

The Coaches Clinic is an important kick-off training as well as a key opportunity for you to connect with the coaches. Use these recommendations to gain the most out of your training session.

Planning a Training

Flexibility is key in planning a training, so keep these tips in mind when planning a training session.

- ✓ It is important to be willing to **adapt to a coaches' schedule** – coaches can often be busy juggling multiple responsibilities at school, second jobs, and in their personal lives.
- ✓ Be willing to **meet anywhere and anytime that is most convenient for the coaches**. Often times this could be at the school itself and during their working hours, but it also could be somewhere else or in off hours. Either way, allow the coaches to decide as this will ensure the best chance for attendance.
- ✓ It's best that you **have your own equipment** (i.e. projector, laptop, etc.) so you can make use of any space that's provided for your clinic. Make it easy on the coach!
- ✓ It can be unrealistic to expect multiple coaches to find a common time to attend a training. Therefore, **be open to training coaches collectively or one-on-one**. Trying to find a common time will often result in delaying the training when it is best to get started immediately. While this puts more of a burden on your time by having to do multiple trainings, it is important to get coaches trained ASAP before they are immersed in their season.
- ✓ It is ideal to have a full hour budgeted for the training session. This may not always be possible, so **be prepared to adjust to the availability given to you**.
- ✓ Become familiar with the technology, such as the projector, and the PowerPoint training. Also **be comfortable just presenting with the Coaches Kit** in case no technology is available.
- ✓ As you become more comfortable with the training, the less you'll need to rely on the PowerPoint. PowerPoint presentations are better suited for larger groups. **When presenting one-on-one it may be better to use just physical materials** or a laptop instead of a projector.

Conducting a Coaches Clinic

1. Introduction:

Introductions are an important and often overlooked part of the training. Use the introduction time to build connections with your coaches by talking about why you do this work and your background in sports, youth development, coaching, or education. Speak to your personal experiences in subjects you know they have an interest in to help them be more comfortable in working with you and leverage connections you have with other coaches in the community to build trust.

SCRIPT:

- ✓ "I grew up playing sports and know how important coaches are in athletes lives"
- ✓ "I've coached sports myself"
- ✓ "I have had a lot of experience working High School kids doing _____"

Make sure to provide space for the coaches' to introduce themselves and listen for other points of connection with them. Let them tell their personal stories! Coaches in the past have disclosed that they are survivors of abuse or that have been advocates themselves. Give them a chance to talk so you can better know how to connect with them.

2. Think about:

- ✓ What can I learn more about this coach?
- ✓ How am I going to establish rapport with this person?
- ✓ How can I connect better with him/her?
- ✓ What do I have in common with this person that's going to make this relationship work?

3. If you have limited time:

Shortened trainings will obviously look different. It may take some time to figure out what works best. If you have less than an hour for your Coaches Clinic be sure to cover the points in the check list below.

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Coaches' Clinic Check List:

- ✓ Present the needs of the program.
- ✓ Provide statistics on relationship and sexual violence. These stats provide context for the importance of the program.
- ✓ Review the playbook and card series first and then, if possible, refer to the other resources in the kit.
- ✓ Ask the coaches what their priorities for learning are and adjust your presentation to meet their needs. For instance, spend more time on the cards that the coaches feel less comfortable delivering. Adjust the depth of the discussion depending on their interest or need, spending more time on subjects that raise questions and concerns.
- ✓ Make sure to provide the coaches and athletic directors with resources and contact information for relationship and sexual violence agencies in case their discussions lead to disclosures or if youth are in need of additional support.
- ✓ Emphasize to the coaches that you and your organization are available for ongoing technical assistance and general support as they implement the program and reinforce your availability to them.
- ✓ When presenting a short training, it is best to edit the PowerPoint presentation to the slides that you have enough time to cover. You can speak to other matters as you present or follow up with the coaches at a later date either in person or through email.