A YOUTH SPORTS COACH APPROACH TO EMPOWERING STUDENT SUCCESS

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Educational Opportunity Program/
Guardian Scholars Program
Game Plan

- About Coach Valeri
- Coaching foundations
- Define Success – Empower Students
- Take the field
About Coach Valeri

Athlete
SJSU
Kinesiology B.S
Youth sports coach

8 years old

Today

Guardian Scholars Program

Youth Sports Coach

Kinesiology M.A.
SMC
College Coach

Advisor (Athletes)
SCU
College of Biological Sciences Advisor

UCD
Activity: Good Coaches vs. Bad Coaches

Traits
Behaviors
Characteristics
Coaching Foundations

- John Wooden
- Positive Coaching Alliance
- Mindset: The New Psychology of Success by Carol S. Dweck Ph.D.
Val’s 5 Favorite Words

Passion
Curiosity
Mastery
Success
Leadership
Definition of Success

“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.” – John Wooden
Capable

Capabilities = Skill Sets

- What do they know?
- What can they do?

“Sometimes it is more important to discover what one cannot do, than what one can do.”

– Lin Yutang
Assessing their capabilities:

- Look at their academic history
- Ask questions about what they have done
- What campus resources/departments have they used

Assess their situation and provide information based on what they know and introduce them to new ideas, strategies, and resources they don’t know.

**They only know what they know**
Effort

YOU HAVE A QUESTION, CALVIN?

YES! WHAT ASSURANCE DO I HAVE THAT THIS EDUCATION IS ADEQUATELY PREPARING ME FOR THE 21ST CENTURY?

AM I GETTING THE SKILLS I'LL NEED TO EFFECTIVELY COMPETE IN A TOUGH, GLOBAL ECONOMY? I WANT A HIGH-PAYING JOB WHEN I GET OUT OF HERE! I WANT OPPORTUNITY!

IN THAT CASE, YOUNG MAN, I SUGGEST YOU START WORKING HARDER. WHAT YOU GET OUT OF SCHOOL DEPENDS ON WHAT YOU PUT INTO IT.

THEN FORGET IT.
Mindset

Fixed Mindset vs. Growth Mindset


http://mindsetonline.com/index.html
Fixed Mindset

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.
Growth Mindset

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.
Positive Coaching Alliance

Positive Coaching Alliance is a national non-profit developing “Better Athletes, Better People” by working to provide all youth and high school athletes a positive, character-building youth sports experience.

- Winners on the scoreboard
- Winners in life

http://positivecoach.org/
ELM Tree of Mastery

○ **E = Effort**
  - Focus on what needs to be done and maximum effort to do it
  - Create effort goals rather than outcome goals

○ **L = Learning**
  - Focus on improving and growth; be curious

○ **M = Mistakes**
  - Assess – adjust – move on
Self-Satisfaction

QUESTION: Have you ever done something, gave it your full effort, using all the resources and skills and walked away so happy for yourself that you didn’t care what the outcome was?
Peace of Mind

DID YOU LEAVE IT ALL ON THE FIELD TODAY?
Take the Field

As a coach and advisor, I strive to provide one or more of the following:

- Positive reinforcement of what they did well – acknowledge and reward what you want to see more of
- A resource they can use – a new drill, a video, a coach to talk to
Take the Field

- A suggestion or new strategy to try
- Encouragement no matter the outcome – let them know that no matter the outcome, they matter
Questions?
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