

Lessons from DI to DIII and Assistant to Head Coach

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C

CONNECT

Networking: Get involved with as many programs as you can.

NCAA Women's Coaches Academy, The Alliance of Women Coaches, Volunteer for committees, Attend seminars, Look on the NCAA website for leadership and programs that they offer, Ethnic Minority and Women's Enhancement Graduate Scholarship, NACWAA- National Association of Collegiate Women Athletics Administrators, When you are sitting in the stands meet other coaches (even if you are an introvert you can be an introvert with extrovert capabilities/skills), Try to be a speaker to help get your name and ideas out there, Elevator speech

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OBSERVE

Find the best fit for you

Visit different division schools. I knew D3 would be a good fit because I was a GA. I played at a D2 school that went D1 and then I coached at DI mid major and D1 Top 25. Really understand what coaches do behind the scenes. Sometimes at the smaller school you learn so much more because you have to do everything!

A

ASSISTANT

Be the best assistant!

Always ask what you can do, look for ways that you can contribute to the staff and go above and beyond, ask questions and use your voice, it is ok if you want to be a lifelong assistant, find out if you want to be an assistant or a head coach. What are your goals in this profession? Find out who YOU are and don't try to be someone you are not.

C

CREATE

How are you marketing yourself and your program?

You are living in a tech age and you all know how to do this. Also what are you putting out on social media? Can you create ideas for your team and contribute to marketing your team? #hashtags! Getting the team involved for certain days of the week like a #motivational Monday #TipsTuesday etc. Selling yourself- You can't be scared to do this! Create core values, a head coach plan of action for your program, create your philosophy! As an assistant and head coach this can all be valuable.

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HEAD COACH

Be prepared to take the seat!

This is a huge change so prepare for it! Create core values, have a plan of action for your program, create your philosophy! As an assistant and head coach this can all be valuable. Understand documentation. Make sure you are prepared for a different role and different relationship with your players. Make sure to have a person you can lean on for support and mentors. You are now in charge and are the face of the program! Set the tone and build the culture.