



## Red Wing High School Activities Office

2451 Eagle Ridge Drive

Red Wing, Minnesota 55066

Paul M. Hartmann – Activities Director

### **Winger Activities - Distant Coaching 2020**

1. 1x week AD/HC google meet - Tuesdays at 8am
2. 1x week HC/AC staff google meet (W/TH/F)
  - a. Prep next week's workout
  - b. Post on google classroom
3. 1x week team meeting per sport
  - a. Google Meet
4. 1x week individual athlete contact by coaches
  - a. Divide amongst staff
5. 1x week post team lesson based on weekly theme
6. Coach Professional Development
  - a. Send or post article/podcast/video related to theme of the week
  - b. Provide reflection, discussion prompts
  - c. Send or post by Thursday morning, prior to your assigned week

### **Weekly Themes (Subject to Change)**

April 13 Gratitude- Hartmann

April 20 Grit - Casci/Blahnik

April 27 Sense of belonging - Nelson

May 4 Fun - Bohmbach

May 11 Moral Courage - Golf Coaches (Peter and Drew)

May 18 Teamwork - Toivonen

May 25 Trust the Process - Kimmes