



Institute for Sports Coaching

# Friends of the Institute Newsletter



Fall 2007 – Winter 2008

Serving America's Coaches

Volume 4, Issue 1

## ***Institute Receives Grant to Expand Operations in Boston***

In January, the Boston Youth Sports Initiative has funded expansion of the Institute for Sport Coaching's efforts in Boston. The grant will enable the Institute to expand its services, via its Metro Boston Coaches Academy, to include East Boston and Dorchester. "The Boston youth sports community needs the Academy as a provider of quality sport coaching education. The Academy's ability to deliver coaching education programs in the neighborhoods of Boston will assist in creating more sports opportunities for Boston youth and we are pleased that we can assist in supporting the Institute's operations," stated Chris Lynch, Boston Youth Sports Initiative Coordinator.

The Metro Boston Coaches Academy's mission is to create safe and quality sports experiences for Boston youth through a network of quality trained sport coaches. All of its offerings will be designed with the goal of meeting the *National Standards for Sport Coaches*. It started its efforts in 2008 with two pilot projects, a coaching clinic for the Boston Neighborhood Basketball League and the debut of the Sport Coach Boston: Successful Youth Coaching Workshop which was offered to youth sport coaches in Charlestown and Dorchester.

## ***Hickey Asked to Join Up2Us Initiative***

Last October, more than 40 youth development organizations that serve at-risk youth have joined together to create Up2Us, a national umbrella organization whose purpose is to

increase the size and scope of sports programs that fight childhood obesity. Up2Us will leverage resources to engage millions of children in organized athletic programs that promote health, nutrition and fitness, as well as other youth development outcomes. The initiative will also call on older Americans to volunteer as coaches and assistant coaches at nearby schools and community centers where children desperately need adult volunteers to inspire healthier lifestyles.

The Institute's Executive Director, Christopher Hickey, was asked to serve on the Up2Us Volunteerism Committee. The Committee will be assisting Nick Beckman, the Up2US National Director of Volunteerism in developing a national network to recruit, train, and place volunteers in Up2Us member organizations.

## ***Institute Awarded Grant***

In February, the Children's Hospital of Boston has awarded the Institute a grant to develop curriculum on sports nutrition for youth athletes. The Institute is overjoyed to have Ms. Nancy Clark, noted sport nutritionist and author of *Nancy Clark's Sports Nutrition Guidebook*, 4th Ed. working with us on this project. Also, Dr. Lyle Micheli MD, from Children's Hospital and current Institute Advisor, is providing guidance on this project.

The curriculum is schedule to be ready for integration into the Institute's workshops in September 2008.

*Institute for Sport Coaching Mission: We aim to develop and nurture professional, intercollegiate, interscholastic and youth sport coaches capable of preparing athletes for positive experiences in sport and teaching life skills necessary to be valued members of their communities.*

## ***New Institute Trainers***

Last September, the first class of Institute trainers took the Train the Trainer Workshop for the Successful Youth Coaching Workshop (Level 1). The workshop was conducted by Professors Bob Barcelona and Karen Collins from the Univ. of New Hampshire, who developed the curriculum. The six sport professionals are now undergoing the remainder of the Institute's trainer certification process.

A new class of trainers will start their certification process later this summer.

## ***Red Cross Training***

The Institute has become an Authorized Provider of Red Cross courses such as First Aid, CPR and AED. Feedback from client youth sports leagues and organizations indicated that this was a service needed to be delivered at the neighborhood level in Boston. As a Red Cross Authorized Provider, the Institute will be able to offer lower cost training to its customers.

Currently, the Institute is recruiting a cadre of First Aid/CPR Instructors in eastern Massachusetts.

## ***Investing in America's Sport Coaches***

We will be reaching out to you in the next few weeks seeking financial contributions to enable the Institute to continue its important work in 2008/2009.

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.

### **Platinum Level (\$500+):**

Mr. & Mrs. Robert Granata  
Mr. & Mrs. Christopher Hickey

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Dr. Lyle Micheli M.D.  
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Mr. Charlie McGrath

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The Institute's Affiliate Shopping is an easy way to support us! Please see the [Institute's Website](#) for how you can shop online and raise funds to support the Institute's efforts.

Please do your shopping on Amazon via the link on the Institute's website as we are so close to our first affiliate payout!

## ***Upcoming Events***

- June 4/5<sup>th</sup>: National Coaching Education Conference, Park City, Utah
- June 7<sup>th</sup>: Sport Coach Boston: Successful Youth Coaching Workshop – Boston Neighborhood Basketball League
- TBD: Sport Coach Boston: Successful Youth Coaching Workshop – Grove Hall Youth Baseball

## ***Odds & Ends***

- The Institute's [Blog](#) has rapidly become the most visited part of the website.
- Christopher Hickey is participating in a youth sports sector planning group led by the Boston Foundation.
- This will be the last ISC Newsletter in this format as we will be switching to having shorter newsletters published more often.
- The Metro Boston Coaches Academy has now trained over 60 coaches since its inception last June.

## ***The View from the Director's Chair***

It has certainly been a busy six months. When I get a chance to sit back and reflect upon the progress we have made, a smile breaks out on my face. While we face much hard work ahead of us, it is very satisfying to know we have started to have a positive impact on youth sports in Boston.



It has been also satisfying to pass the “test” of applying for grant funding, and so far our record is 2 & 1! The affirmation that comes with such funding is a powerful enabler to future success. I have learned much about the art of succinctly writing about what we are about and the good we desire to

accomplish, but I still have much to learn in the area of proposal writing. Luckily for me, I have been exposed to a related style at my “mortgage-paying job.”

Now I face the next challenge—building the means in which to carry out our work. The challenge of “growing capacity” is one most start-ups, whether it is a for- or non-profit, faces. The recruitment and retention of quality trainers is the key to our growing capacity. If you know of someone who may be interested in eastern Massachusetts, please drop me a note.

Please keep the Institute in mind when you are planning your charitable giving this year. Keep a look out for our Annual Fund request coming to your email in-box soon. We need your support to build upon our 2007 successes.

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