

COACH EDUCATION NEWSLETTER

NIAAA COACH EDUCATION

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Over 8 MILLION COURSES DELIVERED

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Greetings from the Midwest,

We are ready to start our Spring sports season here in Nebraska but Mother Nature has played a HUGE role so far. Just a few days ago the western half of the state was dealing with a blizzard while the eastern half of the state was dealing with melting snow and ice jams which ultimately caused a historic flooding episode which our Governor stated that it is the worst flood in at least 50-years. At this point, playing a game (or even getting outside to practice) pales in comparison to what is happening here in Nebraska. Entire towns under water, mandatory evacuations taking place and farmers and ranchers losing livestock. Absolutely horrible!

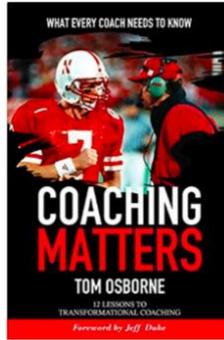
The good that has come from this is how people here in Nebraska "come together" to help each other out. Just a couple of examples is a small town about 70 miles northeast of where I live let school out and staff and students came together to help save the businesses by placing sandbags in front of businesses in their downtown. Another school in our conference had many of their student-athletes come together to help fill sandbags, load them in trailers/trucks and help place them in attempts to help families and business owners.

This is what is amazing about the people in Nebraska and I am sure in your part of the world. People helping people! Now is the time that Athletic Directors and Coaches can use their role, as leaders in sport, to teach a huge life lesson to their student-athletes. This is true teamwork. Student-athletes coming together to do something great for their towns and neighbors. Community service is providing a service to your own community to make an impact in a positive way is probably the most important lesson that we can teach the members of our teams. We can turn a negative (or bad) situation into a positive (or good) situation by looking out for others.

BOOK OF THE MONTH

I really love to find "the right book" and sit down and read. I want to share a book with you that I think you can use to help coaches see the bigger picture of coaching. I had the opportunity to present at the National AD Conference this year with our topic of "Training Coaches for Excellence". A part of my

Presentation involved information about a book that I had come across back in July at the Nebraska Coaches Association Coaching Clinics that we host in the school where I work as an Athletic Director. The name of the book is ***Coaching Matters*** 12 Lessons to Transformational Coaching.



What I like about this book (besides I am a little partial as it was put together by Coach Tom Osborne) is that it directly relates to 3-D Coaching. Actually, the forward was written by Dr. Jeff Duke who is very influential in 3-D Coaching.

Coaching Matters is published by Cross Training Publishing and I picked it up from Fellowship of Christian Athletes. The chapters are very relevant to what Coaches and Athletic Directors deal with on a daily basis. This is not a book that you are going to read for pure enjoyment but it is a book that can be used to help a struggling coach. This is a great opportunity to bring this information as a Professional Development opportunity in your annual coaches meetings or it can be used as an intervention for a coach who may be struggling.

1. Mentoring Matters
2. Integrity Matters
3. Consistency Matters
4. Language Matters
5. Values Matter
6. Dealing with Adversity Matters
7. Work Ethic Matters
8. Spirituality Matters
9. Loyalty Matters
10. Unity Matters
11. Vision Matters
12. Leadership Matters

There are study questions at the end of each chapter that help guide a conversation in a group or individual setting. The study questions also come in a Faith-Based Format if that is something that you want to bring forth in your building and coaching staff. There is a DVD that provides information that goes right along with each of the Chapters.

It is a great book and by using it will provide a great opportunity to have a positive impact on the coaches under your guidance. Professional Development at its finest!



Educational Services Newsletter

www.nfhslearn.com

Notes from Dan

The Parent Seat

In response to growing demand from the membership, the Educational Services team has put together a video for use at parent meetings by coaches at all levels. This **VIDEO** is available free of charge to coaches via the [Learning Center](#), and the new NFHS Learning Center area within [My Groups](#) (*See below!*). If you have any issues viewing or downloading this video, contact [Jerrod Richards](#).

New to NFHS Learn

Coaching Football (Revision)

This course provides a student-centered curriculum of essential football coaching techniques and methods for interscholastic teacher/coaches. It provides demonstration and teaching tips for each offensive and defensive position and shares practical methods for increasing student participation through effective feedback and stress reduction. Coaches who complete this course receive a one-year membership to USA Football that includes \$1 million of general liability insurance.

Coming soon to NFHS Learn

Teaching Sports Skills (Revision)

Revised for 2019, Teaching Sports Skills provides [today's](#) teacher/coach with valuable information for coaches working to be the best they can be. Coaches of all sports and activities can use this course to better understand their players, participants and training methods. This course is also required for both the AIC and CIC certifications on www.nfhslearn.com.

Course of the Month

Student Mental Health and Suicide Prevention

It's widely known that stress, anxiety and depression create challenges for both society and individuals, including interscholastic students. And severe conditions can lead to the worst outcomes, such as suicide. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources for anyone responsible for the care and well-being of young people.

Useful Stuff

My Groups

All state association staff members have been added to the NFHS Learning Center group within "My Groups" on NFHS.org. Within the group there are promotional videos and state-specific promotional materials, including the new "Parent Seat" video co-branded with your state association logo and the NFHS logo. We are very excited about these new materials and we hope you find them valuable. As always, if you have any feedback, please let us know!

If you run into any issues or would like to update your state association logo, contact [Jerrod Richards](#).

This newsletter is currently being sent to our list of "Education Liaisons" as well as individuals who have served on the Education Committee. Should someone else receive this newsletter? Do you want to spread the news about NFHSLearn? Contact us and we'll add them to the list!

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I hope that your spring sport seasons get off to a great start and you are able to provide meaningful sport opportunities for the student-athletes and coaches in your school district's. Let's keep fighting the good fight and provide the best Education-Based Extracurricular program that we can.

Kevin Simmerman, CMAA (Section 5)

A coach will impact more people
in one year than the average
person will in an entire lifetime.

Billy Graham