



Look Before You Leap

EDUO 9707

3 Semester Credits/Units

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This course will give you tools and encouragement to become a better planner and manager on the playing field and throughout your life. Reading assignments will be from web resources linked throughout the course.

Instructions:

Read this Syllabus which includes Objectives, a Grading Rubric and all course assignments. You may want to print it.

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the DropBox for Completed Assignments.

Objectives:

1. Recognize the significance of the individual within your team planning.
2. Develop long and short-term planning that produces a positive, calm, caring, and confident coach.
3. Account for risk management in all phases of planning.
4. Be able to transfer coaching expertise in planning to other important aspects of life.

Standards:

1. Drawing on and valuing students background, interests, and needs
2. Facilitating learning experiences that promote autonomy, interaction and choice
3. Establishing a climate that promotes fairness and respect
4. Promoting social development and group responsibility

Grading Rubric:

Grading Criteria	Exemplary A+, A, A-	Acceptable B+, B, B-	Unacceptable
Assignment Requirements	All assignments are complete, accurate and easy to follow	Most assignments are complete, accurate and easy to follow	Assignments are incomplete, inaccurate or irrelevant, and/or difficult to follow
Content Depth	All assignments are thoughtful, insightful, reflective and relevant	Most assignments are thoughtful, insightful, reflective, and relevant	Assignments are incomplete, not thoughtful or irrelevant
Organization, Style and Mechanics	All assignments are organized, clear and free of writing errors	Most assignments are organized, clear and free of writing errors	Assignments show little organization and/or have significant writing errors

Session One – Pre-season Management

Pre-Season Management

You have been hired to chaperone 15 girls this summer on a two (2) week bicycle tour through Italy and France leaving on June 12th from JFK Airport in New York City. All the girls will be seniors in high school and are from different parts of the country. The tour company will provide the bicycles, the trucks to transport the bicycles, the food while on the road bicycling, the schedule, lodging and airfare. The girls will have free days in many of the major cities including Paris and Rome. It is now April, and you have the information for all 15 of the girls who will be going on the trip. Their adventure is in your hands.

1. List five things (not associated with the tour company's responsibilities) that reasonably could go wrong and cause problems for you and the girls.
 - a.
 - b.
 - c.
 - d.
 - e.
2. What can you do to decrease the possibility of each of the problems listed above from happening?
 - a.
 - b.
 - c.
 - d.
 - e.

3. What else could you do to decrease the possibility of problems occurring?
4. Relate your answers to assignments 1-3 of the hypothetical (2) week trip with your realistic planning for your coaching job (General statements can be made rather than specific answers to each response made in assignments 1-3)
5. You are preparing a coach's handbook, and the beginning section is on pre-season management. Develop an out-line of a practical preseason handbook that would work for your program and that you would be proud to show your colleagues.

Section Two - In-Season Management

Read and study this web resource

<https://www.athleteassessments.com/importance-profiling-in-sport/>

6. What is sport profiling?
7. Illustrate How your handbook will deal with the importance of profiling and how combined with physical factors can create exceptional results

Read and study this website resource

<https://ezinearticles.com/?Coaching-and-Managing-Sports-Teams:-Five-Sure-Fire-Tips-for-Success&id=324283>

8. What would you put in your handbook about coaching methodology?
9. What steps will you take to maintain yourself as a positive, calm, caring & confident coach?

Choose a sport that you coach or would like to coach and read the website resource below that corresponds to that sport.

Basketball <http://www.coachesclipboard.net/PracticePlan.html>

Football <https://otfootballclub.com/ottv/practiceplan>

Baseball <http://www.qcbaseball.com/tools/practiceplans1.aspx>

http://www.active.com/baseball/Articles/The_perfect_practice_plan

Soccer http://www.footy4kids.co.uk/importance_of_planning_training.htm

Track & Field <http://www.la84foundation.org/3ce/CoachingManuals/LA84trackfield.pdf>

<http://users.manchester.edu/Student/RSEvans/Webpage/Practice%20Plan.pdf>

Golf <http://media.specialolympics.org/soi/files/sports/Golf+Coaching+Guide.pdf>

Tennis https://www.usta.com/content/dam/usta/pdfs/20161128%20high_school_team_practice_plan.pdf

Develop a complete in-season management plan for the sport for which you chose (add, where appropriate, sports profiling & the positive, calm, caring & confident coach).

Long term 10. A general seasonal plan

11. A general monthly plan

Short term 12. A more specific weekly plan

13. A very specific daily plan

Since failing to plan is planning to fail and you plan to succeed---then these assignments will become more than a requirement for a class. They will become an important element each day in your coaching career.

Session 3 – Risk Management

Read and study these web resources

http://www.stopsportsinjuries.org/STOP/Prevent_Injuries/Our_Resources.aspx

<https://www.safetyproresources.com/blog/10-tips-to-implementing-a-successful-safety-coaching-program>

Most coaches would rather coach than take care of the tasks associated with risk management; but by taking the time and effort to prepare and manage such plans, you may make your actual coaching time easier, safer and more enjoyable. A coach must recognize the fact that risk is a part of the athletic experience and therefore a risk management plan is necessary for a successful athletic program.

Describe in detail how your program will manage risk in the following areas.

14. Supervision of activities

15. Instruction of inherent risks

16. Equipment & facilities inspection

17. Providing proper emergency assistance & evaluation of injuries

18. Fair treatment of all athletes

19. Additional duties a coach should consider helping reduce the risk of legal liability.

Read and study these two website resources

<http://www.athleticbusiness.com/Civil-Actions/high-school-sports-injury-lawsuits-often-dismissed.html>

<https://www.injuryclaimcoach.com/sports-injury-claims.html>

20. Discuss specifically how your risk management plan would help to avoided injuries and lawsuits.

Because of better Risk Management planning, the threat of lawsuits will not keep you from being effective.

Session 4- Final Assessment

CORRELATION

Compare being a paid chaperone for 15 bicycling teenaged girls touring Europe with being an athletic coach.

PUTTING IT ALL TOGETHER

You showed that your pre-planning skills helped in creating a successful bicycle trip for 15 teenage girls, now you will have to use all of the coaching skills you acquired in this class (risk, short & long term management, sports profiling and being positive, calm, caring & confident). Your daughter will graduate from high school next month and she has begun to organizing an all-girl graduation trip for a week in Cabo San Lucas, Mexico the day after the graduation ceremony. She tells you that there are about 6-8 girls interested in going at this point. You want her to have a memorable graduation celebration but you are concerned and you know she will need help. You have organized some time with her and you start with:

“I want to help you to – LOOK BEFORE YOU LEAP!”

21. Detail here a specific plan that will help your daughter achieve a safe, successful, and fun week as well as demonstrate what you have learned in this class. You will show your ability to convert your coaching skills into success in even more important life endeavors.

Instructions for coursework submission:

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the Course Completed Coursework Drop Box.

You are allowed 9 months to complete the course. If you have questions about the course, you can reach your Instructor by email.

Tony Battilega: tbattilega@dominicancaonline.com

For questions involving your registration or other non-course related questions, contact us at support@dominicanCAonline.com or see <http://dominicancaonline.com/faq.htm> for more information.

This course is one of six Athletic Coaching courses developed by George Pickett for Dominican University of California.

- **Coaching is More Than Xs and Os - EDUO 9703**
- **Athletics - A Positive Path Through the Journey of Life - EDUO 9704**
- **Let's Look At This Another Way - EDUO 9705**
- **Creating a Healthy Lifestyle - EDUO 9706**
- **Look Before you Leap - EDUO 9707**