

AN OPTIMAL SPORT EXPERIENCE BEGINS WITH GREAT COACHING

Try these 101 Tips for Youth Sport Coaches

RESTON, VA, February 24, 2010 – Parents across the country send their children to practices and events with the expectation that adult supervision will foster positive sport outcomes, as well as maximal learning and skill development. The National Association for Sport and Physical Education (NASPE) and Polar USA will help make this happen with the new *101 Tips for Youth Sport Coaches*. Offering 101 suggestions to become a complete coach, the brochure introduces youth sport coaches to the fundamentals of good coaching and encourages their professional development so that every young athlete will have an optimal sport experience.

A former youth sport diving coach, NASPE Executive Director Charlene Burgeson says, “*101 Tips for Youth Sport Coaches* is the perfect guide for not only the first year coach or inexperienced parent volunteer, but also those coaches who have been around the sport for decades. This quick, and easy to read resource goes over everything from what to do in practice and competition, to parent involvement, as well as health and safety tips. There is also a section on how to incorporate technology into training and practices.”

Among the recommendations in the brochure are that coaches use progressions, from simple to more complex, for learning and practicing skills, advise their athletes and parents about pre-competition nutrition and sleep, be the last person to leave an event and make sure everyone has a ride home, and learn from other coaches through observation and feedback. Tips for youth sport coaches are grouped into the following categories: adopting an athlete-centered coaching philosophy, prioritizing team-building, developing knowledge and skills to be an effective coach, being vigilant about athlete health and safety, and much more!

"As a coach, I value Polar technology because it enables my athletes to train smarter and harder," said George Centeio, Paredes Middle School, Austin, TX. "Most importantly, it provides valuable feedback to ensure that all players work to their maximum potential, have adequate recovery time, and are training appropriately and safely at all times."

Mike Stevens, a youth sport baseball coach, said, "I'm getting ready to start the Little League season and *101 Tips for Youth Sport Coaches* help reinforce things I already know and provides me information that I am confident will make a better season for my players and parents!"

It is hard to discuss *everything* that coaches need to do for their teams and players in pre-season meetings, drafts and clinics. *101 Tips for Youth Sport Coaches* will help make the coaches in your league/organization knowledgeable, gain a basic understanding of the responsibilities that coaching involves, answer some common questions and concerns, and help ensure that you are giving the best experience possible to the kids.

To receive a free copy of *101 Tips for Youth Sport Coaches*, send a stamped, self-addressed legal size (#10) envelope to: NASPE/101 Tips Coaches, 1900 Association Drive, Reston, VA 20191. The brochure is sold in packages of 50 at \$25 retail and \$15 for AAHPERD members. For bulk purchases of 200+ copies for your coaches, call 1-800-321-0789. Stock number is 304-10500.

About NASPE

The preeminent national authority on physical education and a recognized leader in sport and physical activity, the National Association for Sport and Physical Education (NASPE) is a non-profit professional membership association that sets the standard for practice in physical education and sport. NASPE's 16,000 members include: K-12 physical education teachers, coaches, athletic directors, athletic trainers, sport management professionals, researchers, and college/university faculty who prepare physical activity professionals. The mission of NASPE is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport and physical activity programs. It is the largest of the five national associations that make the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD).

About Polar

Headquartered in Lake Success, NY, Polar is a wholly-owned subsidiary of Finland-based Polar Electro OY, which invented the first wireless heart rate monitor (HRM) in 1977. Since its founding over thirty years ago, Polar has been pioneering a revolution in training and leading the heart rate monitoring and fitness assessment technology category with innovative products and solutions that deliver valuable feedback and guidance to help individuals reach their personal goals by improving their well-being and sports performance through a profound understanding of the human body. Today, Polar training computers are the number one choice among consumers worldwide. Polar products and technologies are also used by leading fitness facilities, athletic teams, corporate wellness facilities and by thousands of physical education programs around the country. For more information, visit www.polarusa.com.