

Institute for Sport Coaching

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NEWS RELEASE

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New Professional Development Opportunities for Sport Coaches

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For immediate release

ACTON, Mass. – The Institute for Sport Coaching is now offering Sport Coach USA Workshops, a series of professional development workshops for youth and interscholastic sport coaches. The workshops will provide coaches with the tools necessary to improve their overall effectiveness.

Sport Coach USA Workshops include:

Evaluating Your Coaching Effectiveness: A Path to Self Improvement

Developing Your Sport Psychology Skills

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

Building Your Professional Leadership Skills

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

“The *Evaluating Your Coaching Effectiveness* workshop and the *Building Your Professional Leadership Skills* workshop series are not offered anywhere else in the United States and assist coaches to become more effective coaches and leaders,” states Christopher Hickey, the Institute’s Executive Director, “The *Developing Your Sport Psychology Skills* series is purposely designed to have coaches walk out of the workshops with new coaching skills and tools they can use that day with their teams.”

Two of the workshops, *Evaluating Your Coaching Effectiveness* and *Avoiding Burnout* were piloted this past fall in Missouri. “Mr. Hickey was an excellent addition to the Fall 2006 Saint Francis Medical Center Coaches Clinic. His expertise and ability to keep the audience engaged is unparalleled. We look forward to his return in future clinics,” Steven C. Bjelich, President & CEO, St. Francis Healthcare System, Cape Girardeau, Missouri.

Sport organizations, schools and coaches interested in hosting a Sport Coach USA Workshop should contact Christopher Hickey, the Institute’s Executive Director at 978-201-1024 or via email chris.hickey@instituteforsportcoaching.org.

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The Institute for Sport Coaching, headquartered in Acton, MA, is a national, non-profit 501(c) 3 organization dedicated to developing and delivering educational experiences and leadership tools critical to the advancement and improvement of sport coaches in the United States. The Institute develops and nurtures professional, intercollegiate, interscholastic and youth sport coaches, and prepares them to provide positive experiences in sport and life skills to athletes. ISC's goals include combating obesity and inactivity among America's youth and creating safe and quality sports experiences for young athletes through a network of quality sport coaches. Please see www.instituteforsportcoaching.org for more information.