



# CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

# CIAC COACHES UPDATE



VOLUME 1, ISSUE 2 Dr. Bob Lehr, Editor

OCTOBER 15 2010

## Connecticut's High School and Middle School Coaches

### REMINDER

NOVEMBER 2010



#### COURSES

Are available for coaches interested in maintaining their CT coaching Certification p.11

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The CIAC has conducted over a dozen high school athletic program evaluations throughout the past several years. One of the recurring themes from student-athletes that are interviewed as part of the evaluation process concerns the assessment of their personal skills for the sport in which they are involved. Many student-athletes have related that they would like their coaches to provide them with an end-of-season evaluation as well as some direction on the skills the coach thinks the student-athlete must improve upon to be better for the next season of that sport.



The CIAC office has had several requests from athletic directors and coaches for an instrument that could be used by the coach for his/her personal growth – a self-reflection tool. Included in this issue of the “CIAC Coaches Update” are two sample evaluations. One can be used by the coach to solicit input from his/her team on how the student-athletes felt about their recently completed season. The other one is a coaches self-reflection instrument. This would be used exclusively by the coach for his/her own professional growth. Feel free to use either or both of the instruments and you are welcome to change them to fit your individual needs.

Best of luck in all your coaching efforts!

## Iron Deficiency

One of the contemporary issues in sport nutrition involves iron deficiency. Also included in this second edition of “Updates” is a piece on that issue.



# Iron

## NUTRITION FACT

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Pumping iron is not only important in the gym but also in the kitchen. Iron is essential to the body’s health and it is the most common nutritional deficiency in the athletic population.



### Why Do I need iron

*Iron is an essential mineral that is part of a blood protein called hemoglobin. The three key functions are:*

1. Transport and storage of oxygen.
2. Energy production and cell diffusion.
3. Immune and central nervous system function.

*Iron deficiency has adverse consequences on aerobic work performance, immune function and psychomotor development.*

### What causes iron deficiency

Iron deficiency can result from low dietary intake (iron and energy), poor iron absorption, excessive iron loss ( blood loss from menstruation, injury or disease), long term use of anti-inflammatory medication and disproportionate exercise. Iron requirements vary according to age, gender, and stage of life. Greater needs from iron occur during growth phases ( children, adolescents, pregnancy), during hard training and when living at altitude.

### What are the stages of iron deficiency

The fall in iron status normally passes through 3 stages:

- Stage 1 – lowered iron stores (ferritin).*
- Stage 2 – iron depletion (ferritin and transferin are reduced)*
- Stage 3 – iron deficiency anemia ( ferritin, transferring and hemoglobin are reduced).*

**HOW MUCH IRON DO I NEED?**

Menstruating women (19-50 yrs)  
18mg/day

Active menstruating women  
18 to 23 mg/day

Active non-menstruating women  
8mg/day

*This material was developed by professional sports nutritionists at the United State Olympic Committee.*

## NUTRITION FACT

### What are the stages of iron deficiency

Athletes with first stage of iron deficiency are generally symptom free. However iron deficiency with anemia symptoms include: feeling tired, pale, breathless, unusually rapid heart rate, decreased motivation to train, and poor exercise tolerance. Iron deficiency anemia is a concern to athletes as it can take months to recover from being anemic.

### Where can I get iron in foods

Iron occurs in two forms in foods:

1. Heme iron is found in animal foods like meat, poultry and fish. This type of iron is highly absorbed by the body. Athletes who consume animal products are advised to eat red meats 2-3 times per week depending on iron status.
2. Non - Heme iron is found in plant foods like legumes, dark leafy vegetables, dried fruit, enriched grains, fortified cereals and sports bars. This type of iron is poorly absorbed by the body. To increase the iron absorption of these products combine them with a vitamin C rich source (e.g. pineapple, orange, grapefruit and their juices; strawberries, peppers, tomato). In addition, consuming a heme iron-rich food at the same time as non-heme can also enhance its iron absorption. Tea, coffee and certain types of fiber (e.g. phytates) can inhibit the absorption of iron.



### Should I take a supplement

It is highly recommended that athletes to monitor their iron status on a yearly basis via laboratory investigations (CBC, ferritin, transferrin saturation, serum iron, TIBC). If you ever experience clinical symptoms of fatigue, weakness, and impaired exercise capacity then have your doctor assess your health including iron status.

If your iron status is low then you should supplement with iron in combination with an iron-rich diet. Iron supplement treatment should last for 3 months with a subsequent blood test and clinical and dietary follow-up. The potential side effects of iron supplementation are constipation and decreased zinc and copper absorption.

