

FORM B

Minnesota State High School League Foundation Application for Grant School Year 2019-2020

RESOLUTION OF SCHOOL BOARD/GOVERNING BOARD SUPPORTING FORM B APPLICATION TO MINNESOTA STATE HIGH SCHOOL LEAGUE FOUNDATION

WHEREAS, the Minnesota State High School League Foundation was formed to provide support for Minnesota's high school youth to participate in athletics and fine arts;

WHEREAS, the Duluth East High School School Board/Governing Board recognizes the value of student participation in extracurricular activities; and

WHEREAS, the MSHSL Foundation is offering grants and funding to assist school districts to providing seminars/training opportunities or support for specific school functions for students/faculty members/officials and others who are involved in athletic and fine arts programs.

THEREFORE, BE IT RESOLVED, that the Duluth East High School School Board/Governing Board supports the School's application to the Minnesota State High School League Foundation for a FORM B grant.

Date

Board Chair

Date

Board Clerk - Treasurer

A RESOLUTION submitted by an Activity Conference or Region Committee must adhere to the same form and context of the School Board Resolution above.

CHECK LIST

Have you:

- | | | |
|--|------------------------------|-----------------------------|
| 1. Described your request | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Attached a line item budget (see Appendix B) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Signed the application | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Attached a Resolution of School Board Support | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Attached all required information | | |
| • Schools (see page 4, #5) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| • Region Committee and Athletic/Activity Conferences (see page 4 #6) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

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Appendix Information

MSHSL Foundation Form B Grant Information & Line Item Budget

Duluth East High School will use the 3Dimensional Coaching framework and the MSHSL “Why we Play” as the foundational curriculum for training our coaches. The basic premise for the development of 3Dimensional Coaching that *coaches are the greatest asset in education today and likely the least trained in the areas they can have the greatest impact*. Research has shown that coaches have more influence over the thoughts and behaviors of adolescents than parents and teachers. For this project, we want to make the 3Dimensional Coaching Professional Development Training from the 3D Institute (www.3dinstitute.com) available to coaches at not cost to our coaches.

How Funds Would be Spent

The cost of the 3D Coaching Certification course is \$125 per coach for the module plus \$15 for the accompanying handbook. Our plan is to start with 25 coaches for the 2019-20 school year and then add coaches to the program for the 2020-2021 school year. The cost would be \$140 per coach x 25 coaches for a total of \$3,500 requested.

Line Item Budget:

3D Coaching Module cost: \$140 per participant
Workbook: \$15 per participant
Initial # of Coaches in Phase one: 25
25 Coaches x \$140 = \$3,500
Additional speakers and materials \$500
Total for 2019-2020 = \$4,000

Received a grant for \$1,000 from the Lloyd K. Johnson Foundation
Remaining costs will be paid for by the East Activities Office \$500

Total Request \$2,500 from the MSHSL Foundation

Alternative Sources

We currently have no alternative sources to fund this project at the scale we are requesting. Our athletic program does not receive funds to this type of program. We are funded by gate receipts and community sponsorships. The remaining funding will be paid out of our athletic program budget which is very limited.

Support Beyond Termination

Once a district agrees to certify their coaches, the coaches have access to the material in perpetuity. There is also ongoing accountability through the administrative evaluation guide that the district receives upon certification, as the Athletic Directors and Administrators meet annually with coaches for evaluation. The goal is that the 3Dimensional Framework and the MSHSL “Why we Play” will become part of the culture in the district and exist beyond the employment of any one individual coach or administrator.

Duplication of Services

As far as we are aware, nothing like this currently exists in the community.



Duluth Public Schools Coach Development Program Program Launch 2019-2020

- Goal: to create a culture of transformational coaches with a clear set of core values with the end result in reducing coach/player/parent conflicts and increasing life-changing experiences for our students.
- For individuals coaching for the Duluth Public Schools
- Launch fall 2019, regular monthly meetings in years 1, 2, & 3 to ensure program sustainability and coach development

Online Training Overview:

- 100+ short teaching videos (7 hours)
- 25 quizzes that correspond with each Module (2 hours)
- 3 writing/reflection exercises (1 hour)
- Practical steps for writing our transformation purpose statement (1 hour)
- Over 35 level 2 & 3 strategies in lesson plan format (2 hours)
- Course certification with monthly meetings that reinforce and supplement coach development curriculum.

3Dimensional Coaching

- This self-paced online course takes coaches on a journey towards defining their transformational purpose and creating a plan to fulfill it. Along the way, coaches will discover important principles and
- dealing with the “entitlement” mentality
- intrinsically motivating athletes
- harnessing the power of emotions
- fostering higher levels of confidence
- creating team cohesion
- effectively setting goals
- helping athletes develop character

This online course is self-paced and will thoroughly train coaches to understand the 3D framework.

By taking this course, you gain access to:

- 25 teaching modules covering 2nd & 3rd dimension topics
- 100+ short teaching videos (7.5 hours total)
- Practical steps for writing your transformational purpose statement
- Over 35 level 2 & 3 strategies in lesson plan format
- Upon completion of this course, you will be emailed a copy of your coaching plan mailed a hard-copy of your 3Dimensional Coaching certificate that has your personal transformational purpose statement inscribed upon it.

Meeting Timeline East HS: Head/Assistant Coach Meetings

September 30 - 7:30am-8:15am

October 28 - 7:30am-8:15am

November 25 - 7:30am-8:15am

January 13 - 7:30am-8:15am

February 24 - 7:30am-8:15am

March 30 - 7:30am-8:15am

April 20 - 7:30am-8:15am

May 18 - 7:30am-8:15am

@ Duluth East HS