



# GETTING STARTED

## *Roles and Responsibilities*

The implementation of Life of an Athlete (LoA) as a statewide initiative in New Hampshire is coordinated by the NHIAA. The role of the NHIAA is to provide resources for participating schools and to facilitate high fidelity program implementation through training and technical assistance. The information below outlines the role of the NHIAA or coordinating entity and the school's role for each component of LoA.



### Student Leadership

The activities in the Student Leadership component of the program are designed to identify and develop student team leaders who assist the coach in improving athletic performance and team unity through the promotion of positive lifestyle choices.

#### THE ROLE OF NHIAA



- Hold statewide training for youth leaders
- Hold local trainings for students at individual high schools
- Hold regional trainings for students
- Facilitate a statewide student leadership committee
- Provide guidance for student ambassadors to support prevention initiatives that can be implemented locally
- Take students from across the state to the New England Student Leadership Conference

#### THE ROLE OF THE SCHOOL



- Promote messages about positive lifestyle choices at their school
- Use the 5 C's of an Effective Leader document to choose youth leaders/team captains (see [www.loanh.org/for-coaches-and-athletic-directors/student-leadership/](http://www.loanh.org/for-coaches-and-athletic-directors/student-leadership/))
- Hold weekly Student Athlete Leadership Team (SALT) or Student Athlete Leadership Council (SALC) meeting
- Encourage team captains to hold team meetings to share knowledge gained at training
- Encourage students to follow LoA social media channels and be active on the site
- Incentivize participation in mentoring younger athletes



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### Engaging Coaches

Train coaches at all levels to understand and promote positive lifestyle choices among athletes, include workshops on how to communicate to the team and utilize youth leaders to monitor team dynamics.

#### THE ROLE OF NHIAA



- Hold statewide trainings for coaches on lifestyle choices, modeling healthy behaviors and incorporating LoA messaging into regular discussions with the team
- Include brainstorming session for coaches at student leadership training to discuss team dynamics, leadership roles, modeling healthy behavior and promoting healthy messages to the team and throughout the school community

#### THE ROLE OF THE SCHOOL



- Educate and inform coaches about positive lifestyle choices
- Educate coaches on positive role model behaviors
- Distribute Coaches Playbook
- Assess coach performance
- Encourage coaches to:
  - Use the 5 C's of an Effective Leader document to choose team leaders
  - Incorporate LoA messages at practice and games
  - Positively confront behaviors of concern



### Pre-Season Meetings

Conduct seasonal meetings for parents and athletes to discuss conditions for involvement, expectations, philosophy, and what it means to be an athlete.

#### THE ROLE OF NHIAA



- Give LoA overview presentation at pre-season meeting to educate parents, and athletes about the impact of lifestyle choices on performance
- Provide tools and ideas to implement an effective pre-season meeting

#### THE ROLE OF THE SCHOOL



- Conduct pre-season meeting for athletes and parents
- Include messages of living healthy lifestyle and avoiding alcohol, tobacco and other drugs (ATOD)
- Have youth leaders present information on the policies and the impact of lifestyle choices on performance



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### Codes of Conduct

Bring a code of conduct from conceptualization to implementation and enforcement based on the principles of restorative justice; includes strategies for fan behavior, parental issues, and non-negotiable conditions for being part of an athletic team.

#### THE ROLE OF NHIAA



- Review school's codes of conduct/athletic handbook
- Conduct policy meeting with school administration
- Present policy recommendations to school boards

#### THE ROLE OF THE SCHOOL



- Send NHIAA the most current school code of conduct/athletic handbook for review
- Schedule a policy meeting with NHIAA
- Form a policy review committee
- Adopt LoA policies into school policies



### Stakeholder Unity

Ensure all members of the community take a stake in increasing positive lifestyle choices among youth.

#### THE ROLE OF NHIAA



- Connect school with local prevention organizations that may be good resources for students
- Present to local community groups on potential involvement with LoA in their community
- Provide materials for presentations that local stakeholders can use to present to groups in their community
- Conduct a statewide marketing campaign to include social and traditional media
- Provide web-based trainings to member schools for no cost

#### THE ROLE OF THE SCHOOL



- Use the web-based trainings as an alternative for parents/guardians who cannot attend the pre-season meeting
- Use local LoA branding to promote healthy lifestyle
- Empower youth leaders to conduct local presentations to build support for the program among stakeholders
- Encourage local restaurants to offer healthy choice food varieties for athletes