**NUTRITION FACT**

Nutrition Tips:

- ⇒ Eat a roast beef sandwich.
- ⇒ Add orange juice to your iron-fortified breakfast cereal.
- ⇒ Make a hearty soup and include legumes, spinach, tomatoes in it.
- ⇒ Turn your green salad into a spinach salad and add cherry tomatoes.
  - ⇒ Select the dark meat of chicken and turkey for your plate.
- ⇒ For recovery eat a sports bar fortified with iron with a vitamin C juice.
  - ⇒ Select oatmeal, bread and pasta that are fortified with iron.

Where can I get iron in foods 

SOURCE	Serving size	Iron Content (g)
<b><i>Animal (~ 40% heme and 60% non-heme)</i></b>		
LIVER	3oz~85g	9
BEEF	3oz~85g	3
CHICKEN	3oz~85g	1
FISH	3oz~85g	1
PORK	3oz~85g	1
EGGS	1 whole	1
<b><i>Plant ( 100% non-heme)</i></b>		
CEREAL, DRY, FORTIFIED	1oz~28.4g	6
SPINACH (COOKED)	½ cup	3
SWEET CORN	½ cup	2
PASTA (COOKED)	1 cup	2
RICE (COOKED)	1 cup	2
LEGUMES (COOKED)	½cup	2
OATS (COOKED)	1 cup	1.5
RAISINS	¼ cup	1
FRUIT	1 piece	0.5



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## COACHES SELF – EVALUATION / REFLECTION

### Personal Rating Scale:

1. Insufficient / not done
2. Done, but not satisfied or done infrequently
3. Sometimes / average
4. Done most of time, satisfactory
5. Always done, highly satisfactory

### TEAM MANAGEMENT

- 1. I remain contemporary by advancing my skills through clinics, readings, etc.
- 2. I collaborate with others to advance my knowledge of my sport.
- 3. I have the knowledge of skills and strategies necessary to coach my sport.
- 4. I effectively use my knowledge to teach the skills of my sport.
- 5. I effectively teach the tactics of my sport.
- 6. I am an effective coach while my team is in competition.
- 7. I plan well-organized practices each day, complete with goals for the day.
- 8. I have a year round plan and a seasonal plan in place for my athletes.
- 9. I use a well-conceived plan for selecting my team.
- 10. I judge talent well.
- 11. My athletes have shown improvement as the season progressed.
- 12. I am an active participant in the coaches association or the conference.
- 13. My team reflects my passion for my sport.
- 14. I submit required paperwork in a timely fashion.
- 15. I submit my scores to the news media as soon as possible after a contest.
- 16. I adhere to CIAC rules as well as school policies.
- 17. I have clearly stated goals and objectives for the season.
- 18. My team knows the goals and objectives for the season.
- 19. I interact with each of my athletes on a daily basis.
- 20. I seek input from my athletes.

- 21. I communicate effectively with each of my athletes.
- 22. I communicate with my athletes parents.
- 23. I do a good job of dealing with conflict or disagreement.
- 24. My team's morale was good.
- 25. I have regularly communicated my training rules and expectations to my athletes and their parents.
- 26. I attempt to develop leadership skills in my athletes.
- 27. My feedback to my athletes is effective and it is timely.
- 28. I provide positive comments to my athletes, often in the form of praise.
- 29. My athletes know that I care for them in their non-sports efforts.

### STAFF RELATIONS

- 30. My staff knows my philosophy of coaching.
- 30. I communicate the goals and objectives for practices with my coaches.
- 32. I solicit input from my assistants before making major decisions.
- 33. I treat assistants or other staff members with respect.
- 34. I present opportunities for my staff to develop coaching skills.
- 35. I conduct myself with professionalism at and away from my coaching venue.
- 36. I provide clear direction for my coaching staff.
- 37. My organizational skills set a good example for my staff.
- 38. I encourage cooperation within my staff.

### GENERAL RESPONSIBILITIES

- 39. My paperwork is submitted on time and it is done properly.
- 40. All aspects of my program are well organized.
- 41. I promote our program throughout the community.
- 42. I maintain a good relationship with school administrators, teachers, staff, etc.

PERSONAL

- 43. I maintain an appropriate balance between my coaching efforts and my personal life.
- 44. I show concern for others.
- 45. My coaching efforts have been self-rewarding.
- 46. My coaching efforts have positively influenced my student-athletes.

List three things that you think went very well during the past season:

List three things that you might have done differently or better:

List three things that you will focus on throughout the next season:



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## STUDENT-ATHLETE OPINION SURVEY

Coach \_\_\_\_\_ is asking you to complete the following survey about your experience on his/her team during the 2010-2011 school year. Please do not consult with anyone else while responding to the survey. Thank you for your cooperation in completing the survey.

