



Coach Tasks for Pre Season:

1. Meet with mentor or advocate to discuss who will help run the program. Help them get to know your team, your sport, and any questions you have about the program.
2. This program relies on full team attendance. We recommend that you make it the expectation for all athletes, and hold groups sessions during practice times.
3. Send the parent letter with information about the program your team’s families.
4. Consider including program info at a parent night or pre-season meeting.
5. Complete this season planning form and coordinate with the advocate or mentor.

Coach Tasks During the Season:

1. Remind athletes about the groups, and ensure they meet at the scheduled time.
2. Contact the team mentor immediately with any schedule changes.
3. Reinforce the key concepts of the program (see “Information for Coaches”).

Season Planning Form:

Coach Name: _____

Sport: _____ Team Level (circle): Varsity JV JVC

Gender of your team (circle one): Co-ed Girls only

Phone: (____) _____ E-mail: _____

Best ways to contact you (circle any): text e-mail phone days evenings

Start date of season: _____ End date of regular season: _____

of athletes on girls’ team: _____ Practice Location: _____

Monday Practice Times: _____ Tuesday Practice Times: _____

Wednesday Practice Times: _____ Thursday Practice Times: _____

Friday Practice Times: _____ Saturday Practice Times: _____

When would you like the team to have the weekly meetings for Athletes As Leaders?

1st Choice: Day: _____ Time: _____	What week can sessions begin? [For office use] Schedule & start date:
2nd Choice: Day: _____ Time: _____	
3rd Choice: Day: _____ Time: _____	