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Champion Coach Note: Wrapping up the Season

Spring is in the air! April showers have brought May flowers, and the signs of summer are fast approaching. The days are getting longer, and attention spans are growing shorter as we reach the end of both the school and spring sports calendar. As both coaches and players see the end in sight, it is easy to just want to simply finish the season, and get ready for a relaxing summer vacation. After a long season and school year, the rest is well deserved, but remember the importance of a strong end to the season.

Individual and team debriefings are an extremely valuable tool for wrapping up the season, and preparing for the next year. Reviewing the goals that you set as a team and that the individual players set is a key element of the Play Like a Champion Today approach to coaching. These debriefings let athletes reflect on what has happened during the season. Games and practices can often run together, and the whole season can quickly become a blur. As a coach, unpacking the events of a season will help players identify areas where they grew as athletes and as people. These meetings allow you to ask the big picture questions of your team, and remind your athletes that the reason we participate in sports is to grow... physically, spiritually,



**"The unexamined life is
not worth living."**

~ Socrates

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mentally, and emotionally.

Good questions for a debriefing include:

- Did we have fun this season?
- What was the best part of the season?
- Did you achieve your goals that you had set in the beginning?
- What helped/hurt you in achieving or not achieving those goals?
- What are the gifts that you recognized in yourself this season?
- What gifts did you recognize in others?
- What are your goals for the off-season?

It's tempting to just want to power through and check-out for the end of the season and school year. But avoid this temptation! Debriefing a season allows athletes to grow and maturely reflect on their personal growth and team bonding. It will bring deeper meaning sports, beyond just something to stay busy.

It takes time, but wrapping up the season well is key to coaching like a champion!