



How to start implementing Life of an Athlete

Code of Conduct

Bringing a code of conduct from conceptualization to implementation and enforcement based on the principles of Restorative Justice; includes strategies for fan behavior, parental issues and non-negotiable conditions for being part of an athlete team.

What NHIAA can do:

- Review school's codes of conduct/athletic handbook
- Conduct policy meeting with school administration
- Present LOA suggestions to school board

What the school can do:

- Send NHIAA school code of conduct/athletic handbook for review
- Schedule policy meeting with NHIAA
- Form a policy review committee
- Adapt LOA policies into school policies

Pre-Season Meeting

Establishing mandatory seasonal meetings for parents and athletes to discuss conditions for involvement, expectations, philosophy, and what it means to be an athlete

What NHIAA can do:

- Give overview presentation at pre-season meeting
- Provide tools and ideas to implement an effective pre-season meeting

What the school can do:

- Conduct pre-season meeting for athletes and parents
- Include messages of living a healthy lifestyle and avoiding Alcohol, Tobacco and other Drugs
- Have student leaders present

Training for Coaches

Training all coaches at all levels to understand and promote positive lifestyle choices among athletes, including workshops on how to send a message to the team and use student leaders to monitor team dynamics

What NHIAA can do:

- Hold state-wide training to educate coaches
- Include break-out brainstorming session for coaches at youth trainings

What the school can do:

- Educate and inform coaches about positive lifestyle choices
- Educate coaches on positive role model behaviors
- Hand out Coach's Playbooks
- Assess coach performance
- Encourage coaches to:
 - Use 5 C's document to choose team leaders
 - Incorporate LOA messages at practices and games
 - React if they see/smell something suspicious



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Youth Leadership

Identifying and developing student team leaders who assist the coach in improving athletic performance and team unity through the promotion of positive lifestyle choices.

What NHIAA can do:

- Hold state-wide training for Student Leaders
- Hold local trainings for students at individual high schools
- Hold regional trainings for students in an area
- Facilitate student leadership committee
- Facilitate buy-in/work for ambassadors
- Take 45 students from across the state to the NE student leadership conference

What the school can do:

- Continue promoting the messages about positive lifestyle choices at their school
- Use 5 Cs to choose leaders/captains
- Have captains hold team meetings to spread messages of anything they learned at these trainings
- Encourage students to follow LOA social media channels and be active on the sites
- Incentivize participation in mentoring younger athletes

Stakeholder Unity:

Ensuring all members of the community take a stake in increasing lifestyle choices among youth:

What NHIAA can do:

- Connect school with local prevention organizations that may be good resources for students
- Present to local groups
- Make materials available for presentations
- Conduct a state-wide marketing campaign to include social and traditional media
- Make web-based trainings available to member schools for no cost

What the school/community can do:

- Use the web-based trainings for parents/guardians that can't make the pre-season meeting
- Use the local LoA branding
- Empower youth leaders to conduct local presentation
- Encourage local restaurants to offer healthy choice food varieties for athletes