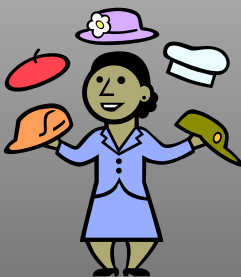


The Many “HATS” of Coaching

What does Coach really do all day?

How did she decide/know she wanted this profession?

What “HATS” will you wear as a coach?



The Coach/Mentor

- Plan effective, efficient practices
- Game day management plan
- Teach skills, athletic ability and “life lessons”
- Knowing the X’s and O’s of your sport
- Knowing your athletes individually
- Competitive



The Coach/Mentor

- Plan A and Plan B
- Love of your sport
- Guide your players and assistant coaches
- Delegate to assistants, captains, student assistants
- Set a good example
- Value the process, not just the outcome
- Help them to be better people



The Counselor



- LISTEN
- Treat players individually
- Available and welcoming
- Be trustworthy
- Be “Mom”
- LISTEN

The Travel Agent



- Organize team travel for games and trips
- Driving vans
- Share itinerary with appropriate people
- Meals, hotels, timing of events, room assignments, packing lists, check requests etc.

The Social Director



- Team Unity
- Family
- Food is a MUST!
- DOES NOT ALWAYS HAVE TO BE HOCKEY RELATED
 - Tailgates, Banquet, pumpkin carving etc

The Academic Advisor



- Check in with athletes and monitor academics
- Provide resources to do well
- Give athletes opportunities to succeed: study halls, revising papers, discuss desired majors or change in major, tutor
- Academics is a Priority

Public Relations

- Sell your program
- Communicate with administrators, prospective Student-Athletes, parents, departments on campus
- Be involved in the campus and surrounding community
- RDOP- Recruit Daily or Perish



The Motivator

- Challenge your athletes
- Encourage them to play their best and be their best
- Help prevent them from getting down on themselves
- Make the sport fun and exciting
- Inspire them



The Lawyer

- Know the rules and follow them
- Know your Conference Sport Codes
- Attend rules briefing, ask questions, stay current on trends
- Network with your colleagues



The Equipment Manager

- Organize clothing orders
- Issue practice gear/uniforms, laundry during trips
- Make sure all equipment is at every practice



The Jester

- The Ability to Laugh
- Fluid and Dynamic- be able to “juggle many balls” and be able to troubleshoot
- Be entertaining
- Know how to have FUN



Sometimes, Laughing is all you can do.

The Fundraiser

- Manage program budget
- Fundraising for international travel, spring break trips, clothing charities, to enhance the student/athlete overall experience etc
- Organize fundraising activities
- Network with Alumni



The Referee

- Enforce Discipline
(firm but always be fair)
- Be Consistent
- Have the respect of your team
- Have a solid management style
- Establish a program philosophy
- Assess the entire situation
- look at all of the factors
- Try to see the positive side



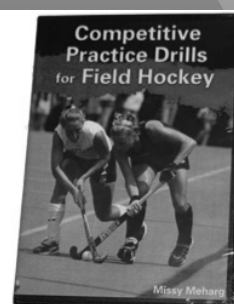
The Athletic Trainer/Nurse

- Attend to injuries
- Taking the correct steps when injury occurs
- CPR/AED certification
- Check on sick athlete
- Make sure athlete gets to doctor appointment
- Sit in waiting room during surgery



The Artist

- Be creative
- Use various teaching methods
- Be flexible
- Have a “bag of tricks”
- Be innovative
- Take risks



The Drill Sergeant



- Up-to-date on Training Techniques
- Develop and implement training programs - on and off the field
- Attend workshops and clinics
- Utilize your Strength and Conditioning Coaches

The Human Hat

How do we balance all of these roles/hats?

- Be yourself
- Establish which “HAT” is your biggest priority
- Work life balance- separate work and personal life
- You CAN learn from others
- You are NOT perfect and Will make mistakes
- Ask for HELP
- You may develop new hats along the way

