

Developing Effective Professional Development Sessions for Coaches

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Goals of our session

- Laying the foundation for mission/vision statements coinciding with professional development
- How to present professional development to coaches - both in building and out of building
- Share examples of what has worked for us
- Collaborate and identify what is working for everyone in this room



Ice Breaker

Give me one word that describes professional development for you.



Purpose of Professional Development

John Maxwell believes professional development is a continuous, lifelong process where leaders should actively seek out new knowledge, refine their skills, and embrace a *growth mindset*, essentially viewing leadership as a journey of constant learning and improvement, with a strong emphasis on developing others to multiply impact rather than just developing oneself.



Challenges of Professional Development

Time

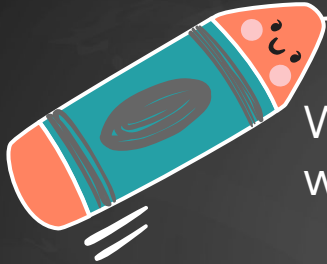
Voluntary vs Voluntold

Buy-in vs Believe In

Focus on them - - - what do they need.



WHAT IS OUR WHY?!?!



What is OUR Why? As an Athletic Department, why do we do what we do?

- In your groups, create a WHY statement for the Athletic Department. (10 mins.)
- As a group, we will decide what our WHY statement will be and that will be the our Mission Statement for the Athletic Department.

Sample Statement - To Inspire people to do things that inspire them so that together we can change the world.

ATHLETIC DEPARTMENT MISSION STATEMENT

DUNBAR ATHLETICS

MISSION STATEMENT

**Building Better Minds and
Scholar-Athletes to Effect
Positive Change Within
The Dunbar Community
and Beyond.**



#PPO3



Canvas with Coaches

Welcome to the Stagg Head Coaches Leadership Cohort!

This cohort is designed for new(er) head coaches to help you develop your leadership skills as you start as a new Head Coach for one of our athletic programs. We are opening it to all coaches as we are in a state of continual growth, so we may have some veteran coaches join us as well.

- 1. Develop Leadership Skills**
- 2. Foster Collaborative Relationships**
- 3. Promote Self-Awareness and Personal Growth**
- 4. Enhance Communication Skills**
- 5. Cultivate Strategic Thinking and Vision**
- 6. Increase Problem-Solving Abilities**
- 7. Inspire and Motivate Teams**
- 8. Implement Effective Change Management Strategies**
- 9. Develop Ethical Leadership Practices**
- 10. Establish a Vision and Mission for Leadership Development**



Canvas with Coaches – Book Study Example

This journey will have 2 in-person meetings (beginning and end) along with asynchronous work. There will be 4 modules of asynchronous work (2-3 prompts per module) in which you will be required to respond to each prompt. You are also required to respond to a minimum of one other person. The prompts are for self-reflection. Each module will open when the prior module has closed. You will also need to get the book on your own (or the audible version is very good too). Below is the timeline for our book study.

Kickoff: March 6, 8:30am for all staff interested - room 302

Rules 1-3: 3/6-3/20 (asynchronous)

Rules 4-6: 3/21-4/10 (asynchronous)

Rules 7-8: 4/11-4/24 (asynchronous)

Rules 9-10: 4/25-5/15 (asynchronous)

Culminating Activity: 5/16-5/28 (Asynchronous) - will be shared at the Tues 5/28 meeting, 8:15am-9:15am (Room 605)

If at any time, you have issues with Canvas, please let Shannan or Jen know. This is the first time we have used this platform for this type of activity so we will be learning together! For PD hours, you get one hour for attending the kick off meeting and culminating activity, along with 2 hours per module (providing you answer the prompt and also respond to another person).



Canvas with Coaches – Reflection Examples



Sep 16 1:02pm | Last reply Oct 2 8:56pm



When we are aware of the complaints, I think it's important to address them. For instance, we recently were at a race, and it was very hot. Many of the runners were complaining that they weren't going to do well, because of the heat. We talked about it, acknowledging that everyone competing was running in the same heat and that it was something we couldn't control. What we could control was mindset and effort. I also think being positive and acknowledging effort helps to tune out the complainers. It's hard to do this sometimes, because at least personally, I often want to lash out at the complainers, but I think it's more effective to acknowledge and reward the positive people and things that are happening during the complaining.

Hide 4 Replies, 1 Unread | Reply | 1 Like | Mark as Unread



Sep 17 7:41am



Great point! I think it is especially important to point out to our athletes that complain about the uncontrollable situations that most times all the athletes and teams are dealing with the same circumstances. Our frame of mind in those situations give us an advantage if we focus on the right things.

