

FOR COACHES

YOU ARE THE MOST IMPORTANT PERSON IN THIS ECOSYSTEM.

YOU ARE ONE OF THE MOST POWERFUL DEVELOPMENTAL FORCES IN A YOUNG PERSON'S LIFE. THINK BEYOND THE SEASON.

WHAT YOU CAN DO — STARTING NOW

1. HAVE THE ACADEMIC CONVERSATION

- Know the GPA of every athlete you coach. Not just the most talented — all of them
- If an athlete is falling below the academic thresholds needed for scholarship eligibility, you may be the first person who can flag it early enough to matter
- Have the college eligibility conversation with families in September — not June

2. BUILD AN ATHLETE PROFILE FOR EVERY PLAYER

- Keep a simple record for each athlete: performance data, academic standing, physical metrics, competition results, highlight footage
- This is the foundation of any meaningful recruitment conversation and any pathway planning

3. INVEST IN YOUR OWN DEVELOPMENT

- Pursue at least one coaching certification or continuing education course this year — even online
- Connect with your federation about available coach development programmes and support
- The landscape of coaching standards is evolving. Get ahead of it

4. LEARN THE MENTAL GAME

- You do not need to be a sport psychologist to apply performance psychology principles in your training sessions
- Learn the basics: how to build athlete confidence, how to help athletes recover from mistakes, how to manage pressure before competition
- Resources: peaksports.com offers coach-specific mental performance education alongside athlete programmes

5. UNDERSTAND THE RECRUITMENT PROCESS

- Know the difference between NCAA, NAIA, NJCAA, and UK/European pathways well enough to guide parents and athletes through initial conversations
- You are often the most trusted adult in an athlete's sporting life. That trust comes with responsibility for their future — not just their performance
- Encourage athletes to create profiles at [NCSA Sports](https://NCSASports.com) and register with the NAIA Eligibility Centre early

KEY RESOURCES FOR COACHES

- Coach mental performance education — peaksports.com
- NCSA Sports coaching resources — ncsasports.org
- TCI Sports Commission coach development — tcisc.tc
- NAIA coach recruitment resources — naia.org