

- Head Coaches Communicating with assistant coaches to collaborate on plans.
- Dividing teams up into position or event groups and assigning a coach to communicate or check-in with their students.
- Creating a system for communicating with students... Group-Me, Group Texts, Google Classroom, Zoom.
 - Make sure you inform parents with how you are communicating with students.
 - Keep things positive, continue to build team community
- Providing at-home workouts for students.
 - Sport-specific when possible to practice skills
 - Core or other strength training
 - Aerobic fitness... walking, jogging, sprinting
 - Ask to do something time or rep based and have them report their results to add a degree of competition
 - Virtual workouts together through Zoom.
- Provide sport specific content for them review that could be educational or historical
 - Share videos on how to do a sport specific skill
 - Share strategic or game situation information that you would have been teaching them this season
 - Watching past performances...
 - Of themselves
 - Last year's team
 - Of other schools or teams that are relevant
 - Historically great performances or games
- Don't overdo it all at once. This situation is going to be extended. Students still have school work and coaches still have work responsibilities. The goal is to stay connected a little everyday or every few days.
- Assist student athletes with college applications and recruitment, in accordance with NCAA guidelines
- 30 Quarantine Workout Challenge - countdown to return to date
 - One workout that they do everyday for 30 days is the minimum
 - Post videos to instagram account
- Weekly workout challenges