

**PLAY LIKE
A CHAMPION
TODAY**

PLAY LIKE A CHAMPION TODAY
Weekly Coach Note

Play Like A Champion Coach Focus of the Week: Building Relationships

Welcome to the 2013-14 Sports Season! As your season begins, it is important for you to get to know your players, for your players to get to know you, and for your players to develop relationships between team members. As the coach, you need to establish a climate of camaraderie and friendliness within the team. As Play Like A Champion highlights, positive relationships and high group cohesion increase team stability, individual and team performance, and player satisfaction.

Activities and Suggestions:

- Hold an Introductory Meeting for everyone (parents included!) to get to know one another.
- Write weekly notes to the parents to inform them of the team's progress and highlights so far in the season.
- Invite a group of parents or the "team mom/dad" to help communicate schedules and plan team events/communications.
- Create and distribute a Team Contact Sheet listing the family phone number and email for each player.
- Utilize Team Building Activities like Human Knot or Relay Races (contact Play Like A Champion for additional suggestions, plc@nd.edu)
- Have the team establish team rules in a team discussion- write them out and distribute them to each member.
- Attend mass together as a team.
- Hold a team retreat (Play Like A Champion offers a template for this)



"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."

~ Babe Ruth

- Assign season buddies – pair players up with one another. They can be a secret or known. Each person is responsible for providing their buddy with support and motivation over the course of the season. Motivation can be anything from spoken encouragement to written notes.

- Have your team wear their uniform jersey to school on game day (with administrative permission).

Often players have already developed strong bonds on your team, but as the coach, you need to establish a climate of camaraderie and friendliness with the team as a whole. It is important to discourage cliques and build relationships among team members of different grades and social groups. It is also your opportunity to establish a positive partnership between the coaches and parents.

In your Play Like A Champion Coach Manual, review the pages on the R (Relationships) of GROW.

Make it a great sport season!