



Institute for Sports Coaching

Friends of the Institute Newsletter

Greetings!

What a great year 2010 has been for the Institute!

Our Metro Boston Coaches Academy has trained over 600 coaches impacting over 10,000 athletes! We are expanding the Academy's service area to work in additional underserved areas and unveiling newly revised workshops.

Planning is ongoing to replicate our Boston successes in the DC-Baltimore area, and we are planning also to participate in a major grassroots media campaign celebrating the value of sport coaches in our communities.

Best wishes to you and yours for a happy and healthy new year!

r/
Christopher Hickey
Executive Director

Expanding the Metro Boston Coaches Academy

The Metro Boston Coaches Academy is in the early stages of expanding its service area beyond Boston and Cambridge. Marketing the Academy's services to towns and cities outside Boston has started with an emphasis on Brockton, Lynn, Lawrence, Lowell, Everett and Chelsea. By mid-2011, it is planned the Academy will be serving all of eastern Massachusetts out to the Worcester area.

Creating the Mid-Atlantic Coaches Academy

The Institute's leadership has been working with Asst.

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Professor Joe Jacobs from McDaniel College in Maryland regarding creating a coaches academy to serve the DC-Baltimore metro area.

Based upon lessons-learned from the creation of the Metro Boston Coaches Academy over the past three years, this expansion represents a major step in fulfilling the Institute's strategic vision of serving sport coaches nationwide.

Prof. Jacobs, a former board member of the National Council for Accreditation for Coaching Education, believes there is a large underserved market of youth sport coaches in the area especially the the urban areas of DC and Baltimore.

At this time, it is planned to run a few pilot workshops in the Baltimore area to gain feedback on the concept.

From the Director's Chair

This past summer a coaching and sport giant was lost. Hal Connolly, the 1956 Olympic Hammer Champion and six-time world record holder, passed away while he was working out. I met him in the mid 90s in DC when he was working at Special Olympics International and coaching at Georgetown Univ. Hal was always happy to make time to come to the clinics I sponsored and to talk to me about the hammer. This very ordinary looking man would wow the audience with his life story.

He was a great role model in many different ways, born with a serious birth defect on his left arm (shorter than his right by several inches and unable to make a fist either), Hal was an athlete who worked hard to overcome his challenges. He was also a very successful coach and if you ever saw him in action, you would realize very quickly why. He was a positive coach!

I am lucky to have known him.

Sincerely,

Christopher Hickey
Executive Director
Institute for Sport Coaching

New Successful Youth Coaching Workshops

Over the past several months, the Institute has revised its Successful Youth Coaching Workshops. The new Level 1 workshop features sections on:

- Challenges in Youth Sport
- Developing Your Coaching Philosophy

- Planning Seasons and Practices
- Teaching Sport Skills
- Child Emotional & Physical Development
- Communicating with Athletes & Team Discipline
- Introduction to Risk Management

The new Level 2 workshop features sections on:

- Developing Your Coaching Leadership Style
- Fueling the Right Way--Sports Nutrition
- Principles of Training & Proper Warm-Ups
- Communicating with Parents

Much of the revised workshops are based upon the nationally acclaimed book, *Way to Go, Coach!* written by Professors Smith & Smoll from the Univ of Washington.

Junior Coaches Leadership Academy

The Institute will be running a pilot Junior Coaches Leadership Academy in partnership with the Boston Centers for Youth & Families starting next April. With funding from the Boston Youth Sports Initiative, 30 teen coaches will undertake over 40 hours of coaching and leadership training and be match with master sport coach mentors.

The teen coaches will be guaranteed paying summer jobs through the Boston Youth Fund. Also, the teens will continue to coach and meet for coaching education through the fall and winter seasons.

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