



# COACHING EDUCATION

## NEWSLETTER

OCTOBER 2014

## Safe Kids Worldwide

The culture of youth sports has been under close scrutiny recently. Parents and athletes are faced with more questions than ever: Are certain sports unsafe? Will the coach know what to do if an athlete is injured? How does an athlete know



when to speak up about an injury? With rule changes and a win-at-any-cost mentality, are sports no longer fun?

To better understand what young athletes, parents and coaches are confronted with in youth sports, Safe Kids Worldwide surveyed 1,000 young athletes, 1,005 coaches and 1,000 parents. Despite greater public awareness about youth sports safety, we still found an alarming gap in what is being done to keep young athletes safe while playing sports.

One in four coaches say they don't take any specific actions to prevent injuries to their players during practice or games. Nine out of 10 athletes say they have been injured playing a sport, and 54 percent say they have played with an injury such as a sprain or even a broken bone.

We found that one-third of athletes say they have been injured as a result of dirty play. Of these, 13 percent say they have had a concussion or head injury, 13 percent have had a broken bone, and 18 percent suffered a sprained ankle. These injuries indicate a greater cultural issue: 28 percent of athletes agree that it's normal to commit hard fouls and play rough to "send a message" during a game.

[To read the entire report, click here](#)

### INSIDE THIS ISSUE

Safe Kids Worldwide	1
Training Load & Fatigue	2
USA Rugby	2
ICCE	2
Paralympic News	3
Dartfish	4
East Tennessee State	4



Team USA celebrates with their coaches after they clinch the FIBA World Basketball Championship and qualify for Rio 2016

*The USOC's coaching education division is committed to supporting NGBs by providing cutting-edge information and training opportunities to contribute the expertise necessary to direct Team USA athletes to national and international success.*



## Monitoring Training Load to Understand Fatigue in Athletes

Many athletes, coaches, and support staff are taking an increasingly scientific approach to both designing and monitoring training programs. Appropriate load monitoring can aid in determining whether an athlete is adapting to a training program and in minimizing the risk of developing non-functional overreaching, illness, and/or injury. In order to gain an understanding of the training load and its effect on the athlete, a number of potential markers are available for use. However, very few of these markers have strong scientific evidence supporting their use, and there is yet to be a single, definitive marker described in the literature.

Research has investigated a number of external load quantifying and monitoring tools, such as power output measuring devices,



time-motion analysis, as well as internal load unit measures, including perception of effort, heart rate, blood lactate, and training impulse. Dissociation between external and internal load units may reveal the state of fatigue of an athlete. Other monitoring tools used by high-performance programs include heart rate recovery, neuromuscular function, biochemical/hormonal/immunological assessments, questionnaires and diaries, psychomotor speed, and sleep quality and quantity. The monitoring approach taken with athletes may depend on whether the athlete is engaging in individual or team sport activity; however, the importance of individualization of load monitoring cannot be over emphasized. Detecting meaningful changes with scientific and statistical approaches can provide confidence and certainty when implementing change. Appropriate monitoring of training load can provide important information to athletes and coaches; however, monitoring systems should be intuitive, provide efficient data analysis and interpretation, and enable efficient reporting of simple, yet scientifically valid, feedback.

[Click here to read the article](#)

## USA Rugby Call for Presentations

<b>CALL FOR PRESENTATIONS</b>	 <b>2015 USA Rugby National Development SUMMIT</b>	<b>January 23-25, 2015</b> Hyatt Regency O'Hare Chicago, IL <hr/> <b>Submission Deadline:</b> <b>October 25, 2014</b>
-------------------------------	---	---

2015 National Development Summit, January 23-25, 2015, Chicago, IL. Submissions due Oct. 25, 2014

You are invited to submit presentation ideas for consideration at the 2015 National Development Summit hosted by USA Rugby. USA Rugby is currently seeking interesting program idea specifically in coaching, sports psychology, fitness and nutrition, athlete development and sports administration. If selected as a conference speaker, you will gain visibility in front over 500 of the countries top rugby coaches, referees, players and administrators. For more information or to submit your application today you can visit [usarugby.org/nds](http://usarugby.org/nds).

## ICCE News

Please follow this [link](#) to news from the International Council for Coaching Excellence (ICCE). Some of September's items of interest are CoachLearn, Pro Safe Sport for Young Athletes and more.



