



Sept 26, 2018

Issue 1

## James Island Charter Athletics

### Fall Coaches

- **Get scores posted on VNN after games.**
- **Start planning banquet**
- **Stay motivated at practice**

### Winter Coaches

- **Open Season Ends Oct 24th**
- **Start preparing for tryouts**
- **Double check your schedule with opposing teams**
- **Check for malfunctioning equipment**

### Spring Coaches

- **Make sure coaches have all classes done**
- **Send AD coaches list**
- **Check scoreboards**
- **Finish up schedules**

### Importance of a Strong Coach/Athlete Relationship

A team's success is mostly measured by its season record and overall amount of victories, yet winning is only a minor part of success. Success alone does not make a team great until it is paired with effective coaching. Effective coaching runs deeper than wins and losses, it also includes reaching athletes on an individual level. Coaches who focus on positive, personal relationships with their athletes are ensuring success beyond their record on the field.

Relationships are the foundation of coaching and even though a relationship is a two-way street, it's the coach's responsibility to pursue a real relationship with their athletes. Coaches hold a place of respect and authority, but still feel reachable enough for athletes to open up and view their coach as a role model or mentor. The challenge of coaching is balancing rationale and logic along with empathy and emotional awareness. A strong coach-athlete relationship is important not only for the athlete's growth as a positive, ethical and moral person, but for the team's performance as a whole.

#### **Positive Relationship Skills**

Coaches who value and focus on effective, personal relationships with their athletes are guaranteed benefits regardless of wins and scores because they will have helped to influence positive moral and ethical behaviors. Through strong relationships and a holistic approach to coaching, young athletes will develop as people and play better as a team.

The skills that an effective coach possesses revolve around honesty and positivity. Coaches who genuinely want to connect with their athletes need to be empathetic and understanding. They must accept, support and respect their athletes as well as the people around them. They must realize that being a role model is a 24/7 job. Approachable and interested coaches will attract players, both those interested in a relationship and those who don't know if they want one.

If coaches are willing to create a relationship but are unsure how to begin, they can try a few simple methods. They can host

events outside of the athletic program, like a meal or fun activity during the weekend. It gives the athletes an opportunity to connect with their coach outside the usual relationship structure.

Another method is being available as a tutor or advisor. Before or after school, coaches can hold office hours that figuratively and literally promote an open door policy. Sometimes athletes won't respond and sometimes they will. It is really about going more than halfway and giving athletes every chance to build a possible relationship.

#### **Negative Relationship Characteristics**

The coach-athlete relationship is considered particularly crucial because of its effect on the athlete. Young athletes are susceptible to the effects of their surrounding environment and to the ideas of others, making the coach-athlete relationship critical to the development of athletes as professionals as well as sports participants. If a coach is obsessed with victory and their sole goal is winning, they may be able to reach that goal.



**"I'd say handling people is the most important thing you can do as a coach. I've found every time I've gotten into trouble with a player, it's because I wasn't talking to him enough."  
Lou Holtz,  
American Football**

However, it comes with the strong possibility of introducing ethical and professional dilemmas.

[Success without effective relationships](#) produces athletes with ability, but with no personal growth. Coaches must understand their job isn't just about physical progress, it's about setting their young athletes up for success in life. A lack of interest, remoteness, deceit and pessimism are key characteristics to avoid as a coach. Apathy and irritability set a poor example to be followed and lead to ineffective relationships.

These characteristics do not provide a healthy foundation for positive relationships, and exploit malleable minds in pursuit of victories on the field, when the real victories are found in teamwork and personal connections.

#### **Effective and Successful Coach-Team Relationships**

When an individual is strengthened, the team is strengthened. Genuine relationships between athletes and coaches generate more trust, [better communication](#) and a winning attitude. An open line of communication helps everyone be more honest with one another, which leads to stronger training, athletic progress and personal growth. Winning will become a byproduct of relationships the team and coach/coaches have created with one another.

Victories, success, winning or goals measured through num-

bers are attainable without relationships, but that has its drawbacks. Coaches become remote and distant, and players adopt a "win at any cost" attitude, characterized selfishness and poor sportsmanship. By promoting a positive competitive environment, athletes can have the opportunity for unlimited personal growth both on and off the field.

