

Phase I: The Philosophy and Principles of Athletics in Education Presentation

Megan Yeats



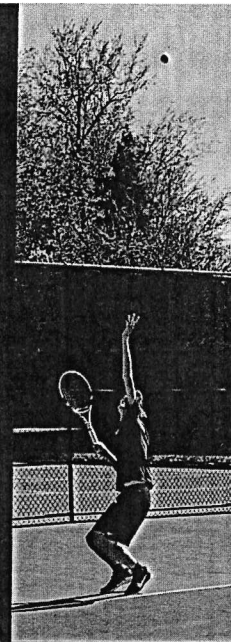
Coaching Mission Statement

The Ichabod Crane Tennis Program is dedicated to fostering a love for the sport of tennis amongst teammates by building a tennis community that focuses on stroke development, hard work and application, and improving with each new experience. As student-athletes strive to perform their best in competition and the classroom, our focus remains on personal and team growth, sportsmanship, and representing Ichabod Crane High School with pride.



Coaching Philosophy

I believe that athletics provide student-athletes with lessons and opportunities that are true and valid not only on the playing field, but in life as well. As coaches it is our job to give student-athletes the tools to be competitive on the court, course, or field, and help competitors maximize their potential. With this territory comes other intangibles that are inherent to performing well in athletics and in life: goal-setting, commitment, good sportsmanship, accountability, responsibility, being a good team member, honesty and integrity. As a coach, these are all facets of sports and life that I strive to connect and underscore for my players. Our time together is as much about personal growth as it is the game of tennis.



Coaching Responsibilities

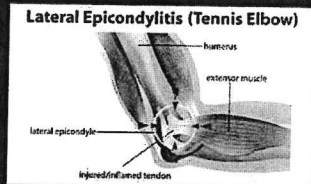
- Be a positive role model
- Player safety on and off the court
- Staying up to date with sport content, CPR, First Aid, etc.
- Teach sportsmanship, responsibility, and goal setting
- Teach fundamentals, rules and strategy
- Encourage and assist in sport development
- Prepare athletes for competition (structuring practices, challenge matches to determine the lineup)
- Communication (with athletes, parents, school, and media)
- Provide advice and perspective
- Record keeping
- Sectional entries
- Manage equipment such as tennis balls, score trees, waters, etc.



Risks on the Tennis Court

Most Common Tennis Injuries:

- Tendonitis (wrists, tennis elbow, etc.)
- Muscle strains
- Ankle sprains
- Back strain
- Shin splints



Additional Concerns:

- Condition of the tennis courts
- Weather
- Water intake
- Getting hit by a ball



Preparedness/Emergency Plans

Education:

- NFHS Concussion Course
- CPR/First Aid

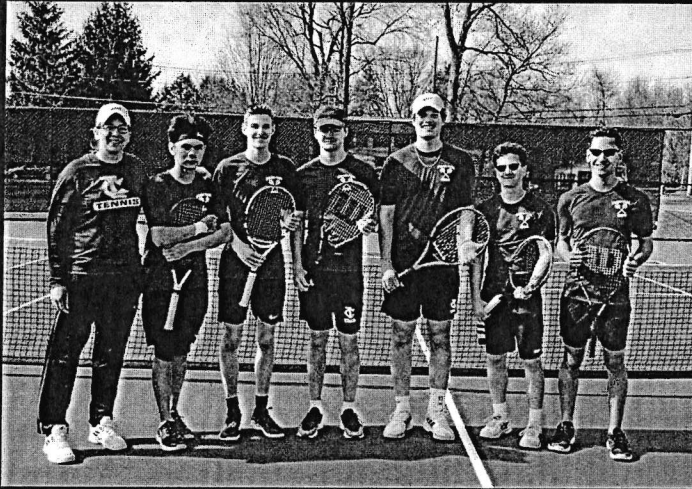
Emergency Contacts:

- Emergency Services
- Parent Contact Information
- Athletic Director, School Nurse, Trainer, Principal Contact Information

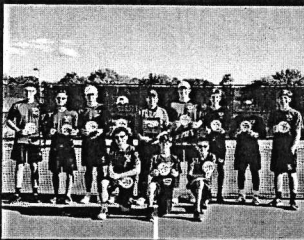
Emergency Plans and Equipment:

- Check courts for puddles
- Educate players about the importance of clearing a ball off the court
- Extra water
- Tennis Binder (includes heat index and other weather-related rules)
- First Aid Kit
- AED accounted for in central location
- Access to ice
- Athlete health history information
- Cell phone for emergency calls

Motivating Athletes



Motivation - the desire to do; interest or drive.

