COACH EDUCATION NEWSLETTER

NIAAA COACH EDUCATION September 1, 2019 Edition 4, Volume 1.

Over 8.5 MILLION COURSES DELIVERED

**“Why Coach Education”**

Welcome Back,

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For many of us, life during the summer proceeds at a different pace from the rest of the year. The weather is warm (sometimes too hot) the days are long and we try to slow down and find the time to enjoy life with family and friends. If we are fortunate, we take vacation in the hope of refreshing and recharging ourselves. We may also find time to read “that book” (for pleasure) that we just couldn’t tackle during the school year or maybe complete “that project” that has been placed on the back burner all year.

And as we move into September and the jitters and excitement of the new school year (Opening Day), the pep rallies and the back to school nights come and go, Athletic Administrators can begin to focus on their #1 Goal – “Providing a safe, rewarding and enjoyable athletic experience for our students, coaches and fans”. The fall season, my favorite time of year, brings change to the surrounding countryside. As Autumn begins to change the surrounding landscape and we walk under canopies of red and yellow, amber and orange, I hope that you can find the time to truly enjoy high school sports within this beautiful setting.

To help you attain Goal #1, please take the time to remind your coaches that they are in position to impact their students, both positively and unfortunately negatively, like no other employee in your school district. To this end, I am taking the liberty, once again, to share with you several handouts that I hope you will find to be both pertinent and applicable;

1.“I Do Make a Difference”. This is the third time I am sending this out but I believe it is worth repeating once again. When I was an AD, I would disseminate it to all of my coaches each season. It speaks to the “Difference” a quality coach can make in a student’s athletic career.

2.Free NFHS Courses for your Student-Athlete. This article was originally published in the DAANJ (Directors of Athletic Administrators of New Jersey) Newsletter (2018) by Dave Suiter, NJ CE State Liaison and has since been updated.

3.Notes and Updates from Dan Schuster, NFHS Dir. Of Educational Services.

4. And for your Review I included;

A. Sectional Representative Responsibilities

B. State Liaison Responsibilities

Sometime during the fall season, treat yourself; steal a moment or two, sit in the bleachers (by yourself if possible) and enjoy high school sports for all of its joy, its beauty and its hope.

**For the CE Committee,**

**Ted D’Alessio, Ed.D, CMAA, CIC**

Colleagues,

This is an update of the letter that was sent out it the Sept. 2018 CE Newsletter.

As the school year approaches and your student-athletes begin preseason practices , we wanted to take the opportunity to remind you that the **NFHSLearn** platform is not just for your coaches – it is a resource that is available to educate other members of the administration/staff, your parents and as importantly - your student athletes.

The Learning Center provides 18 courses that are student appropriate or specifically designed for students and the best part is they are all **FREE!!!** Let us suggest a few ways to utilize these resources.

**PROACTIVE/REACTIVE SITUATION TRAINING**

It seems that the first- time many ADs and coaches use NFHS courses e.g., Appearance and Performance Enhancing Drugs and Substances, Bullying, Hazing and Inappropriate Behaviors, Hazing Prevention for Students, Social Media for Students, Sportsmanship, and Sports Nutrition) is in response to situations that arise within their programs. Each of these courses presents and reinforces important concepts and policies and can assist in dealing with negative situations hopefully before they arise.

Consider the benefit of using these courses as a proactive resource within your program to prevent these situations from occurring in the first place. During double session days, encourage your coaches to use part of their “down time” to have their players complete these courses. Many of these courses i.e., Concussion for Students, Hazing Prevention for Students, Sportsmanship, and Social Media for Students - can be completed in 25 minutes or less.

**STUDENT HEALTH PROMOTION**

Work with your certified Athletic Trainer, your School Nurse or team Doctor to develop a comprehensive Student Health Education Program using the four health related courses on the NFHSLearn platform (Appearance and Performance Enhancing Drugs and Substances, Concussion for Students, Heat Illness Prevention and Sports Nutrition). These form a solid curriculum for the development of positive student health behaviors. New this year is a course entitled: Understanding Vaping and E-Cigarettes. What a great course to be added to your health curriculum.

If you’re not ready to jump in right away, consider a simple first step – why not require Concussion for Students completion as a prerequisite to ImPact (or other baseline) assessment. Most state concussion policies/protocols require education on concussion prevention, identification and treatment for student-athletes as well as for coaches, ATCs and team medical personnel.

**LEADERSHIP TRAINING**

Four courses in the Learning Center (the Captain’s Course, Hazing Prevention for Students, Sportsmanship and Social Media for Students) could serve as the foundation for the development of student leaders in your program.

Consider requiring a portfolio containing completion certificates for some or all of these courses from any student –athlete wishing to be considered for the position of team captain/leader. We suggest that you discuss it with your Administration and Coaching staff.

**STUDENT-ATHLETE DEVELOPMENT**

Finally, the Learning Pro series on NFHSLearn (Homework Helper, Reading and Learning Strategies, Research Skills and Testing Tips) introduce and reinforce skills that are necessary for our young people to be” students first, athletes second”.

The courses are designed not just to remediate students having academic difficulty. They were developed in a way that can enhance the study and research skills of all your team members across the academic spectrum. You could also require one or more of these courses for student wising to serve as tutors within your program.

I encourage each of you to take advantage of all that the NFHSLearn.com platform offers, not only in meeting the legal duty to select and train coaches, but to enhance all aspects of the education-based athletic programs you oversee.

Have a great start of the new school year.

Yours in Sports and Sportsmanship,

David Suiter, CMAA

New Jersey Liaison to the NIAAA Coaches’ Education Committee

Ted D’Alessio, Ed.D., CMAA, CIC

Chairman NIAAA Coaches Education Committee