MIAAA Conference

Benefits of a Healthy Activities Program: Why We Play

April 10, 2017
Goals vs. Purpose
Goals Help Us Win:

- Games
- Conference titles
- State championships
Goals

- Goals help us get to a destination. They give us direction.
- We Prepare, Plan & Play to “win”
- But “winning” is not our PURPOSE
- Our PURPOSE and GOALS are not the same thing!!
Purpose

• The reason for which something exists

• The Purpose is WHY we are doing it

• The Purpose is the growth and development of the student
Goal or Purpose

What is more important for the long-term development of your child?
Why Do I Coach?

Core Values
*Using the list words below, what are your core values as a coach?*

Circle 3 words or use 3 of your own that are most important to you.

<table>
<thead>
<tr>
<th>Authenticity</th>
<th>Family</th>
<th>Kindness</th>
<th>Loyalty</th>
<th>Perseverance</th>
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</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>Openness</td>
<td>Friendhip</td>
<td>Genuineness</td>
<td>Harmony</td>
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<td>Generosity</td>
<td>Happiness</td>
<td>Concern for Others</td>
<td>Creativity</td>
<td>Excellence</td>
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<td>Courage</td>
<td>Empathy</td>
<td>Respect for Others</td>
<td>Security</td>
<td>Service to Others</td>
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<td>Responsibility</td>
<td>Serenity</td>
<td>Health</td>
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<td>Honesty</td>
<td>Energy</td>
<td>Fairness</td>
<td>Listening</td>
<td>Modeling</td>
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<td>Relationships</td>
<td>Empathy</td>
<td>Role-Model</td>
<td>Mentor</td>
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<td>Open-Minded</td>
<td>Leadership</td>
<td>Encouragement</td>
<td>Composure</td>
<td>Driven</td>
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<td>Inspiration</td>
<td>Patience</td>
<td>Passion</td>
<td>Caring</td>
<td>Integrity</td>
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<td>Fun</td>
<td>Change</td>
<td>Love</td>
<td>Positivity</td>
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<td>Life</td>
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<td>Trust</td>
<td>Connections</td>
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<td>Inclusion</td>
<td>Enthusiasm</td>
<td>Commitment</td>
<td>Freedom</td>
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<tr>
<td>Togetherness</td>
<td>Accountability</td>
<td>Balance</td>
<td>Compassion</td>
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</tbody>
</table>

Purpose Statement
*My Leadership WHY*

Using the 3 words you circled as your most important core values, write your Transformational Purpose Statement.

Coaching Purpose – Joe Ehrmann’s Purpose Statement
*I coach to help boys become men of empathy and integrity, who will lead, be responsible, and change the world for good.*

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How will you define success?

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• Self-confidence
• Risk-taking
• Self-motivated
• Responsible
• Self-disciplined
• Flexible
• Working with Others
• Courage
• Committed
• Focused
• Persistent
Purpose Statements

I coach to teach and mold young men into accountable, disciplined, and hard working men. I hope that my leadership, both through daily consistency in what I communicate to my athletes provides a constant example of what I expect out of athletes in my program.

I coach to assist student-athletes gain knowledge into why they treat their team as a family and hold each other accountable.
Purpose Statements

Nixa track is committed to excellence in athletics as a part of a larger commitment to excellence in education. A guiding principle is our belief in athletics' educational value for our track team and the character traits that are promoted for the future success in later life.

The main purpose for me coaching is to promote and develop the understanding of integrity, perseverance, and courage in sport, as well as, life.
Purpose Statements

I coach our youth to always compete. Do this in a manner which will earn the respect of their opponents, officials, opposing coaches, and fans. Strive to concentrate and make even small improvements in every practice. When the opposing team gets back on their bus for the trip home, I want their players and coaches to be saying things like, “I always like to play Nixa (or any team I am coaching), they are great players, great sportsman, fun to compete with, and you know they are always ready to compete. When the season is complete, it should have been a good experience for everyone involved.”
Purpose Statements

I coach to help girls develop into strong young women who understand the value of hard work and being a great teammate.

The mission of the Nixa Soccer Program is to promote the personal growth, in a positive team atmosphere, of the participants so they can excel on the playing field and in the classroom.
Purpose Statements

I coach to teach responsibility and perseverance through sports so they can hold leadership roles in their futures, which will help them to become successful the rest of their lives.
Include Fun

Understand your child wants their choices to include fun. Allow them to have fun!

Football & Music on Thursdays

Girls Basketball – Team Bonding/Service Learning

Girls Golf – Top Golf

Boys Basketball – Team Movie
Transactional vs. Transformational Coaches

If coaches are purpose driven first and goal-oriented second, what type of coach is produced?

Is it all about the coach and program?

Is it all about the athletes?
Less than $3\%$ of high school athletes will play beyond high school at any level!
Knowing this, should we only focus on GOALS or should we be more concerned with our PURPOSE?
Parents & Sports

What is the role of parents in sports?
Parents & Sports

Coaches will instruct

Athletes will play

Referees will officiate

Parents will support
What does the research say about parents and sports?
Five Signs of an Ideal Sports Parent

1. Cheer everybody on the team, not just your child
2. Model appropriate behavior
3. Know what is suitable to discuss with the coach (Taboo topics: Playing time, team strategy, and discussing team members other than your child)
4. Know your role
5. Be a good listener and a great encourager
Research

• #1 thing athletes hated about playing sports... the ride home

• #1 thing athletes love to hear after a game ... “I love to watch you play”
Five Signs of a Nightmare Sports Parent

1. Overemphasizing sports at the expense of sportsmanship
2. Having different goals than your child
3. Treating your child differently after a loss than a win
4. Undermining the coach
5. Living your own athletic dream through your child
A mom is making eggs for her teenage boy for breakfast, as he walks in.

"Mom, don’t burn them! Careful! Careful! Don’t mess up, don’t let them burn. You are going to mess up. Be careful! CAREFUL!

Finally the mom snaps.

"I know what to do. I’ve cooked eggs before!"

"I know Mom, I was just trying to show you what it’s like when I am playing soccer."

Unknown

WE GOT PLAYERS
My purpose as the activities director at Northwest is to model and promote compassion, encouragement and respect for others in all areas of activities and athletics.