



# Ensuring Your Coaches are Prepared to Impact Today's Student-Athlete

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# “Know Your Audience” ...

**What Should Coaches Know About Their Athletes?**





“It Is **NOT** The 1980’s”





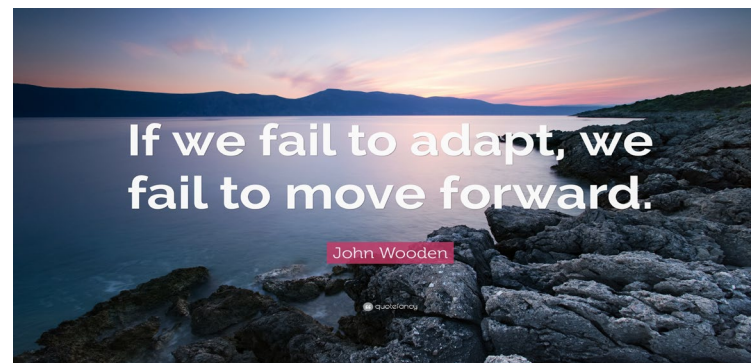
# It Is A New Era For Interscholastic Athletics

Education Based Athletics

Name Image & Likeness

Competition From Elite & Travel Teams

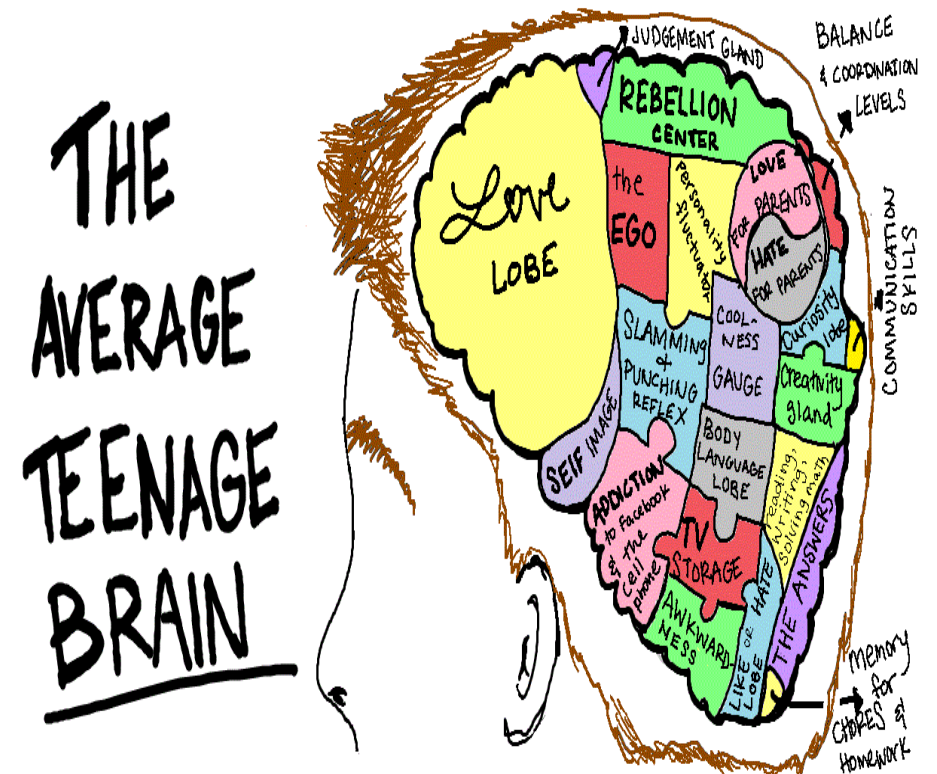
Social Media





# The Teenage Brain...What Coaches Should Know

- Adolescence is an important time for brain development
- Brain development related to social experiences
- The teen brain is ready to learn and adapt
- Teen brains respond differently to stress
- Most teens do not get enough sleep
- Mental illness may begin to appear during adolescence
- The teen brain is resilient





# What Student Athletes Want From A Coach



- Enjoys What They Do
- Open Door Policy
- Builds Individual Relationships
- Knows How To Motivate
- Remains Calm Under Pressure
- Create A Caring Community On The Team





Ensuring your coaches are prepared to impact today's student athlete...





