

Personal Training and Competition Planning

Use this table to work through all events included in the next year-competitions, camps, training times away from home, etc. This can help you visualize which events you need to plan to find resources like funding or coaching. Also note the priority-is this a peaking event, a non-peaking event, or an event that is negotiable if something comes up and you need to drop an event?



[illegible]

Coaching Obligations

Use this table to work through your coaching obligations for the year. Include as many types of events you'll be working: competitions where you're coaching, camps, clinics, team dinners, team fundraisers, recruiting trips, blocks of time you're expected to be in town and not away for your own training or competition, etc. Note whether you'll need to include plans for support-friends or family to care for your child, eg. Note things you'll need to find for your own training-a weight room, practice partners, cardio, etc. Note the priority level-is this event negotiable with the coaching staff if you need to juggle your obligations or lessen your workload?



[illegible]

Weekly Schedule



Use this table to visualize the parts you'll juggle on a weekly basis. Can you check all the boxes within a week?

- ☐ Office days
- ☐ Coaching Staff Meetings
- ☐ Other Meetings
- ☐ Work from home
- ☐ Time off the clock
- ☐ Strength and Conditioning
- ☐ How much live wrestling do I need today? (will this be in team practice or separate?)
- ☐ How much time do I need for technique today? (will this be in team practice or separate?)
- ☐ Rehab/recovery exercises
- ☐ Friend/family obligations-meetings, appointments, etc
- ☐ Friend/family time

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Your Role on the Team



As a competitor who is also coaching, you'll wear several hats. As you wear your competitor hat, some of the athletes and coaches will also be your training partners and teammates. As you wear your coaching hat, you'll be contributing to your student athlete's academic and athletic goals and mentoring them as whole humans. The coaching staff is also a team. Some of the coaching portfolio won't be your responsibility as an assistant or a GA, but it's good to begin thinking about all aspects of coaching and collecting advice along the way. This is a space to think about your roles in the program so you are ready to manage the times when they overlap.

What are some ways you can protect the boundaries around your training needs and your coaching obligations? How do you protect your time?

How can you support the vision of the head coach, the coaching staff, and the program?

What are some behaviors or thought processes that undermine a head coach, coaching staff, or the program?

What can you do if your values or vision differ from other coaches on the staff?

How will you approach communication with your athletes' parents? How do you protect your time?

How will you handle conflict mediation between athletes? What will you do if things get out of hand?

What will you do/who will you talk to if you suspect one of your athletes is in serious trouble or needs help out of your expertise?
