



CONTENT OPTIONS – ONE HOUR EACH

COACHES IN-SERVICE:

Life Lessons – Competitive Character Traits

Have standards, not rules. The clearer behavioral standards are defined, the better chance athletes will rise to them. In order for individual athletes and teams to reach their potential they must have clearly identified expectations for team behaviors. This presentation clearly defines the following characteristics in athletic, age appropriate terms; Discipline, Teachable Spirit, Mental Toughness, Accountability, Integrity, Selflessness, Pride and Humility.

Additional Support Materials Available:

Booklets – [Life Lessons](#) and [Compete](#)

DVD – [Life Lessons – Competitive Character Traits](#)

The Power of Your Words

A coach's words can either be encouraging or destructive. This presentation is a step-by-step method for working with challenging behaviors, for changing attitudes and developing mutual respect.

Support Materials:

Booklet – [Teach Attitude First, Working with Challenging Athletes](#)

DVD – [The Power of your Words](#)

The Impact of Trust

When athletes trust their coaches and when teams trust each other it has a tremendous impact on performance. What allows someone to be trusted? How can coaches improve the level of individual and team trust? What cause coaches to be distrusted and how does that impact performance? When trust is present, teams have a much better chance of reaching potential.

Additional Support Materials Available:

Booklet – [The Impact of Trust](#)

DVD – [The Impact of Trust](#)

Playing with Confidence

Understand what true confidence looks and feels like. What are you worried about? Discover the competitor's mindset. Earn the right to be confident. Be at your best when your best is needed. Without the guts to take a chance, you can't play. Learn to fight another round. Take action and develop a plan of attack. If you hang with dogs, you end up with fleas. Be an active participant in your own rescue. Release to your best self.

Additional Support Materials Available:

Booklet – [Playing With Confidence](#)

First Steps to Successful Teams

Establishing Core Covenants and Building Your Inner Circle This presentation is an in-depth look at the first things that must be done when building a team – Guiding Principles (establishing Core Covenants, an identity and vision with actions) and Pride (establishing an inner circle based upon shared joy).

Additional Support Materials Available:

Booklet – [First Steps to Successful Teams, Core Covenants](#)

Book – [Proactive Leadership, Empowering Team Leaders](#)

PARENT PRESENTATIONS:

The Role of Parents in Athletics

A straightforward message from athletes to their parents about how adults can help their athletic performance, create good memories and demonstrate respect from the perspective of young people.

Additional Support Materials Available:

Booklet – [The Role of Parents in Athletics](#)

DVD – [The Role of Parents](#)

DVD – [Empowering Messages for Parents](#)

The Recruiting Process – An Unbiased Perspective

Landscape: At look at the NCAA Division I, II and III levels as well at the NAIA, NJCAA, CIS and other organizations that sponsor intercollegiate athletics. 2) Opportunities: How many athletes really go from high school to college to play and what are the scholarships available at each of the levels. What sports and what type of colleges are looking for student-athletes. 3) Requirements: What do you need to have academically to play at each of the levels. What is a clearinghouse/eligibility center? When should I get started in the process? 4) Recruiting Process: Who can talk to me and when and when can I talk to them? Should I recruit the coach? Getting noticed? Do I need a recruiting service? Red Flags in the process.