\_\_\_\_\_ Sport

Male	Female	Member of Varsity	Junior Varsity	Freshman
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Answer the following statements using the number below that best reflects your opinion for each one:

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – No comment
- 4 – Agree
- 5 – Strongly agree

### CONDITIONING

- 1. I was encouraged by our coach to maintain good physical conditioning in the off-season.
- 2. Our coach provided me with a program that helped me maintain a good physical condition in the off-season.
- 3. Our coach provided me with a program designed to keep me in good physical condition during the season.
- 4. The methods used to attain and maintain good physical conditioning were appropriate to the sport.
- 5. I was in good physical condition throughout the season.



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### COACHING STYLE

- 1. Our coach has reasonable team discipline expectations.
- 2. Our coach clearly articulates and consistently enforces team rules.
- 3. Our coach maintains a safe and orderly practice area.
- 4. Our coach supervises the locker room before and after practices and contests.
- 5. Our coach uses effective communication skills with athletes and parents.
- 6. Our coach exhibits enthusiasm in his/her coaching efforts.
- 7. Our coach is available and willing to discuss personal issues that I might have.
- 8. Our coach provides constructive criticism.
- 9. Our coach has well planned practices.
- 10. Our coach employs effective offensive and defensive strategies.
- 11. Our coach uses drills to teach the skills of the game.
- 12. Our coach challenges his/her athletes.
- 13. Our coach inspires his/her athletes.
- 14. Our coach demonstrates good sportsmanship.
- 15. Our coach demonstrates a positive leadership style.
- 16. Our coach helps to build self-esteem in me.
- 17. Our coach is fair.
- 18. My playing time was appropriate.
- 19. Our coach represents our school in a positive manner.
- 20. Our coach clearly defined my role on the team.
- 21. Our coach works cooperatively with other coaches in our school.
- 22. Our coach is respected by other team members.
- 23. Our coach monitored my academic progress.

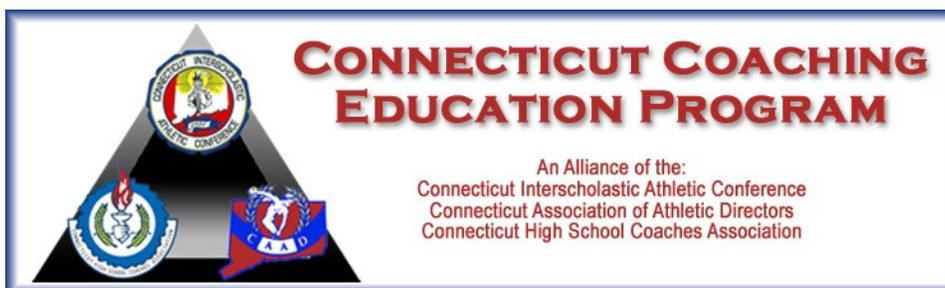


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### GENERAL

- 1. Being a member of a team helped me to become a better decision maker.
- 2. My self-confidence is higher as a result of being on this team.
- 3. My grades improved as a result of being on this team.
- 4. Being a member of this team helped me in the area of self-control.
- 5. My school provided a quality athletic training service to take care of injuries, etc.
- 6. The athletic trainer was available to service my needs and the needs of our team.
- 7. Being a member of this team was a positive experience for me.
- 8. Our weight room/fitness facility has adequate equipment.
- 9. Our weight room is available for use by our team.
- 10. Our weight room is clean and well organized.
- 11. My team's uniforms were as good as our opponents.
- 12. My team practiced on a quality field. (Outdoor sports).
- 13. My team played its games on a quality field. (Outdoor sports).
- 14. Our indoor practice facility was adequate.
- 15. There is good school spirit in our school.

Upon completion of this survey, please return to: \_\_\_\_\_



## November 2010 CEU Module Offerings

Being offered at

CIAC Office - 30 Realty Dr. Cheshire, CT

***NO WALK IN REGISTRATIONS***

**Thursday, November 18, 2010 6-9pm**

**Module 14 - Critical Incidents and Emergency Planning**

**Friday, November 19, 2010 6-9pm**

**Module 13 - Nutrition, Performance Enhancing Supplements**

**Saturday, November 20, 2010 8:30-11:30am**

**Module 7 - CIAC Guide To the Roles & Responsibilities of a Coach**

**Saturday, November 20, 2010 noon-3pm**

**Module 15 - Concussion Management**

**(Satisfies CT Law PA-10-62)**

**Saturday, November 20, 2010 3:15-6:15pm**

**Module 12 - All-Adult Construct of Coaching**

**Registration for any or all of these 5 modules**

**must be done online at: [www.ctcoachinged.org/CEU.html](http://www.ctcoachinged.org/CEU.html)**

***NO WALK IN REGISTRATIONS***