

Coaching Education-Based Sports

The purpose of interscholastic and youth sports is not to prepare students for a college scholarship or some professional career. It just doesn't happen that often. 78% of youth who play sports will quit by the age of 12 because it just isn't fun anymore and 97% of the students who go on to play at the high school level will have a terminal experience when they graduate—they will no longer play organized sports as they have throughout their youth experience. So, what's the point? Why do we play? We play to develop students into people with sound moral character that will prepare them for a life that recognizes the humanity of others, that is rich with empathy and compassion and develops in them the moral courage to stand up for what is right. When we only focus on physical skills and accomplishments we don't give students the skills that will help them over the course of their lifetime, skills that will make the world a better place. We give them very little that has any real inherent value. For coaches to be transformational coaches, with a growth mindset that centers on developing the student's human potential, there must be an understanding of the purpose of education-based athletics and clearly defined expectations.

The MSHSL offers a **Head Coach Certification Program** that centers on education-based athletics and the value it can provide students who participate. Individuals who want to be an education-based, high school head coach may obtain the head coach credential required by MS122A.33 through the **MN Head Coaches Course**.

Coaches receive instruction on WHY WE PLAY, the Leagues initiative that centers on Transformational Coaching, Care and Prevention of Athletic Injuries and League Rules and Policies. Individuals who successfully complete the requirements of this program will meet MS122A.3. Since 2009 the MSHSL has trained over 5000 new Minnesota Head Coaches. Click here for the schedule of the upcoming MN Head Coaches Courses.

<http://mshsl.org/mshsl/coacheded/inpersonschedule.asp>

In addition, every coach working in a Minnesota high school must complete the **Continuing Education Requirement (CER)**, once every three years. This training includes WHY WE PLAY, Concussion Education, Return to Play Protocols, Emergency Planning, and a variety of additional health and wellness components. In addition, coaches must complete an annual sport specific on-line Rules Interpretation Meeting.

Both of these programs, the **MN Head Coaches Course** and the **Continuing Education Requirement** are delivered to coaches through the League's learning management system (LMS) called the **Coaches Clipboard**. Each high school coach has their own coach specific page. This page delivers sport-specific information tailored to the sports he or she coaches. It also includes a comprehensive history of the coach's professional development. Just over 25,000 coaches are trained annually through the League's LMS.

