



LIFE OF AN ATHLETE NEW HAMPSHIRE

PRE-SEASON MEETING CURRICULUM

OBJECTIVE

Participants will obtain an increased understanding of the impact of lifestyle choices (sleep, nutrition, alcohol, tobacco, and other drugs) have on athletic performance, communication methods, and expectations for fan behavior.

TOTAL TIME

(75-120 minutes)

MATERIALS

Agenda
 Registration List
 PPT
 LCD projector, screen, speakers
 Web Modules
 Evaluation
Optional:
 Dinner, appetizers, or dessert

PREPERATION

Arrange for speakers (live and pre-recorded)

 Send invitation to parents, Administration, Coaches, School Board

METHOD

Registration:

Welcome attendees as they enter, sign them in and direct them to where the presentation will take place.

(Athletic Director or designee 15-30 minutes)

Conduct Large meetings for all attendees

This will include Welcome and Introduction, overview of requirements to play, communication methods, rules, medical information, the impact of lifestyle choices (sleep, nutrition, alcohol, tobacco, and other drugs) on performance.

(Athletic Director, Student Athletes, Parents and/or other designee(s) 45-60 minutes)

Direct attendees to break out sessions with coaches.

This will include an overview of schedule, expectations for communication, etc.

(Coach 15-30 minutes)

Optional:

- Conduct a raffle to waive the fee to participate for the season prior to the coaches break out session
- Meal/Snacks
- Set up a communication system such as "Remind 101" that sends blast text/email messages to parents and athletes for notifications
- Have student leaders create PSA to show to parents
- Bring in motivational speaker
- Have athletic trainer or nurse speak about concussions, injuries, and waivers for participating in athletics
- Invite superintendent, school board members
- Have a computer lab available to sign up for family ID, Concussion Testing