Reply | 1 Like | Mark as Unread



Sep 27 7:36am



I agree, that we are always going to encounter complainers. It is so easy to complain about a situation, especially when we underperform. Staying positive and having a growth mindset can transform the complaints into learning moments that can be part of a solution rather than just a problem.

Reply | 1 Like | Mark as Unread



Monthly PD Newsletter

The Charger Way PD Series

Welcome to The Charger Way PD Series! The goal is to share ideas amongst the group to grow in coaching and leadership skills. These will include books, articles, podcasts, etc.. that we have come across that we feel are beneficial to grow as a leader and coach. If you find something that you would like to share with the group, please send it to me as well. This is what it's all about -sharing ideas and growing each other! We become stronger by working and learning from one another.



Monthly PD Newsletter

November 2024



April 2022



Monthly PD Newsletter – Example

Negligence Court Case

Legal case study that outlines a legal case and the "Fourteen Legal Duties" that apply to that case. This month's case focuses on the essential duties of "Planning, Supervision, and Selection of Coaches." Please take a moment today to read the [judgment summary](#) on Cross v. Wood County Schools. This was a case out of West Virginia in 2014. As you read the summary, think of your programs and ways to prevent such an incident from happening on your campus. Remember, this is not to scare you but to allow us to learn from others' experiences. I urge you to be intentional as you read and look for areas within your program to use this information to ensure a safe environment.

Article - *"The 10 Mental Performance Skills Every Athlete Must Master for Peak Performance", by Brian Cain, CMAA*

Podcast

210 From Good to Great | Dave Brandt & Dr. Mike Zigarelli, Messiah College Soccer Program

Coaching Culture Podcast

7 Principles of Great Team Culture - Messiah's "Secret Ingredient" - The Key to Consistent Leadership Dr. Mike Zigarelli Professor of Leadership at Messiah College & Coach Dave Brandt (7 x National Champion) talk about how Coach Brandt facilitated the rise of Messiah college soccer to perennial National Champions.

- Listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/coaching-culture/id1286560192?i=1000535902845>

I also read the book "The Messiah Method". Very good!



Deep Dive of Transcripts & Grades

WHY A DEEP DIVE O TRANSCRIPTS & GRADES

- FOR THOSE COACHES THAT ARE NOT TEACHERS AND DO NOT HAVE ACCESS TO TRANSCRIPTS & REPORT CARDS.
- THEY NEED TO UNDERSTAND AND SEE WHAT I SEE WHEN I CHECK GRADES
- GIVE THEM THE POWER AND KNOWLEDGE TO HAVE REAL AND HONEST CONVERSATIONS WITH STUDENT-ATHLETES ABOUT GRADES AND ACADEMIC FUTURE

PROMOTION POLICY

IN ORDER TO BE PROMOTED FROM 9TH GRADE TO 10TH GRADE THE FOLLOWING SPECIFIGS MUST BE MET:

- MUST PASS ENGLISH I
- MUST PASS ALGEBRA I
- MUST HAVE SUCCESSFULLY EARNED A TOTAL OF 5 CREDITS

TYPICAL 9TH GRADE COURSES & CREDITS AT DUNBAR:

ENGLISH I:	1 CREDIT
ALGEBRA I:	1 CREDIT
US HISTORY:	1 CREDIT
BIOLOGY:	1 CREDIT
FINE ART:	1 CREDIT
HEALTH ED I:	0.5 CREDIT
PE FITNESS:	0.5 CREDIT
TOTAL CREDITS POSSIBLE:	6 CREDITS

FROM 9TH TO 10TH GRADE

LETS DIVE!!!!

Each table has 4 transcripts. After looking at each transcript, as a group respond to these questions:

- Is this student on track to graduate?
- Is this student on track to get an athletic scholarship?
- What plan would you put in place for each student-athlete to:
 - Graduate and attend college?
 - Graduate and have the opportunity to get an athletic scholarship?

SHARE!!!!

Light and Lemons

Light, Lemon, and Lift Exercise

Thank you to Coach Danielle Latorre who shared with me an exercise she does with her athletes!

Light: Name something positive that is happening or that you are proud of

Lemon: something that is bothering you, making you anxious, nervous, sad, angry - any of the negative feelings

Lift: Throw out a compliment to someone on the team

Please share your light, lemon and lift.



Questions and Answers

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