# Know your constituents

- Student Athlete Surveys
- Senior Surveys
- Parent Surveys
  
- What do you want to know?
- What data can you use to challenge your coaches, guide your program, share with parents?







# Ensuring your coaches are prepared to impact today's student athlete...

- Know your constituents.
- Communicate, and ensure coaches do.
- Make Professional Development a priority.
- Be current.





# Student Surveys- What do you want to know?

- **List two words that describe your best coach at MCA.**

**MS-**Motivating, Encouraging, Caring, Godly, Hard-working, Fun

**HS-**Caring, Godly, Encouraging/Motivating, Enthusiastic, Fun,  
Passionate

- 2022-2023 Parent Survey –

- 

- [https://docs.google.com/forms/d/1OE8xLHTXpoOM8IKNUkmE2rz-c3R82oRxli5E71A3\\_U/edit](https://docs.google.com/forms/d/1OE8xLHTXpoOM8IKNUkmE2rz-c3R82oRxli5E71A3_U/edit)

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- Athletic Communication Feedback

- 

- [https://docs.google.com/forms/d/1WZIT1ZjltWGwQjlyb\\_T47YbZJ1bejboSr9eecMAkdM8/edit](https://docs.google.com/forms/d/1WZIT1ZjltWGwQjlyb_T47YbZJ1bejboSr9eecMAkdM8/edit)



# Parent Survey — what do you want to know?

Respond by circling either **Always, Sometimes, or Rarely**

- Did you like receiving a weekly email from the coach?
- Was the weekly calendar helpful?
- Was your weekly email communication received in a timely manner?
- Was the weekly devotion or spiritual emphasis encouraging?



## Senior Athlete Exit Survey Results

~ List 3 qualities that your coach had which made you and your team better.

Leader  
Intensity  
Knowledgeable  
Skilled  
Uncommon  
Organized  
Thoughtful  
Determination  
Made us work hard

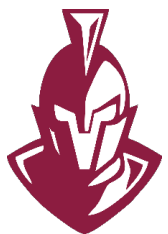
Spiritual Growth  
Dedication  
Forgiveness  
Uplifting  
Easy to Talk to  
Motivating  
Relatable to Players  
Great character  
Kindness

Caring  
Selfless  
Encouraging  
Competitive  
Family Centered  
Understanding  
Christ centered  
Respect  
Held us accountable

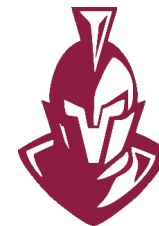
Love  
Diligent  
Godly  
Patience  
Driven  
Wise  
Positivity  
Fairness  
Smart

Someone who celebrated with me  
Wanted us to play our best no matter the outcome  
Gave us tools and knowledge to succeed  
Good preparation before games  
Spent quality time with the team  
Stressed team spirit  
Wanted to see us succeed  
Let us have fun.....not all serious





# Coach Pre-Season Plan



- List 3 core values you desire to stress and instill in your team this year.
- List the 2 most important goals for your team this season.
- When the season is over, what do you want your players to say about you?
- How are you going to care for the souls of your athletes this year?
- Help me stay focused on prayer...How can I pray for you this season



# Communicate, and ensure coaches do so.

- Pre- Season Plan ensures coaches focus on what's most important... and it enlightens parents if used in the pre-season parent meeting.



## AGENDA

### About Me

- Who is Coach Joshua Woodward or Woody
- BAND App & Handouts
  - Schedule
  - Apparel Sheet
  - Wrestling 101
  - Uniform Care
  - Cheat Sheet
  - NCISAA Sportsmanship
  - Rules
  - Team Parent



### Finance

- MCA Sports Fee's
  - \$175 if this is your 1st sport this year
  - \$75 if this is your 2nd sport this year
- Team Fee - Charged to Family FACTS Account
  - \$135 - Includes Team Warm-Ups, Tournaments / Bus, and MatBoss
  - Team store order forms - Due Monday 11/6 by end practice (Cash or Check only)
- Piedmont Takedown Tournament Nov 11th (long day) - First Tournament
  - AAU Tournaments (Saturday's) - NOT MANDATORY
    - You will need a USA wrestling card (\$25)

