

Friends of the Institute

Institute for Sport Coaching

Serving America's Sport Coaches

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Sport Coach USA Workshop Debut

On September 13, Institute Director Hickey debuted two of the new Sport Coach USA Workshops as the keynote speaker at the annual St. Francis Hospital Coaching Clinic in Cape Girardeau, Missouri. He presented the "Evaluating Your Coaching Effectiveness; A Path to Self Improvement" and "Avoiding Burnout; Every Sport Coach's Challenge" workshops to an audience of over 100 interscholastic coaches from southeast Missouri.

The Sport Coach USA Workshops are divided into three series, *Improve Your Coaching*, *Sport Psychology Skills Development* and *Build Professional Leadership Skills*.

Improve Your Coaching

- *Evaluating Your Coaching Effectiveness; A Path to Self Improvement*

Develop Your Sport Psychology Skills

- *Setting Achievable Goals*
- *Unleashing the Power of Your Imagination; The Power of Visualization*
- *Focus & Concentration; How to Block Distractions*

Build Your Professional Leadership Skills

- *Avoiding Burnout; Every Sport Coach's Challenge*
- *Recruiting & Retaining Sport Coaches: A Means to Survive Generational Changes*
- *Learn to Be a Sport Coach Mentor*

Institute Team Grows

Slava Heretz has become the new content manager for the Institute's website. In addition, he is working with Hickey to write a series of articles for publication in various coaches' journals on strategic planning, coaching education, and how to hire new coaches.



Junior Coaches Leadership Academy

Institute Director Hickey has continued working with John Mason, Executive Director-Assabet Valley Boys & Girls

Club in Maynard, Massachusetts, to develop the Junior Coaches Leadership Academy (JCLA) for young adults (14-18 yrs old) in the Maynard area. The JCLA is designed to identify and train interested teenagers to be youth sport coaches.

Currently, the Institute and the Assabet Valley Boys & Girls Club are seeking funding, estimated to be \$5,000, to start this pilot program.

Most youth sport coaches who remain coaches for numerous years found that being an assistant coach or having a mentor was vital to their coaching longevity.

Research in Youth Sports: Critical Issues Status, 2004

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Investing in America's Sport Coaches

We are seeking financial contributions to enable the Institute to continue its important work in 2007. In a few days, Ms. Hillary Wells, from the Institute's Board of Directors, will be contacting you, via email, to support the Institute. Please take this opportunity to honor a coach who made a difference in your life or someone close to you.

The Institute sincerely thanks the following contributors for their generous donations. Their support enabled Hickey to attend the National Coaching Educators Conference.

Platinum Level (\$500+): TBA

Gold Level (\$250+): CDR & Mrs. Mike Bee USCGR
Mr. & Mrs. Robert Granata
Mr. & Mrs. Christopher Hickey

Silver Level (\$100+): Dr. Lyle Micheli M.D.

Bronze Level (\$50+): TBA

Copper Level (\$25+): CDR & Mrs. Christopher Glass

The Institute's Affiliate Shopping is back online! The IRS has reviewed and granted permission to the Institute to use internet affiliate programs as a fundraising program. Please see the [Institute's Website](#) for how you can shop online and raise funds to support the Institute's efforts.

Odds & Ends

2007 Speaking Engagements

Acton Lions Club – March
New England Youth Sports Festival - March
National Coaching Educators Conference – June
St Francis Coaching Clinic – September
Somerville Pride Basketball – TBD
Positive Coaching Alliance Workshops – TBD

New Website Features

Over the next few weeks, several new features will be deployed including a blog for the Institute staff to post on, a new rotating banner with inspirational leadership quotes, an online donation capability and a new page dedicated to the Sport Coach USA Workshops. Later in 2007, Heretz and Hickey will be working on a new "Resources for Sport Coaches" page and another one advocating the *National Standards for Sport Coaches*.

Metro Boston Youth Sports

Planning continues with Peter Roby, Executive Director of the [Center for Study of Sport in Society @ Northeastern \(CSSS\)](#), regarding the Metro Boston Coaches Academy concept. Hickey has met with Dave Czesniuk, CSSS' Operations Manager several times to provide estimated budget data as well as a briefing presentation on the concept. Currently, CSSS is reviewing the Academy idea as part of its ongoing strategic planning.

In early November, Hickey participated in a round table discussion, hosted by the [Boston Youth Sports Network](#), on the status of coaching education programs in the City of Boston. As a follow-on action, he will be briefing the Metro Boston Coaches Academy concept to officials in the City of Boston Recreation, Sports and Fitness Department in early 2007.

The View from the Director's Chair

It has been approximately a year when my wife Beth gave me the following solid advice, "Quit planning and start doing." I took that advice to heart and have worked diligently at creating the Speakers Bureau and Sport Coach USA Workshops as the start of what I hope will be a rich menu of products and services enabling sport coaches to be truly successful.

2006 has also been the witness to a number of other Institute milestones including the IRS designation as a non-profit organization as it has been a busy and rewarding year. I can only imagine what successes 2007 will bring to the Institute.

I do need your help to continue the momentum created in 2006. Please take advantage of the first annual Institute Fund Drive to honor a coach that made a difference in your life.

Additional thanks to the Institute's advisors and directors whose wisdom and expertise have made this journey an easier one. Without them, I would be lost.