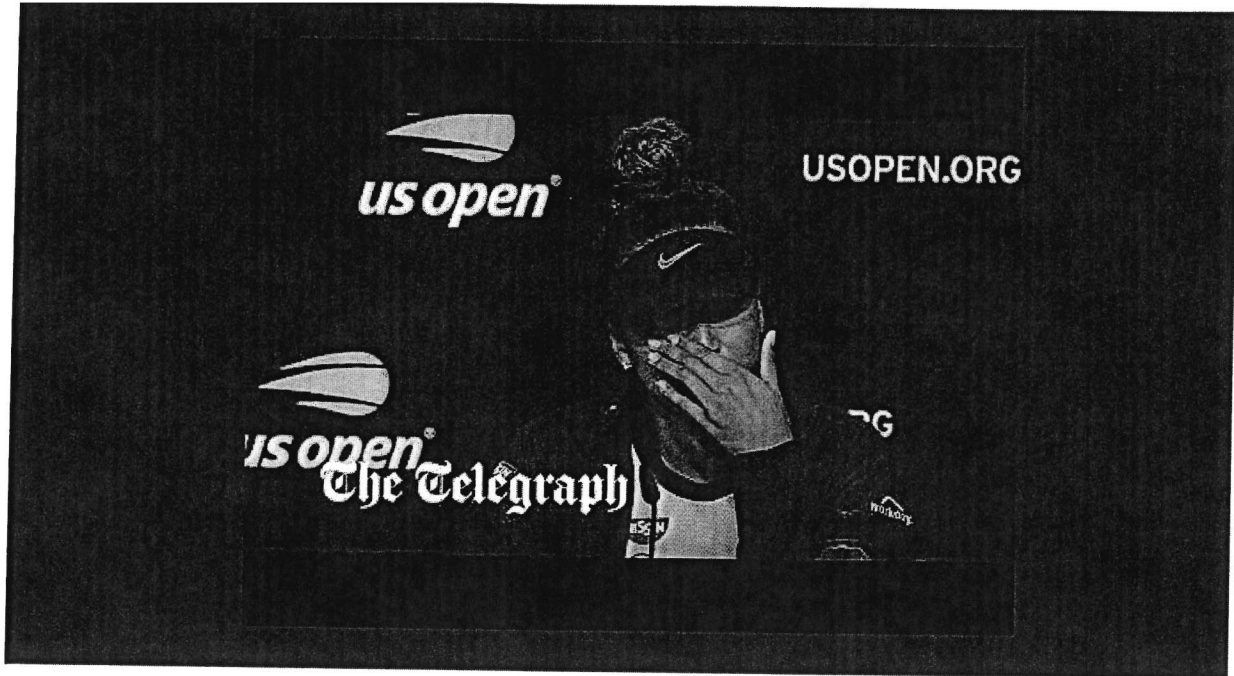


➤ Wins and losses



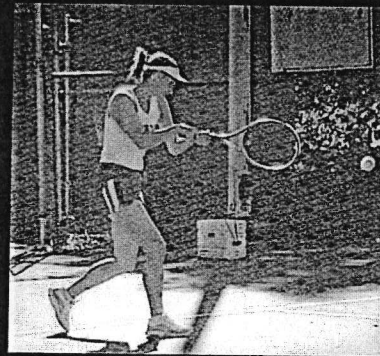
Naomi Osaka - Former World #1
Tennis Player





Setting Appropriate Goals

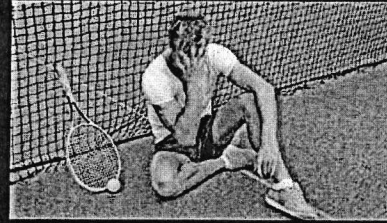
- **Specific**
 - Trying to move more at the net in doubles.
- **Measurable**
 - Lowering the amount of double faults per match.
- **Attainable**
 - Starting with small goals for beginners so they experience success.
- **Realistic**
 - Individual player goals rather than focusing on a team record.
- **Time-based**
 - Over the course of a match, a season, etc.



<https://metrifit.com/blog/the-importance-of-goal-setting-for-athletes>

Absence of Motivation?

- Is the activity age appropriate and/or appropriate for the skill level?
- Are there underlying issues impacting performance?
- Is it the right sport?
- Is the athlete burned out?
- Is there a fear of failure?



<https://usatodayhss.com/2019/5-reasons-child-might-not-be-motivated-sports>

Approach to the Se

- As mentioned, setting goals and finding a “why.”
- Practice plans to involve a variety of activities and group
- Individualize feedback.
- Celebrating small (and large) victories.
 - Fewer double faults, longer rallies at practice.
 - Celebrate the execution of a game plan.

Encourage teamwork and supporting one another.

Keep the big picture in mind.

<https://appliedsportpsych.org/resources/resources-for-coaches/motivating-athletes/>
www.nays.org/sklive/for-coaches/motivating-your-young-athletes/ (National Alliance for Youth Sports)



Sources

<https://metrifit.com/blog/the-importance-of-goal-setting-for-athletes>

<https://usatodayhss.com/2019/5-reasons-child-might-not-be-motivated-sports>

<https://usatodayhss.com/2019/5-reasons-child-might-not-be-motivated-sports>

www.youtube.com

