



# PRE-SEASON MEETING

## *Common Challenges and Solutions to Conducting Pre-Season Meetings*

**⚠ CHALLENGE:** I get very low attendance at my pre-season meeting(s).

**✓ PROPOSED SOLUTIONS:**

- Make meetings mandatory and offer an alternative for those who can not attend.
- Incentivize meetings with food.

**⚠ CHALLENGE:** I'm not sure where to start, when to schedule the meeting, and other logistics.

**✓ PROPOSED SOLUTIONS:**

- Schedule the meeting within the first week of practice.
- Avoid scheduling the meeting during other popular dates (compare dates and other schedules in community).
- Contact NHIAA/Life of an Athlete (LoA) to brainstorm ways to implement a pre-season meeting.
- Use Pre-Season Meeting Agenda template on the LoA website at [www.loanh.org](http://www.loanh.org).

**⚠ CHALLENGE:** I am not sure how to make sure all of my coaches use consistent messaging.

**✓ PROPOSED SOLUTION:**

- Prep all coaches and provide uniform speaking points for them that are easy to follow, by using LoA material provided on [www.loanh.org](http://www.loanh.org).

**⚠ CHALLENGE:** I get a lot of pushback from parents regarding the messages on lifestyles and the codes of conduct.

**✓ PROPOSED SOLUTIONS:**

- Emphasize “why” we are implementing this program:
  - To create a healthy environment for students
  - To empower students to make healthy choices
  - To empower students to lead in a positive direction
- Hand out educational materials during pre-season meetings and other meetings when parents may be involved.
- Use youth to present (either at the meeting or a pre-recorded video) on:
  - The impact of lifestyle choices on performance
  - The items parents/guardians and athletes are agreeing to by signing the codes of conduct