### Practice Schedule

- Monday, Tuesday, Thursday, and Friday - 3pm to 5pm
  - "Mat Time" on non match days
- Wednesday - 3pm to 5pm
  - Weight Room, Conditioning, & Classroom
- Holiday Schedule - 2nd Annual Turkey Bowl - Nov 22nd
  - Morning Practice - 8am to 10am (Nov 22<sup>nd</sup>, Dec 20<sup>th</sup> - Jan 2<sup>nd</sup>)

### Equipment

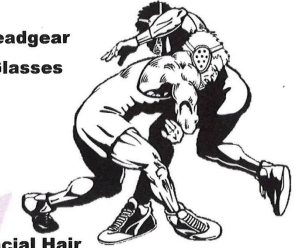
- Practice:
  - Shorts
  - Sweatpants
  - Running Shoes
  - \*Mouthpiece (If you have braces - MUST)
  - T-Shirt
  - Long Sleeve
  - Wrestling Shoes
  - \*Glasses / Contact
  - Hoodie
  - Headgear

**PLEASE BRING SOMETHING WARM TO WEAR AFTER PRACTICE**

- Matches
  - Singlet
  - Warm-ups
  - Wrestling Shoes
  - \*Mouthpiece
  - Headgear
  - \*Glasses

### Hygiene

- Ringworm
  - SHOWER AS SOON AS YOU GET HOME!
  - Selsun Blue
  - Hair
  - Head & Shoulders
  - Finger Nails
  - Facial Hair



### Hurt vs Injury

- Hurt - You have a boo boo
- Injuries - You need to see the doctor
- MCA Trainer - Christa Canty (CNCanty@novanthealth.org)

### School Documents

- BigTeams - MCA Website: Forms & Resource Page
  - Student & Parent Pledge
  - Concussion Test
  - Medical Release
  - Physical (ASAP)
  - Family Night

### Grades

- If a student / athlete has an "F" in any subject
- Below 2.0 grade point average
  - They are ineligible until cleared. (5 Days after progress report)

### Matches

- Schedule / Home Matches / Away Matches (no bus)
- Home - Start @ 4:30pm / Away - Weigh-ins @ 4:30pm
- Varsity and JV terminology / Weight Classes / Cutting Weight
- How wrestle offs work (no favorites or daddy ball)
- WE DO NOT WRESTLE FEMALES
- Leaving early from matches
- NCISAA MS Championship / State Tournament / High School Eligibility

### Banquet w/ Awards

**PLEASE JOIN OUR TEAM BAND! LIVE UPDATES, SCHEDULE, AND DOCUMENTS**



# Communicate, and ensure coaches do so.

- Pre- Season Plan ensures coaches focus on what's most important... and it enlightens parents if used in the pre-season team meeting.
- Weekly email to coaches from me.
  - Fishers of men, Adversity, ...word of encouragement!
- Weekly email to families from coaches.
  - Recap of what was learned or preview of what is to be learned.
  - Devotional thought
  - Weekly update of practice/games with times and locations.







Good afternoon,

Hope you all had a great weekend. Below is our week 3 update and I'll preface this email with mentioning that our game schedule continues to be fluid due to several schools we play not having a varsity girls team. That being said, please be patient with us as we graciously try to work with other schools and minimize the changes to our schedule.

**Devotions:** We'll continue discussing our mindset by reading through Romans and the mental toughness book we're reading as a team this season. Coach Taylor and Coach Galloway will take the lead on devotions this week as Coach Nelson and I both have to be out of town the first part of the week.

**Schedule:**

**Monday** practice 6:30-8:30 pm Field House

**Tuesday** home game vs North Point Christian 7 pm (this was moved to home as they don't have girls' varsity)

**Wednesday** team meeting 3:30 pm, practice 4:45-6 pm Field House

**Thursday** practice 5-7 pm JWAC

**Friday** home game vs North Raleigh Christian 7 pm (this might be moved up to 5:30 pm as their varsity girls' team cannot play, if we can't find an alternate varsity girls team our game will be moved up)

**Prayer:**

Please pray for Coach Nelson as he's attending a family funeral this week and me as I travel for a work meeting in WI. Pray also that the team would continue to work together and encourage each other as get into the regular season schedule.

Have a great week!

Happy Sunday parents!

