

Buffalo Bison Activities

Activity/Sport _____ Coach _____ Date _____

Welcome to a new season! Your role is to lead/contribute in your sport/activity as it is a co-curricular classroom. Welcome to education based athletics! Please think through the questions below as you prepare to get underway.

1. Coaching is about relationships. What are some ways you go about strengthening relationships within your program. (Coach/Student, Student/Student, Coach/Parent)

2. Transformational Coaching: What will you incorporate into your style/techniques that will help toward this end?

3. What are the strengths/weaknesses you perceive with your team/program prior to the season?

4. What do you believe to be the role of the AD in your season this year?

(Post season assessment/meeting will be based on the questions on the next page)

Buffalo Bison Activities – Why We Play

Activity/Sport _____ Coach _____ Date _____

All coaches are presumed to be an expert in their sport and to understand the organization and management that goes along with leading or contributing to a program. These questions cut to the essence of what the job means at its deepest level. How do you honestly respond to the following questions? How do you think you are perceived by others?

A. Why do I coach?

Why do I coach the way I do?

What does it feel like to be coached by me?

B. How do I/we define success in our program?

How do I/we measure success in our program?