

Derby Spring Coaches Expectations

Derby coaches can support spring student-athletes by following the expectations below:

-Coaches will reach out to student-athletes twice weekly (at a minimum) to engage in discussions about conditioning, engagement in academics and their general well-being.

-Coaches will provide player specific workouts to improve sport specific skills - coaches are expected to keep a written/electronic log of all activities assigned to student-athletes).

-Coaches will work with student-athletes to assist with the college recruitment process.

-Coaches will create opportunities for team-building activities which will promote a positive culture for all student-athletes.

Suggested activities are:

- **Virtual Last Letter Game:** You select a category for the game. The first player names a word in that category. Then the next person names a word in that category that starts with the last letter of the word the previous person said. You keep going until you are stumped!
- **Two Truths and a Lie Game:** Each person thinks of two truths about themselves and a lie and everyone tries to figure out who is fibbing.
- **Kahoot!:** Can be played over Zoom. You can share your screen and everyone plays on their own device. You can make up games, use games other people have made, etc. on pretty much any topic!

-Coaches will be expected to participate in a weekly meeting with the Athletic Director to discuss progress with spring sports activities.

Coaches will also engage in the following activities:

-Take an NHFS Coaching Course - Free courses are available on the NHFS website, coaches should provide documentation of any courses completed and submit documentation to the athletic director [NFHS Learn | Interscholastic Education, Made Easy](#)

Coaches are expected to complete the following courses:



Bullying, Hazing and Inappropriate Behaviors
 Elective Course

Student Coach Parent Administrator Official Performing Arts

Free!

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Concussion in Sports
 Elective Course

Coach Parent Administrator Official Performing Arts

Free!

✉ in f t

Now available in Spanish!



Engaging Effectively With Parents
 Elective Course

Coach Administrator

Free!

✉ in f t



Heat Illness Prevention
 Elective Course

Student Coach Administrator Official

Free!

✉ in f t

-Coaches will identify sport specific websites for student-athletes to visit which will provide additional support for athlete wellness.

Suggested activities/ links are:

- <https://www.headspace.com/> Mindfulness for everyday life (Free membership offered currently)

-<http://www.ncaa.org/sport-science-institute/supporting-student-athlete-mental-wellness> NCAA Supporting Student Athlete Mental Wellness

-Coaches should stay current with updates from the CIAC and other governing bodies and provide updates for their student-athletes and families.

MOU Language

1. Should school resume and CIAC cancel the spring sports season, the Board and the Association agree that spring coaches will work with the athletic director to schedule intramural practices and scrimmages. These schedules will be developed within NVL and CIAC guidelines. Spring coaches will participate in on-site coaching responsibilities as directed by the Superintendent and/or her designee.
2. The Board and the Association agree that spring sports coaches shall be paid one-half (1/2) of their full stipends in accordance with the collective bargaining agreement between the Board and the Association during the period of school closure and virtual spring sports due to COVID-19.
3. The Board and the Association agree that should CIAC maintain a spring sports season, spring sports coaches shall be paid their full stipends in accordance with the collective bargaining agreement between the Board and the Association.
4. Should other schedules or expectations for spring sports develop beyond the scope of this agreement, the Board and Association agree to meet and discuss addendums to this agreement.
5. All provisions of the collective bargaining agreement between the Board and the Association shall remain in effect except to the extent such provisions have been durationally modified by this Agreement.
6. This Agreement shall expire at the end of the 2019-2020 school year.
7. This Memorandum of Agreement shall not be used as precedent or cited as practice by either the Board or the Association in any proceeding whatsoever except to enforce the terms of this Memorandum of Agreement.