

National Federation of State High School Associations Fundamentals of Coaching Class

- The NCHSAA has chosen to do the blended version of this class. Blended means part of the class is taught by an instructor (3-4 hours) and the remainder is done online (6-8 hours).
- Coaches work with students rather than student-athletes. Interscholastic athletics is about learning through participation and using athletics as an extension of the classroom. The philosophy is “Student First-Athlete Second.”
- The primary purpose of interscholastic athletics is the “Promotion of Learning.” The teachable moments and lessons learned on the playing field are vital to the overall development of each individual.
- Top five educational outcomes are (1) promotion of learning, and the development of (2) life skills, (3) healthy lifestyle, (4) sportsmanship, and (5) citizenship. (See WCPSS Athletic Mission)
- The course places emphasis on how interscholastic athletics becomes a part of the educational process.
- The role of the teacher/coach reaches far beyond the ability to teach sport skills. The lessons taught will impact student lives after athletics has ended.
- The student-centered coaching philosophy’s goal is the positive development of each student.
- The place of winning: (1) Win with class, lose with dignity (2) Winning at the high school level is a pleasant by-product of what a teacher/coach should be doing which is developing young people to be good citizens. (3) Winning and losing provide teachable moments that a teacher/coach can use to teach important life lessons. (4) Teach your students to compete and try to win. (5) The striving and total investment in the process of winning is crucial to being a successful interscholastic coach.
- When winning becomes the only way an individual or program can feel successful it sets the stage for moral and ethical challenges – “if winning is everything, then an individual will do anything to win.”
- Teacher/coach responsibilities include:
 - Organization and management.
 - Health and well-being of students.
 - How interpersonal skills impact the student experience and athletic performance.
 - Developing an effective training program for students.
 - Understanding the role of the teacher/coach in the learning process.

Here are some questions to consider:

Are you concerned about interscholastic athletics (7th-12 grades)?

What is your coaching philosophy?

What is the primary purpose of interscholastic athletics?

Why do you coach?

What do middle and high school athletes want out of a coach?

What are some educational outcomes of interscholastic athletics?

How can interscholastic athletics become a part of the educational process?

What is the role of a coach?

Where does the student-athlete fit into your concept of interscholastic athletics?

Where does winning fit in? Is winning put in the proper perspective?

Is there a difference between interscholastic, college, and professional athletics with regards to winning?

Do you have an emergency action plan?

What are the inherent risks of coaching?

What are your job responsibilities?

Are you a good organizer, manager, first aid provider, academic advisor, etc?

Are you knowledgeable with eligibility rules (age, attendance, # of semesters, transfer/residency)?

How is your relationship with student-athletes, parents, administrators, assistant coaches, and other coaches?

The above questions are what the first two units of the class cover. The last three units done online help coaches understand how interpersonal skills impact students and their athletic performance, help coaches develop an effective training program for students, and help coaches understand the role of the coach in the learning process.