Lines

- ▶ Current status
 - We report to someone who covers Sports Medicine, Sports Nutrition, Sport Psychology, Applied Sports Science, S&C, 2-3 sport teams, student activities, event coverage
 - Generally, we are not at the top part of that list, reducing our unit as a priority.
- ▶ Solution
 - Report directly to the Athletic Director
 - Regarding the health and welfare of SA's, no other department on campus has the quantity and quality of exposure to the SA's as S&C

NCAA Committee Representation (Alejo)

- ▶ Competitive Safeguards Committee
 - 1 S&C coach, Joey Hannant, UNC Pembroke
- ▶ Competition Committee
 - Not one S&C coach
- ▶ 2016 NCAA Safety In College Football Summit
 - 70 participants, 0 S&C coaches

No Representation in the NCAA

- ▶ Increase contribution outside of weight room.
- ▶ Improved policies, certifications and help them create improved rules

No Representation in the NCAA

- ▶ Increased documentation of positive impacts on student athletes other than IRMs

We are also our own contributor to our current situation...

- ▶ Significant need to move beyond traditional professional development for S&C

We are also our own contributor to our current situation...

- ▶ Poor choices on social media (putting 'likes' and 'retweets') for sensationalism, lack of certification, student-athlete health and safety concerns.
- ▶ What are we doing for professional growth, certification CEUs, and continuing to learn and grow about the sports we service.
- ▶ Demonstrating the value of keeping student athletes healthy and/or returning from play quicker.
- ▶ Simply find ways to improve professionalism overall (attire around facilities, language, etc). - althoff
- ▶ This would help us as a profession better follow the golden rule (which we are terrible at).
- ▶ Tied into this is don't knock someone else down in order to bring yourself up (be respectful of those who use methods alternative to yours).

What is our responsibility?

- ▶ Hold ourselves to higher standards
 - Appearance, presence, participation, results
- ▶ Run the weight room like a business
- ▶ Be a part of the department
- ▶ Have consistent reporting
 - Daily, monthly, yearly
