



Guiding Coaches Through Adversity

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Presenters

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What is Adversity?





What is Adversity?

“A state or instance of serious or continued difficulty or misfortune.”

Merriam-Webster





What Types of Adversity Do Coaches Face?

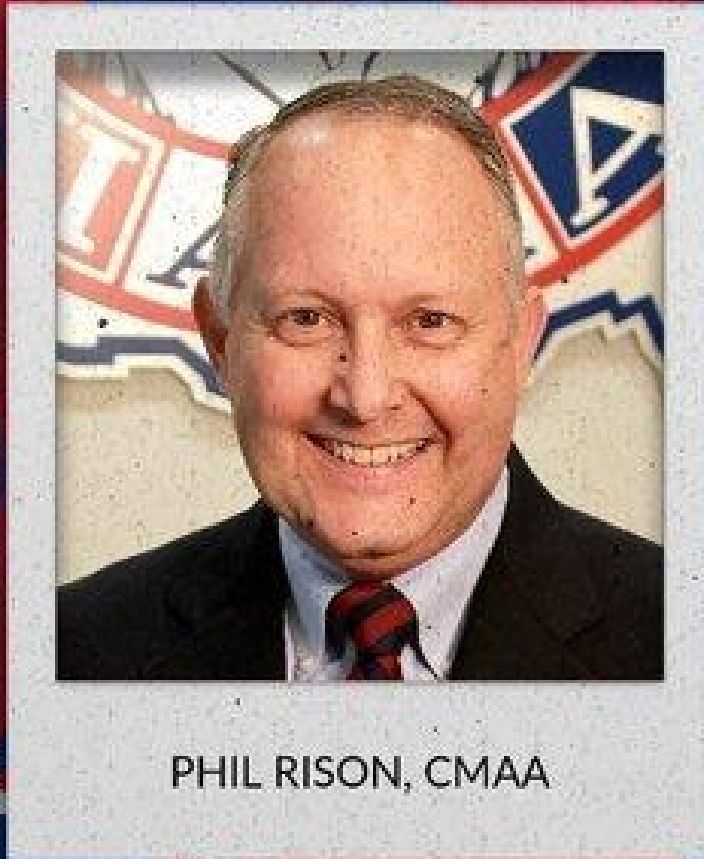




What Types of Adversity Do Coaches Face?

- Students
- Parents
- Community
- Social Media
- Youth Programs
- Burnout
- Work/life/coaching balance





PHIL RISON, CMAA

“

PHIL-UP FRIDAY

When walking through adversity,
don't forget that the refinement
taking place is preparing you for
future assignments.

”





Leading Coaches Through Adversity and Challenges





Empathy vs Sympathy





Facts About Adversity in Athletics

- Each season will come with a set of the same or new problems
- Expect the unexpected
- The only constant is change
- Be proactive not reactive
- Accept the current reality
- Uncertainty is unavoidable





Athletic Department Culture

- Establish and communicate a clear mission, vision, values - Team and Dept **consistency**
- Model Behavior
- Be intentional
- Be supportive
- Be visible
- Be available
- Set and communicate clear expectations
- Create culture where students accept structure, routine, and discipline
- Build relationships





Proactive Tools for Athletic Administrators

- Coaching Mentors (PCA and/or internally)
- Character Assessment (Strength Finders, VIA Strengths, etc)
- Coaches Retreat
- Realistic Goals
- Incremental Gains
- Delegate
- Plan Ahead
- Establish Boundaries





Wrap - up and Questions





Thank you for taking part in this professional development opportunity!!

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