## PARALYMPIC NEWS

### Warrior Games

The USOC is hosting the Warrior Games presented by Deloitte from Sept. 28-Oct. 3 in Colorado Springs, CO.



Over 200 wounded, ill and injured service members and veterans representing teams from the Army, Navy, Marine Corps, Air Force and Special Operations Command have trained hard to compete in this annual event.

Over the course of the week these proud men and women of our Armed Forces compete in multiple sport competitions including cycling, track and field, basketball, swimming and more. Events are being held in the aquatics building, shooting building and Sports Centers 1 and 2 at the Colorado Springs Olympic Training Center as well as various locations throughout Colorado Springs. The competition schedules are available online at:

[TeamUSA.org/US-Paralympics/Military/Warrior-Games-presented-by-Deloitte/Competition-Schedules](http://TeamUSA.org/US-Paralympics/Military/Warrior-Games-presented-by-Deloitte/Competition-Schedules)

For more information or if you have any questions, please contact Paul Ackerman  
[paul.ackerman@usoc.org](mailto:paul.ackerman@usoc.org)



### U.S. Paralympic Track and Field High School All-Americans

COLORADO SPRINGS, Colo. – U.S. Paralympics, a division of the United States Olympic Committee, announced today the 2014 U.S. Paralympics Track and Field High School All-Americans. Now in its fifth year, the list honors the top high school track and field athletes who have a Paralympic-eligible impairment, based on their performances in the 2014 season.

"The class of 2014 is one of the best ever," said Cathy Sellers, High Performance Director for Paralympic track and field. "It is a solid class from top to bottom. These athletes are performing at a high level and I expect quite a few to be able to bridge the gap of age and experience and make Team USA for the Rio 2016 Paralympic Games.

To be selected, criteria included looking at multiple performances by each athlete against the third best performance on the current world list, regardless of age. The ranking list



is not a conventional list as the results are factored according to the level and type of disability. The general disability categories of athletes named to the All-American list are visual impairment (11-13), intellectual disability (20), cerebral palsy (33-38), dwarfism (40), amputation/limb loss (41-46) and spinal cord injury (51-58).

**[Follow this link for the list of All-Americans](#)**



This is your last chance to sign up for the Dartfish Certified Technologist course being held in Park City in October. No matter what your experience level, you will benefit from this blended learning! The immersion webinars have begun! The second is this Thursday evening.

**ACT NOW!** Start with the online live webinars (September 25, October 2 & 9) to prepare for this two-day hands-on workshop. The webinars are designed to take you one step at a time through all applications of video analysis. Each week has a hands-on assignment to complete. Webinars are recorded each week for your review.

**Pre-requisites.** Prior to the workshop, registrants must submit the thesis homework online. The Dartfish Certified Technologist requires you to upload video projects which demonstrate your ability to use a wide range of Dartfish features.

For this October workshop, the webinars are scheduled every Thursday starting September 11, from 7 to 9 pm EDT. You will receive an invite to these exclusive live web trainings. Webinars will be recorded if you cannot attend at the scheduled time so you can learn at your own pace.

Register online now! Class space is limited. Our goal is to help you use video efficiently and confidently to teach visually in your workflow.

If certification is too much for you, register for the [video analysis workshop](#) in November.

[Click Here to Register for this Event](#)



**CENTER of EXCELLENCE**  
*for SPORT SCIENCE*  
*and COACH EDUCATION*

EAST TENNESSEE STATE UNIVERSITY

The Center of Excellence for Sport Science and Coach Education is hosting the ninth annual Coaching and Sport Science College, December 5-6, 2014 at East Tennessee State University. There will also be a UK Strength and Conditioning Accreditation on December 7th. Click on this [link](#) for more information about the conference schedule, registration and speakers.

## NUTRITION TIP



### CONTACT US

Please send NGB coaching news and updates to [CoachingEducation@usoc.org](mailto:CoachingEducation@usoc.org) with the subject line "Coaching Newsletter" for inclusion in future editions.

USOC Coaching Education  
[CoachingEducation@USOC.org](mailto:CoachingEducation@USOC.org)  
719-866-2245  
Chris Snyder, Director  
Christine Bolger, Manager  
Ben Leopold, Coordinator