This weekend's tournament once again proved that the sport of wrestling is growing and so is our competition. The boys did very well for the short amount of time we have had on the mat. We learned a lot this weekend and we will continue to improve as our season progresses. I want to remind everyone that this week wasn't about the wins or the losses, it was about gauging what we need to work on moving forward, to help us progress throughout the year.

### Weekly Housekeeping

This past week, I had sent an invite from Mat Boss to most of the wrestlers. I will double check tomorrow to make sure everyone was able to sign up from the invite. We were able to test out the new scoring system at the tournament, and it seemed to be working very well. Moving forward their matches will be uploaded and they will have the ability to review them a day or two afterwards. Please let me know if you have any questions about this.

I want to congratulate everyone for their hard work this weekend and the willingness to put themselves out there. I also want to give a big shout out to our top 3 place winners! Congratulations!

1st Place	2nd Place	3rd Place
Dixon, Garrett	Licata, Cam	Feus, Luke
	West Pemberton, Elijah	Holleman, Drake
		Hunter, Maxwell

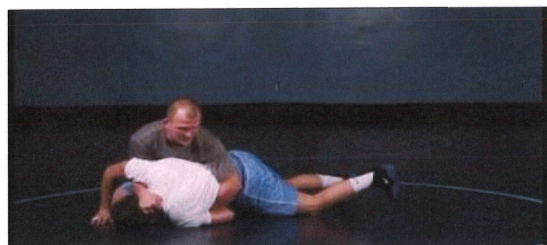
### Weekly Review

This week we will continue to learn:

- Neutral Position - Double Leg Takedown / Blast Double
- Neutral Position - Sprawl to Spin / Cement Job or Cow Catcher
- Top Position - Tight Waste Chop to a Half
- Top Position - Tight Waste to a Whip
- Bottom Position - Inside Stand-up

Here is another instructional video to help build your knowledge:

[Go Back to Wrist From Tight Waist and Half](#)



[Go Back to Wrist From Tight Waist and Half](#)

### Weekly Reflection

Verse of the week: *PSALM 5:3*

*"In the morning, O LORD, you hear my voice; in the morning I lay my request before you and wait in expectation."*

Early mornings are my favorite time with the Lord, I find my mind to be clearer and fresher just like the beautiful brand-new day. I find it a privilege to have a new start and to be able to lay my requests at the Lord's feet, knowing He will hear me. Each day we get the opportunity to make a change or to stay the current course we are living. It could be starting a new bible study, a new exercise routine, or maybe its potty training your youngest? I know how rough that can be.

The same goes for deciding you want to wrestle. In my opinion, wrestling is a conscious decision to better oneself. It's not for the faint hearted and it can be very challenging mentally, emotionally, and physically. Like everything else, you don't become the best overnight. This goes for anything you do, remember to lean on God first, lay your request at his feet, and then put in the work to be become better at your craft. Continue to build up your sons as they work through there challenges within their season.

### Weekly Schedule

This week we will be practicing in the WPAC. This is our "normal" practice location during the rest of the year. We also will have our first two duals of the season!

I have secured a bus for our match against Providence Day on Tuesday, November 14th.

- Bus will leave the school at 3:15pm
- Bus will return to MCA after our match if your child needs a ride back.
  - If you do attend the match, your child may be released to you after the match as long as you let me know you are taking him.
  - I will be riding the bus and returning with it. Please let me know if you have any questions.

Our first home match is on November 16th, and you won't want to miss it! I will need few volunteers to run the admissions table at the door (you will be in the gym and will be able to see all the matches). Please let me know if you are interested in helping this week.

Also, after our home match on Thursday, I am asking that all the parents stay after and meet with me. I have something important to address and I would like to do so in person in case there are questions. Thank you in advance for your understanding!

Monday	11/13/2023	Practice	WPAC	3pm - 5pm
Tuesday	11/14/2023	Dual	Providence Day Ridenhour Gym "old gym"	3:15pm Bus Leaves 4:30pm Wrestling Starts
Wednesday	11/15/2023	Practice	Weight Room	3pm - 5pm
Thursday	11/16/2023	Dual	MCA Feild House Gym	4:30pm Wrestling Starts
Friday	11/17/2023	Practice	WPAC	3pm - 5pm

I pray that before your minds turn to the many scheduled items of the day, you feel the peace of His presence.

Let's have another great week!



# Make professional development a priority.

- Tie PD to contracts.





