

LIFE OF AN ATHLETE NEW HAMPSHIRE

TRAINING FOR COACHES CURRICULUM

OBJECTIVE

Coaches will use this curriculum to increase healthy lifestyle choices among athletes by increasing exposure to messages about the impact of lifestyle choices (sleep, nutrition, alcohol and other drugs) on athletic performance, leadership skills, team dynamics, and the consequences for not adhering to the athletic or co-curricular Code of Conduct, and a shared commitment by the team to make healthy choices.

TOTAL TIME

- **Pre-Season Prep**
Coach
(5-90 minutes)
- **Establishing Team Dynamics**
Coach
(12-30 minutes)
Student Leaders
(40-80 minutes)
Athletic Director or Designee
(30-60 minutes)
- **Addressing a violation:**
Coach
(10-105 minutes)

MATERIALS

Coaches Playbook
Captains Guide
Powerback Diet

METHOD

- **Pre-Season Prep**

Model Healthy Behavior

Using the Coaches Playbook, model the behavior desired by the team. Don't glorify unhealthy choices by joking around about them and then saying not to do it with a wink. Promote healthy choices when opportunities arise with team.

Choose Team Leaders

Find out who is interested in being a leader on the team. Use the for Assessing Student Leaders to assess and select your team leaders.

(5 minutes per applicant)

Train Team Leaders

Meet with Team Leaders to review the Captain's Guide, Powerback Diet, Job Description and Team Dynamics Develop a plan for addressing issues with the team

(Coach or Athletic Director 60 minutes)

- **Establishing Team Dynamics**

Weekly Meetings

Have Team Leaders attend weekly Student Athlete Leadership Team or Council (SALT or SALC)

(Athletic Director or Designee 30-60 minutes)

Pre-weekend/event messaging

Find time (right before practice, during stretching, right after practice...etc.) to use the information found in the Coaches Playbook and Powerback Diet, discuss the impact of lifestyle choices (sleep, nutrition, alcohol and other drugs) on athletic performance with the team. Remind them not to give up all the hard work they've put in during practice and to plan healthy, fun activities.

(Coach 5 minutes)

Captains Meetings with Team

Using information found in the Captains Guide, leave team



5Cs for Assessing Student Leaders
Team Leader Job Description
Web-trainings

leaders in charge for follow up discussion without adults present.
(Team Leaders 5-10 minutes)
(Total Time: 10-15 minutes)

PREPERATION

Coaches implementing Life of an Athlete with their teams should receive training on the impact of lifestyle choices on athletic performance through annual state-wide training, local trainings or web-based training found at loanh.org

Post-weekend/event messaging

Observe behavior of everyone on the team. Discuss any potential issues with the Team Leaders.
(Coach 2-20 minutes)

Captains Meetings with Team

Using information found in the Captains Guide, leave Team Leaders in charge to discuss how things went over the weekend.
(Team Leaders 5-10 minutes)
(Total Time: 7-30 minutes)

Address Behaviors of Concern

As needed; when there is a suspected or confirmed violation of the Code of Conduct discuss the violation with the student athlete. Encourage them to turn themselves in to the Athletic Director, but ultimately inform them about the obligation coaches have to report a violation.
(Coach 5-90 minutes)

➤ **Addressing a Violation**

Enforce the Code of Conduct

Once administration determines there was a violation, it is up to the Coach to uphold the decision. Below are some key points from Life of an Athlete, ultimately local policy presides

- During a suspension, the student athlete should practice, play, attend games, but not suit up.
- Prior to returning to play, have the student athlete address their team, apologize for having not been there for competitions(s) and ask for support in making choices in the future.

(Coach 5-15 minutes)

- When there is a violation related to alcohol, tobacco and/or other drugs require the student athlete and their parent/guardian complete free web-based training on the impact of lifestyle choices on performance found at loanh.org

(Student Athlete and Parent/Guardian 30 minutes)

(Total time 35-45 minutes)

All materials can be found at loanh.org