<http://nfhs.org/articles/the-importance-of-a-strong-coach-athlete-relationship/>

*People thrive on positive reinforcement. They can take only a certain amount of criticism and you may lose them altogether if you criticize them in a personal way... you can make a point without being personal. Don't insult or belittle your people. Instead of getting more out of them you will get less."*

**Bill Walsh, American Football**

## Coaching The “New Generation”



### 1. Understand Your Athlete.

- Use personality profiling to understand your athlete better.
- How does your athlete learn best? What is their learning style?
- Understand the reason behind your athlete training in your sport.
- What are your athletes goals?

### 2. Connect with Your Athlete.

- What outside interests does your athlete have? Do you have a grip on their interests?
- Know your athletes triggers? What motivates them to strive for success?
- Do your athletes feel valued?
- Do you give your athletes a role? Do you make them feel relevant?

### 3. Use varying coaching methods to keep athletes engaged.

- Use a whiteboard?
- Connect with them using smart phones?
- Allow your athletes responsibility in researching their own answers on the internet?
- Coach via different social media?
- Use statistical data to back up your views and philosophies?
- Allow athlete contributions to planning and implementing sessions?
- Use language associated with their everyday life?
- Use video analysis to show the athlete 'what' they are doing?
- Use real life examples to back up your messages?
- Use the latest in sports science with the most up-to-date technology?

Remember with the 'WHY' generation it's all about the connection and the variation. Use evidence to give reasoning behind your practicality and always be ready to answer the question Why?

In short, Generation Y wants the 4 Cs: **Character**, **Communication**, **Co-operation**, and **Competence**. They are primarily concerned with social connection, being entertained, having fun, and being presented with life-enhancing experiences (character). Their ideal coach is someone who values the exchange of ideas and creates an environment of transparency and respect for the team (communication). They want a coach who is willing to listen to their ideas and opinions, and is happy to oblige with public displays of affirmation and positive reinforcement (cooperation). And finally, Generation Y wants someone who is experienced, friendly and who will take the time to get to know them (competence).

## **This is Why We Coach**

Dear Coach,

Words cannot begin to describe the inspiring impact you have left on me, both inside and outside of the sports arena. You are an incredible role model and I am thankful that you have held me, and my team, to such high standards. Your hard work and dedication to the team have made me realize how lucky I am to have you in my life.

While you have taught me so much about this sport, you have also taught me so much more about myself. Without your guidance, I do not think I could handle a lot of the situations that life has put me through. You taught me how to have strength in moments of hardship. You taught me how to carry myself properly in situations where I could have acted immaturely. But most of all, you taught me to believe in myself. To this day, you refuse to let me accept anything less than what I set out to achieve, and I am grateful that you never allow me to give up on myself. You continue to push me to achieve my fullest potential, and because of that, I know that I will be successful.

I recognize that I have never been the easiest person to deal with and I admire your patience with me. When I make mistakes, you are never too hard on me, and at the same time you are able to express that you expect more from me. This has given me the mentality to expect more from myself and to work even harder. I use this mentality not just while playing sports, but in environments, such as academics, as well. I know that I cannot accomplish any of my goals without the right mentality and without the proper amount of effort.

Playing a sport has given me a lot of experience in working with others, but it was you who taught me effective teamwork. I have developed into a respectful leader and I know how to make decisions based on more than just what is best for me. Without this leadership quality, I would not be as ambitious and approachable among my peers.

Thank you for being someone that I can go to if I ever need to. You understand that there are some things that I feel especially comfortable approaching you about, you have never hesitated to give me advice, and you have never judged me for anything. Without your help, I could have easily gone down the wrong path and become a different person than who I am today. You are one of the reasons why I am proud of the person that I have become and I hope that rewards you as much as it rewards me. You are truly a special person to me and my family and I hope you know how thankful our entire community is for you.

<https://www.theodysseyonline.com/open-letter-the-coach-who-changed-life>

# **Thanks For All That You Do**