## Tie PD to contracts

The following are **3 reflection opportunities** that accompany the 3 articles. Please complete and sign your contract for the upcoming year. We look forward to serving together!!

In the article, "**3 Strategies to Train Leadership**", which strategy matches your style of leadership development? List one thing you're going to do this upcoming season to develop leadership in your student athletes.

*Koester, Kirsten. "3 Strategies to Train Leadership." Coach & AD. January/February 2023. pgs 36-39*

In the article, "**Failure to Provide Adequate Equipment**", list a couple of ways you're keeping "athlete-safety" at the forefront. Is there something you can do to enhance the safety of your athletes?

*Sawyer, Thomas, Ed.D. "Failure to Provide Adequate Equipment and Supervision." Interscholastic Athletic Administration. Spring 2023. pg. 46.*

In the article titled, "**Tips for Difficult Conversations**", what Tip might help you more in the future? How might you handle a difficult situation differently after reading the article.

*Plyler, Ronnie. "Tips for Difficult Conversations."*



# Make professional development a priority.

- Tie PD to contracts.
- Tie PD to Evaluations.
- Send NFHS Learn link for free courses.
- Provide incentives for NFHS Level 1 Certification.
- Encourage, encourage, and encourage.





# NFHS Level 1 Coach

Browser tabs: NFHS Learn | Interscholastic Edu x | most popular fonts - Google See x | +

Address bar: nfhslearn.com/home/level1\_certification?page=coaches

### Required courses

Course Title	Course Type	Cost
Fundamentals of Coaching	NFHS Core Course	\$
Protecting Students from...	Elective Course	Free
Concussion in Sports	Elective Course	Free
Sudden Cardiac Arrest	Elective Course	Free

Windows taskbar: Type here to search | INDIAN TRAIL | 7:38 AM 10/9/2023





## Be current.

- Share regarding your LTC classes.



File Message Help ESET

Delete Archive Reply Reply All Forward Share to Teams All Apps


Quick Steps: Tim Moreau, To Manager, Team Email

Move Assign Policy, Mark Unread, Categorize, Follow Up

Editing: Read Aloud, Immersive Reader, Translate, Zoom

Find Time: Reply with Scheduling Poll

## Warrior Wednesday moment

 Ronnie Plyler  
To Ronnie Plyler

 Reply Reply All Forward  

Wed 11/1/2023 2:23 PM

**I took a class a couple of weeks ago titled LTC 706 Coaching Coaches. There were a lot of materials from the course, however below are some notes taken that I thought you could glean something from. Continue growing!**

- Blue**-something we've included on pre-season plans over the last few years.
- Yellow**- Ideas as I was listening or....needing to think through more
- Green**- something to consider.

**The most consuming aspect of coaching is what happens outside the lines, not necessarily inside the lines.**

Kids nor coaches are the same as they "were".

**Know why you coach.** What does it feel like to be coached by you?

Who are we putting in front of our kids? In some states, ALL coaches have to be teachers in the school.

It's good to get coaches to know each other.

Encourage "inside-out" coaching.

**Ensure coaches have a coaching philosophy.**





## Be current.

- Share regarding your “current” LTC classes.
- Copy a “current” article, highlight and mark up.





**3 STEPS TO**

**GREATER  
CONFIDENCE**

By Vito Chiaravalloti, contributing writer

Confidence is everything.

Renowned social psychologist Albert Bandura said that self-confidence is one of the most influential motivators and regulators of behavior in our everyday lives. Another famous researcher, Anders Ericsson, and his colleagues have taken the position that the major influence in the acquisition of expert performance is the confidence and motivation to persist in deliberate practice for a minimum of 10 years.

When it comes to performance, confidence is everything.

Study after study shows that beliefs impact actions, which in turn impact beliefs, and those further impact your actions — around and around we go. If someone believes they can do something, chances are higher that they will do it successfully. And when they succeed, their confidence grows, as does their motivation for continuing to improve. That's a recipe for success.

?

But which comes first; confidence or success? ?

Most of us cannot simply talk ourselves into feeling more confident. For coaches who have tried to plead with a struggling athlete to be more confident, they know it never works. The words are superficial, and deep down they feel inadequate. The foundation needs to be set before coaches ever get to that point.

