



Appendix A - Framework for Virtual Sessions

- Coaches must take and store attendance for each session
- During virtual gatherings students may opt to turn on their camera but are not required to do so.
- Head coaches must incorporate assistant coaches in virtual gatherings.
- Only paid assistant coaches can facilitate gatherings / break-off sessions with groups of students by themselves.
- Example virtual session timeline:
 - Social - 20-minute online meeting in which the coach can check in to see how all students are doing
 - Mental - 15-minute segment in which sport specific teaching occurs (Xs and Os, playbooks)
 - Physical - 30-minute (minimum) period in which the SAs are expected to engage in prescribed physical activities
- Include regular email communication between gatherings, possibly to include references/assignments
 - mental exercises (brain teasers, challenges, video quizzes)
 - quizzes on sports related rules/concepts
 - quotes and inspirational messages
 - clips of recommended workouts
- Consider any of these coordinated virtual team bonding activities
 - sportsmanship activities
 - structured, safe dialog on social issues facing our communities, county, state, nation
 - sport specific film study, review, and analysis
 - nfhslearn.com courses for your sport
 - shared movie watching (possibly sport-specific), meal preparation, etc
 - publish periodic trivia quizzes on Twitter to engage students, coaches, and the entire community with questions about the history of each school's program.
 - student-generated fun, informative videos highlighting aspects of high school athletics, their value, etc.
 - update website pages (could assign tasks to sub-groups w/asst. coaches)
 - compile team statistics/history for your school/AD (could assign tasks to sub-groups w/asst. coaches)
- Consider using the BSN program *IMPACT Now* which includes the Kevin Atlas program *Believe in You* <http://kevinatlas.com/>
- Consider implementing a version of the *94 Feet* series in which ADs/coaches conduct 2-on-1 interviews with student-athletes about their daily activities while they are social distancing, as well as what their future plans are?

Appendix B - Resources for Virtual Coaching

- *Seven Essentials to Successfully Coach Virtual Teams* <https://www.skipprichard.com/7-essentials-to-successfully-coach-virtual-teams/>
- *Staying Connected with your Teams during the Pandemic* <https://www.nfhs.org/articles/staying-connected-with-your-teams-during-the-pandemic/>

- *Tape and Twitter: Recruiting offers new challenges for high school athletes, coaches* https://observer-reporter.com/sports/tape-and-twitter-recruiting-offers-new-challenges-for-high-school-athletes-coaches/article_47e03426-93a3-11ea-8d9a-5b436ee666a2.html
- *Special Olympics Our Top Ten Ideas for Virtual Coaching Sessions*
- <https://media.specialolympics.org/resources/covid-19/6-Our-Top-10-Ideas-for-Virtual-Coaching-Sessions.pdf>
- *Coronavirus & Youth Sports- Calls For Coaches* https://assets.aspeninstitute.org/content/uploads/2020/04/Calls-for-Coaches-Adapted-for-COVID-19-Response-FINAL_1.pdf
- *Website: Project Play, applies and shares knowledge that helps stakeholders build health communities through sports* <https://www.aspenprojectplay.org/>
- *Online Training, Classes and Workouts* <https://www.sportengine.com/virtual-programs>
- *BSN SPORTS Coaching Clinics* <https://www.varsitybrands.com/virtual>
- pandemic tips for sports community
- <https://appliedsportpsych.org/blog/2020/03/the-covid-19-pandemic-tips-for-athletes-coaches-parents-and-the-sport-community/>
- Project Play is reporting on the latest developments in youth sports and physical activity related to COVID-19. Articles, webinars, coach resources. See attachment.
- <https://www.aspenprojectplay.org/coronavirus-and-youth-sports>
- Coach responsibility to prepare athletes
- <https://thesportjournal.org/article/a-coachs-responsibility-learning-how-to-prepare-athletes-for-peak-performance/>
- Mental training importance
- www.psychologytoday.com/us/blog/the-power-prime/201811/what-mental-training-sports-is-really-all-about%3famp
- Good potential apps:
<https://www.google.com/amp/s/www.washingtonpost.com/sports/2020/04/28/youth-sports-teams-take-practices-locker-rooms-online-during-pandemic/%3foutputType=amp>
Ex app- <https://www.homecourt.ai>
- <https://coachad.com/news/transformational-over-transactional-coaching/>
- <https://coachad.com/articles/five-strategies-for-team-support-during-covid-19/>
- <https://coachad.com/news/atlanta-falcons-coach-advises-high-school-coaches-on-racial-tension-coronavirus/>
- <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
- www.azcentral.com/story/sports/high-school/2020/05/09/arizona-high-school-football-teams-conduct-virtual-spring-football/3090935001/
- <https://appliedsportpsych.org/blog/2020/03/the-covid-19-pandemic-tips-for-athletes-coaches-parents-and-the-sport-community/>
- <https://www.theitem.com/stories/coaching-during-quarantine-wilson-halls-ripley-embraces-team-building-during-virus-pandemic,344384>
- <https://playfootball.nfl.com/nfl-way-to-play/staying-active-at-home/>