

**COACHES LIFE OF AN ATHLETE (LoA) TASK LIST**

Name	
School	
Sport	
Gender	
Year	

STEPS	Completed	Not Completed	Comment
Attended annual Coaches Training hosted by New Hampshire Interscholastic Athletic Association (NHIAA)			
Incorporated Life of an Athlete (LoA) by covering the following topics each week: <ul style="list-style-type: none"> <li>• Using Team Dynamics to productively confront behaviors of concern when an issue became apparent</li> <li>• Mentoring younger athletes</li> <li>• Modeling healthy behaviors</li> <li>• Administered pre-post student survey each season</li> </ul>			