



# ENGAGING COACHES

## *Steps for Athletic Director or LoA Designee<sup>1</sup> to Engage Coaches*

### **STEP 1: RECRUIT COACHES TO BE CHAMPIONS**

Assess coaching staff and choose representatives to attend based on the following characteristics:

- Respect of peers
- Relationship with Athletic Director
- Student athletes' perception of coach as a role model
- Commitment to healthy lifestyles

### **STEP 2: TRAIN COACHES**

Send coaches to NHIAA annual training to learn about:

- Impact of lifestyle on performance
- Importance of being a positive role model
- Methods to positively confront behaviors of concern
- Process of utilizing the restorative justice model
- Tips to build and maintain teamwork and team unity

### **STEP 3: CONDUCT TRAINING**

Incorporate the content from NHIAA training into regular meetings with coaches including education and brainstorming on:

- Codes of Conduct
- Modeling healthy behavior
- Pre- and post-weekend messaging
- Addressing behaviors of concern

### **STEP 4: SEND YOUTH LEADERS TO STATE-LEVEL CONFERENCE**

Work to continuously improve the program by:

- Asking for and listening to coaches' feedback on Life of an Athlete (LoA)
- Asking for and listening to youth feedback on LoA
- Communicating feedback to the NHIAA

<sup>1</sup>LoA designee is a person appointed by the Athletic Director, Principal, Superintendent and/or School Board to act as an advisor to oversee implementation of the program