

Lakewood High School



Initial All-Staff Coaches Meeting
2019-2020 School Year

Introductions

- All Staff

“Between Stimulus and response is a space. In this space lies our freedom to choose our response. In these choices lies our growth and happiness.” Stephen Covey

“ Event + Response = Outcome” - Tim Kight



TAKE A MOMENT TO REFLECT AND LOOK FORWARD....

Three Questions -

1. What is the single best thing about the program you coach?
2. What is the single biggest struggle your program has?
3. How are you planning to make 2019-2020 your best year as a transformative coach?

Lakewood High School Athletic Department Mission

Goal #1 - Each Individual Student-Athlete has an incredible experience that produces their competitive best while we prepare them for the next steps in their life.

Goal #2 - To develop the most elite athletic school in Colorado that focuses on individual and team success. Revered as the pinnacle of athletic excellence in Colorado.

Focus on Two Major Criteria..

1. Fundamental Play
2. Team Connection

- CONTROL THE CONTROLLABLES!

Highlights of 2018-2019 (Year 2 of 5 Year Plan)

- Boys Golf Class 5A State Runner-Up
- Most Decorated Female Gymnast in School History
- 21 Student-Athletes signed LOI to continue playing sports in college
- 3 Jeffco. League MVP's - GXC, BGolf, BLax
- 2 Jeffco. Coaches of the Year (Alan Gonzales - Boys Golf and Eric Seelbach - Boys Lacrosse & Jeffco. Female Asst. Coach of the Year - Gary Lash)
- Over 130 All-Conference Athletes
- Reached playoffs/State championships in 11 Sports



TIGERS
LAKEWOOD HIGH SCHOOL

What I Observed & Learned in Year #2 at LHS

- Student-Athlete Centered
- Changes were needed in some programs
- Level of Individual Excellence was High
- Collectively took a step back in some key areas

- Need to take some progressive steps to build the culture that we want.
- Defining your Core Values and taking on the leadership of your program or part of the program that will define excellence.
- Took positive steps with S&C
- The meshing of the two major goals is achievable here
- Focus on moments and recognition of athletes



TIGERS
LAKEWOOD HIGH SCHOOL

What I also observed



- Focus on mental health of student-athletes is paramount
- Still have strident to take in S&C to compete
- Uniformity as a staff is just not there
- Budget constraints are an issue
- Depth in most programs is lacking
- Emphasis on off-season work needs to rise
- Desire to continue to grow for some coaches was still fixed mentality
- Felt trust was lacking in faith between coaches and student-athlete and sometimes staffs
- Didn't follow through on a commitment to community service



LAKEWOOD HIGH SCHOOL

Where does that leave us?

- Significant Focus on Mental Health and Student Development
- Be Accountable to LHS and each other
- Do your student-athletes trust you?
- Does your coaching philosophy match from practice to games? Do student-athlete
- Defining your Core Values. You will define them - the three you want to be known for - and report them back to me.

“To understand is to know what to do.” Peter Kaufman

- Mistakes come from blind spots and not fully understanding the complexity of a situation.
- Do we take a Coach/Teacher philosophy or do we just get upset and react?



LAKEWOOD HIGH SCHOOL
TIGERS

My Focus

FIVE VERY SIMPLE POINTS I WILL FOCUS ON:

1. FOCUS ON MENTAL HEALTH
2. FOCUS ON 3 CORE VALUES OF EACH PROGRAM
3. FUNDAMENTALS - HEALTHY COMPETITION
4. CONNECTION/TEAMWORK
5. SPORTSMANSHIP OF PROGRAMS



TIGERS
LAKEWOOD HIGH SCHOOL

TWO PHONE CALLS:

- Call from Dan Bock
- Call from my Mom



TIGERS
LAKEWOOD HIGH SCHOOL

Steps We Can Take in the immediate

1. Take Mental Health Seriously
 2. You don't need to be a doctor to help - be there for your kids
 3. Be Approachable
 4. Read up on it
 5. Take the mental health component of training seriously
- Will be an ongoing theme for us throughout the year



RECAP OF JEFFCO COACHES SYMPOSIUM

- Jim Thyfault
- Craig Hess
- Rob Miller

General thoughts from those who attended?

#1 Takeaway?



TIGERS
LAKEWOOD HIGH SCHOOL

Nuts And Bolts

- Non-Discrimination Statement for All Coaches - Handout
- Mandatory Reporter - Statement for all Coaches - Must report and file on Planet HS - Handout
- 14 Legal Duties of Coaches - Handout
- Negligence - a failure to act by schools/athletics personnel exercise reasonable care which acts as both the actual & proximate cause of an injury to a student-athlete, coach, spectator, official, or other party.
- Roster of Cleared Athletes - Planet HS (was Arbiter Athlete) - Sharon DeVito
- Reiterate program cuts and how we go through the process
- Understand if you have players who have 504's/Learning Disabilities
- Coach Evaluator - Coaching evaluations and seasonal meetings



LAKESWOOD HIGH SCHOOL
TIGERS

Nuts and Bolts

- Construction and thank you for your patience
- Team Picture Day on August 26&27 - I will be out
- Do you have your CHSAA Bulletins? This is essential!
- Eligibility and how we are going to process this
- Volunteers that have not gone through the Jeffco. Process this year - Stay after
- Outside Doors - ARE NEVER TO BE BLOCKED OPEN!!!!!!!!!!
- Outside Doors - are open from 6:45-4:00 each day (covered by Jeffco. Campus Monitors)
- Safe2Tell
- Buses and Dismissal Times - Expectations for your athletes
- Rosters - created and to Sharon
- Keys, student use and access to the building



TIGERS
LAKEWOOD HIGH SCHOOL

Nuts and Bolts

- Student-Athlete Handbook
- Copy of the payscale and coaching matrix
- Facilities - Lack of water - Lisa Nelson retiring soon- Dale? - where that leaves us
- Use of the Gators - Please provide a driving lesson - show them proper driving and expectations.
- P-Card Usage
- Financial Details of your Accounts - Don't keep money in your classroom. - NO FEES
- Sportsmanship/Officials - has to be a focus of the program! We want Culture Builders
- Miscellaneous - Questions/Discussions

VOLUNTEERS WHO HAVE NOT BEEN CLEARED - STICK AROUND!



LAKESWOOD HIGH SCHOOL