

Thank you for continuing on in your coaching position as we navigate this uncharted and temporary new normal. The information below will hopefully help clarify your roles, responsibilities, and systems to use as a “virtual coach”. Looking forward to connecting with you on the phone or via Zoom soon!

While the need for social distancing, quarantine and even isolation during the Covid-19 Pandemic is at its height, a similar need for social connection is also rising - see [Why relational connection is so important during the coronavirus pandemic](#).

Coaches, in general, have the pre-established relationships necessary to continue to affect student-athletes' lives positively through providing meaningful connections, even while physically separated from their teams.

With that in mind, and despite not having the opportunity to interact in the same spaces as during a normal spring season, our coaches' duties will continue - even if not a single in-person practice or competition takes place for the remainder of the school year.

However, during these unprecedented times, normal expectations of coaches (e.g. attend and coach at all practices, attend and coach at all competitions, work with other coaches to determine lineups, implement appropriate systems, enforcing team policies, etc) do not, and cannot, necessarily apply.

Therefore, a new set of deliverables and enrichment activities for coaches has been developed. Certainly, given this new (though hopefully temporary) reality for coaches, it is understood that some individuals may not find themselves capable, or willing, to fulfill these new expectations. Any current coach, for whatever reason, may choose to opt out of the season and may return when circumstances return to normal. Coaches that choose to continue will receive their normal coaching stipend for the season, those that choose to opt out will not.

**Season dates:**

Track and field until 5/22

Softball until 5/22

Baseball until 5/29

Girls Soccer until 5/29

Boys Tennis until 5/22

Boys Golf until 5/29

### Virtual Coach Expectations:

- **All Coaches (Head and Assistants):**

- Must complete WIAA exam and rules video\*
- Must provide verification of certification in First Aid, CPR, and AED\*

*\*Required of all coaches in normal circumstances*

- **Head Coaches:**

- Must demonstrate, via log shared with Athletic Director, approx 10 hours/week of “coaching activities” that can include (among others):
  - Weekly Check-ins with AD (via email, etc)
  - Regular “Office Hours” for student-athletes (via Zoom meetings, Social Media, etc)
  - Create and distribute individualized workouts for athletes (via video instruction/workouts, Google Classroom, etc)
  - Provide individualized feedback to athletes (via Hudl or other platforms)
  - Attendance at MMSD Coaches Professional Development (7 remaining sessions via Zoom, schedule to be shared)
  - Completion of NFHS Coaching Development Certifications ([NFHSLearn.com](https://www.nfhslearn.com))
  - View [BSN Webinars](#) and share reflections with Athletic Director
  - Other duties as assigned by Athletic Director (personalized reaching out to individual students to make sure that they are engaging with virtual learning - and if not, why not? And what might help them begin to engage?)
- Must assign to, and [track](#), “coaching activities” of all Assistants

- **Assistant Coaches:**

- Must demonstrate, via log shared with Head Coach, approx 7 hours/week of “coaching activities” as assigned by Head Coach. Can include (among others):
  - Weekly/Daily Check-ins with Head Coach (via email, etc)
  - Regular “Office Hours” for student-athletes (via Zoom meetings, Social Media, etc)
  - Create and distribute individualized workouts for athletes (via video instruction/workouts, Google Classroom, etc)
  - Provide individualized feedback to athletes (via Hudl or other platforms)
  - Attendance at MMSD Coaches Professional Development (7 remaining sessions via Zoom, schedule to be shared)

- Completion of NFHS Coaching Development Certifications ([NFHSLearn.com](https://www.nfhslearn.com))
- View [BSN Webinars](#) and share reflections with Head Coach
- Other duties as assigned by Head Coach and/or Athletic Director