Individuals with a strong sense of self-confidence train their minds differently. They engage in more positive self-talk. They are better able to recognize small victories along the way. They allow themselves to be proud of their performances, but they stop short of becoming arrogant and overconfident. They prepare better and get excited about the future. They obsess over achieving more success. This mindset breeds positivity, which leads to greater confidence, which leads to greater success.

Growth mindset

The point is that confidence is not a trait — it's a judgment. And how you judge your actions or ability to perform a task can and will greatly influence performance.

If you try to fake it, your brain knows. The smallest hint of self-doubt is a weed in a garden, and weeds spread quickly. Start by recognizing the small victories along the way, and celebrate the small steps of success. Be proud of all that you're doing, and confidence will continue to grow. Remember, beliefs impact actions, which impact beliefs, which further impact actions. Do you want those beliefs to be positive or negative? Your beliefs in your ability will determine your future.

If you struggle with self-confidence, are a self-doubter, or engage in negative self-talk, then it's time to take some practical steps toward breaking this

# BOOST TEAM SPIRIT AND ELEVATE FAN EXPERIENCE.

Mention this ad and SAVE up to

\$200 OFF





## Be current.

- Share regarding your “current” LTC classes.
- Copy a “current” article, highlight and mark up.
- Share “current” team academic averages with faculty and coaches.



I wanted you to see how our teams finished the fall season academically with **excellence**. Overall, we finished with a **93.38**...which is an **A**. It was even an A 10 years ago when the standard A was 93 and above...if you're old enough to remember that!



## Be current.

- Share regarding your “current” LTC classes.
- Copy a “current” article, highlight and mark up.
- Share “current” team academic averages with faculty and coaches.
- Know some “current” sports.
- All for your relevance! 😊



Be current.



ChatGPT



Ensuring your coaches are prepared to impact today's student athlete...

- Know your constituents.
- Communicate, and ensure coaches do.
- Make Professional Development a priority.
- Be current.







We did this!





Ronnie Plyler

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Metrolina Christian Academy

Indian Trail, NC



Ensuring that coaches are well-prepared to impact today's student-athletes is crucial for fostering a positive and effective sports environment. As an Athletic Director, here are some steps you can take:

- 1. Professional Development Programs:**
- 2. Stay Current with Trends:**
- 3. Mentorship Programs:**
- 4. Regular Training Sessions:**
- 5. Cultural Competence Training:**
- 6. Communication Skills Training:**
- 7. Sports Psychology Education:**
- 8. Technology Integration:**
- 9. Continual Evaluation:**
- 10. Promote a Values-Based Approach:**
- 11. Encourage Lifelong Learning:**



# I asked our Metrolina coaches...How can we ensure our coaches are prepared to impact today's student athlete?

1. **FOCUS**- There has never been a time in all of human history where there are more distractions available to kids, and sports are one of the very few times when they have to put their phones, tablets, computers, and screens away and give 100% of their attention to what they are doing.
2. Strong communication with program standards clearly outlined and consistent. (Seasonal coaches meetings, Annual family meeting. Greg Dale, NCADA meeting about 10 years ago. Addressed the group about "It's their turn...Let them ride".
3. High expectations for coaches (set the bar high for excellence and intentionality)...
4. **AD's must connect first with their coaches...**be engaged, be involved, seek to understand their world, share honest evaluation with one another
5. Develop SMART objectives that are line and consistent with the Mission, Vision, Values of the institution
6. Seek wise counsel (have a mentor; read books; read research; listen to those you see as impactful)
7. **Live your philosophy** (as a coach, if you ask your players to sacrifice, show them sacrifice; as an AD, if you ask your coaches to be passionate, show them passion)
8. Keep them updated...ex: your weekly emails and periodic emails to coaches from what you are learning in your AD meetings and/or articles/readings, etc
9. Annual coaches training w/ guest speaker. Dinner provided and additional session w/ parents.
10. Professional development training (Coaches timeout, reimbursement for certifications, etc..) **Be the best at getting better.**

11. Praise accomplishments, Team Player of the Week Slim Chickens, Jersey Mike's, Steak and Shake, Snickers

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

# Go Fish!

- Exceed expectations.
- Engage families.
- Embrace challenges.
- Express gratitude.
- Evaluate your learning.
- Do what other won't do.

