

Professional Assistance to School Athletic Departments
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As schools continue to face new challenges pertaining to the integrity of interscholastic sports, new programming needs have emerged. The following programs and assistance are designed to help school officials with professional training for coaches, including specific insights pertaining to important topics like youth sport burnout, performance supplement abuse, healthy boundaries with kids, dealing effectively with parents, plus much more. The **“Peak Performance for Coaches”** program is a terrific, *proactive* approach to prepare coaches to successfully work with kids involved in sports, while the **“Crisis Response”** professional assistance is designed to help school administrators successfully react, respond, and address unfortunate issues that can occur in athletic departments (i.e. hazing, boundary concerns, violence, performance supplement issues, etc.)

I.) PROACTIVE PREVENTION

“Peak Performance for Coaches”

This 2-hour course has been developed from the highly successful “Coaches as Role Models” Pupil Activity Validation seminar used for 12+ years by the Safe & Drug-Free School Consortium. The course covers all the major psychosocial issues and trends seen in school systems today, providing critical insights and solutions for issues like youth sport burnout, performance supplements, playing time, pre-season meetings, hazing, plus much more. The course includes handouts, exercises, tips sheets, practical vignettes, and an opportunity for coaches and other school officials to proactively talk about issues and trends developing in their school.

II.) REACTIVE SOLUTIONS

“Crisis Response”

When unfortunate events happen within a school district athletic department (i.e. a boundary issue between coach-student athlete, hazing, performance-supplement related emergency, etc.) schools can now reach out for immediate professional assistance. *Crisis Response* allows school systems to “put out the fire” quickly and responsibly so that safety is re-established within the school and community, and parents are re-assured that the school system has responded to the problem in a prudent manner.

The Crisis Response includes the following designed to train school officials, assist victims and their families, and minimize public reaction:

- Guidance training for school officials (i.e. administrators, coaches, school counselors, etc).
- Town meeting with concerned parents
- Interviews with local media
- Focus group with student athletes
- Plus any other related professional consultation