

Phase I

The Philosophy, Principles and Organization of Athletics in Education

Top Form Inc.



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Outline

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EDUCATION CENTER
CPR/AED/FIRST AID
NYS COACHING COURSES
SCHOOL CHEMICAL HEALTH
WELLNESS
LIFE COACHING
NUTRITION

**CLIFTON PARK
BURNT HILLS 5/12
DELMAR 9/12**

Overview

- Handbook
- Recommended Reading
- Class Overview
- Upcoming Classes/What Do You Really Need?
- The Process to Licensure*
- Mission Statement
- Statement of Philosophy of Coaching
- Home work
- Self evaluation
- Risk analysis project
 - Weight room
 - Gym

Coaching License

- Phase I: Philosophy and Principles of Athletics in Education 45hrs
- Phase 2: Health Sciences in Coaching 45hrs
- Phase 3: Theory and Techniques of Coaching 30hrs (12 Internship) Sport Specific
- Child Abuse 2hrs
- School Violence 1-2hrs
- Finger Printing
- CPR/AED Yrly I Know NYS says every 2yrs
- Coaches First Aid: NYS or Red Cross RTE ONLY 3yrs

Developing a Mission Statement

- Top Form: “To create excellence in personal health and fitness from the young to the mature”
- Short
- Comprehensive
- Publish it!

Developing a Coaching Philosophy

■ Why?

- Staying Consistent
- Discipline
- Keeping True to Yourself
- A well-thought, practicing philosophy clarifies many aspects of the coach's delivery and presents a consistent and positive message to student athletes.
- See: "The Do's and Don'ts of Coaching" (Last Page)
- Documented, post it!

Statement of Philosophy

- Basis of Direction (Road Map)
- Why...challenging position!
 - <http://www.youtube.com/watch?v=ECTt67adObI>
 - <http://www.youtube.com/watch?v=Yw7KijRfU-c>
- “Keeps you from losing your senses”!!!
- You hold certain values, principles (Core Values)
 - Words you would want in your statement:

Words/Ideas/Phrases to Include

- Consistency, if athletes see this in you they will reciprocate
- Assume responsibility..your kids will also
- Do unto others as you would have them do unto you
- Self Awareness
- Inner conviction
- Self-esteem, not gained through competition but competency
- Competent coach....Self confidence
- Self Worth
- Philosophy not fully expressed by what you say, but what your do
- Character, Faith, Family, Commitment, Discipline, Dedication, Fun, Pride, School, Morals, Leadership, Development

Statement of Philosophy

- Many coaches **do not believe** in the value of developing a coaching philosophy. They do not realize how a philosophy can have an impact on their daily coaching procedures and strategies. However, a coach's philosophy is actually a very practical matter. In fact, every coach, whether he's aware of it or not, follows certain principles based on his/or her own playing experience. Most of our basic philosophy comes from former high school and college coaches. This is a natural start because it is the approach with which we are the most familiar and comfortable.
- It is also reasonable to assume that the philosophy of a person's **everyday life, thinking, and actions would be applied** when it comes to coaching. For example, a salesman discovers that one of his clients is dishonest. He decides to sell to a competitor despite the fact that he will make less profit selling the same product. This may not sound like good business practice, yet many people are willing to adhere to their principle even if it means making less money. How many coaches would stick to principles of sportsmanship or fair play rather than win the game? There may be a gap between what a coach thinks is the right thing to do in every day life and the action he takes on the field or court.
- Know yourself first, self-knowledge is confidence, and it shows!
 - Strengths, Weaknesses, Morals, Values, Beliefs
 - Adapting/General (example: coaching boys/girls)

Statement of Philosophy

- In your effort to form or analyze your own philosophy of coaching, first know what a coach is. A coach can be many different things to many different people. A coach is a mentor, a teacher, a role model, and sometimes a friend. Most of all, a coach must be positive. A positive coach has the following traits:
- Puts Players First
- A positive coach wants to win but understands that he is an educator first. The development of his players is his top priority. He avoids thinking that the game is about himself rather than his players. He must have an unwavering commitment to what is best for the athletes.
- Develops Character and Skills
- A coach seizes upon victories and defeats as teaching moments to build on self-confidence and positive character traits such as discipline, self-motivation, self-worth, and an excitement for life. The desire to see the athlete learn and effectively improve his skill is key to an effective coaching program.

Statement of Philosophy

- Sets Realistic Goals
- He focuses on effort rather than outcome. He sets standards of continuous learning and improvement for the athletes. He encourages and inspires the athletes, regardless of their skill levels, to strive to get better without threatening them through fear, intimidation, or shame.
- Creates a Partnership with the Players
- A positive coach involves the team members in determining team rules and recognizes that communication is crucial to building effective relationships with players. He develops appropriate relationships with the players based on respect, caring, and character.
- Treasures the Game
- A positive coach feels an obligation to the sport he coaches. He loves the sport and shares that love and enjoyment with the athletes. He respects opponents, recognizing that a worthy opponent will push his team to do its best. There is not a level, where as a coach, you cease teaching the game. As long as you teach, teach in a positive manner. You will produce the best players an, ultimately, the best results.

Statement of Philosophy

- It is extremely important to develop a philosophy with the following in mind:
- Your Approach Should be Educationally Sound
- Your drills should serve a purpose and not be used merely for "killing" time. They should be structures to provide the necessary repetitions for each athlete and should be relative to the athlete's ability level.
- Your Approach Should be Appropriate for Your Players
- You may learn a lot of new offenses and defenses and they may be excellent systems, but are they suited to your players? Use an approach that is developmentally appropriate for your players.
- Your Philosophy Must be Ethical

- Coaching is much more than just following a set of principles or having a well-established program. Coaching is interaction in young people's lives. The athlete who comes into the weight room is a student, a family member, and a friend to someone. He is the same person in all areas of his life- he has a personality, ideals, character, flaws, and struggles. It is the responsibility of the coach to help his players make the right and mature decisions in all areas of their lives. He must help them develop character, discipline, self-motivation, self-worth, and an excitement for life.

- To achieve these objectives, the coach must raise the standards that the player and others around them have set. Then he must help them reach those standards by developing appropriate relationships with them based on respect, caring, and character. When character development is the foundation for your program, athletes will get the most out of their athletic experience. And when that happens, you will also get the most out of your athletes, for this is what champions are made of.

- The most successful coaches are not necessarily the ones who win the most games. Coaches who have successful experiences focus on team cohesion. The desire to see the athlete learn and improve his skill is the key to an effective coaching program. I am committed to using all of my knowledge, abilities, and resources to make each player on my team more successful. My focus is to promote an atmosphere of teamwork, mutual respect, and commitment. By achieving this we will be successful, and we will also win.

- Steve Mergelsberg Assistant coach at Rutgers University-Newark. Previously, he spent four years coaching professionally , after a four-year stint as head coach of Paterson Catholic H.S. in New Jersey. Steve has been a constant contributor to coaching journals, including articles on the triangle offense, coaching philosophies, and amoeba defenses.

Food for Thought

- If a news story were written about me I would like to be described as....
- As a coach I emphasize

Fitness Facility Safety/Inspection

■ Rules Regs

- Dress appropriate
- No horseplay
- Behavior
- Spotter/pairs
- Certified
- Food/drink
- Space Drill/setup
- Cleanliness
- Equipment
Maintained/Cleaned/Back
in Place
- First Aid/emergency plan
- Instructor

Physical Plant

equipment
max occupancy
Fire hazard
Emergency exits
Extinguishers
escape route
Ventilation
fire alarm
AED
Emergency lighting
Supervision