**Athletic Department**

**Coaches Expectations**

1. Coaches are to coach! Whether on the practice field, weight room, film room you are to COACH! We do not supervise. Everything should be intentional and have a purpose.

Your job it to make students better:

* 1. 1) People 2)At their sport

1. A coach must be the last one to leave workouts – practice, games, weight room etc.
2. Be and Build Champions – Leader and Role Model
   1. “If it’s not in you, it won’t go through you”
      1. Positive Attitude
      2. High Character
      3. Growth Mindset
      4. Never give up
3. Find and use as many teachable moments as possible!
   1. Sports are a microcosm of life! Teach life!
4. Facilities must be GAME READY at ALL times.
   1. Since a coach must be the last one to leave, I should never see a facility less than the standard!
   2. All equipment should be taken proper care of and put away at the end of each session.
5. Only coaches that are school board approved are to be around the team
   1. All clearances, certifications, paperwork must be done prior to involvement with the team.
6. Be prepared, organized and communicate at a high level.
   1. Have a detailed plan and make sure everyone is on the same page at all times. “When in doubt, speak it out”
   2. Every coach should know:
      1. The department’s vision/culture/standard/expectations
      2. Their role/responsibilities for practice, games, offseason
      3. The head coach’s vision/culture/standard/expectations
7. Follow all policies and procedures outlined in the coach manual

**Facility Expectations**

**“Game Ready”**

*Clean-Organized –Tidy*

*Leave it better than you found it!*

**Locker room** (home/away) – all equipment/clothing in locker

All trash/garbage thrown away

**Sidelines/benches/bus** – all trash/garbage/equipment picked up.

**Weight Room** – everything put away (bars, DB’s, bands, jump ropes etc) machines pushed back into wall.

**Weight Room Expectations**

1. *Facility is to be GAME READY*

All trash/garbage thrown away – Equipment put back in the proper spot

Leave it better than you found it!!

At the end of each workout – On the white board – under “Game ready” the coach is to write their name, date, and time– This signifies the entire facility is checked and everything is put away and in the correct spot

1. *Coaches are to coach, not supervise*

Coach technique/form, motivate and push the students.

This is NOT an “open up the weight room, and let the kids do their own thing”

There should be a program/plan and the students are to follow that plan/program

Coaches should be walking up and down the weight room correcting technique

There is to be NO ONE in the weight room without a coach

1. *Athletic footwear*

Students must wear closed faced shoes- shoes tied, and ready to go.

No sandals, crocs or boots.

This is pure safety. The last thing we want is a DB or plate to drop on a student’s foot

Without proper footwear, we are increasing injury.

1. *Everything should be intentional and have a purpose*

The weight room can provide numerous benefits both mentally and physically.

Every workout, every exercise must have a purpose

Be intentional with your time – Train with a purpose to get better!

This is not a social club!!

ELITE teams see the weight room as a massive opportunity!!!!

1. *Equipment*

Unless the exercise call for it (cleans, deadlifts etc) there is to be no slamming of the bars/DBs – this will bend and ruin the bars. Everyone complains about what we need or don’t have yet we don’t take care of what we do have.

Example – dropping the EZ bar after a set of curls

*Failure to follow these expectations will result in loss of access to facilities*