

MY ASPIRE COACHING GUIDE

10 THINGS I DO AS AN ASPIRE COACH.....

1. Smile & look every person in the eyes. Enjoy opening your heart and showing your passion with your coaching team and the kids! (show your aloha)
2. Ask, use and learn names as well as each individual's capabilities to ensure their safety, enjoyment and positive progression.
3. Check in on time, read all information and be prepared to start coaching knowing the details of each next activity. Communicate with your coaching team and director any needs or schedule changes.
4. If you feel unconfident on any details ASK!!!!!! Knowing the session, prepare mentally for safety, what could possibly happen? have modifications in mind and if necessary and discuss any ideas with director.
5. Communicate with our team, Instruct, coach, lead and correct with positive words and thoughts..... "dodo's" (be congruent)
6. Know what equipment we have, where it goes and how to use and store it safely. Ikaika Spin check each area on leaving.
7. Report any incidence with either kids, or equipment of any kind to program director and write equipment needs, or what occurred in the coaches log.
8. Know, & live the ASPIRE philosophy. Look for and acknowledge ASPIRE actions in each person you teach in each session and enjoy making a positive difference in others lives.
9. Show our united, knowledgeable, cohesive coaching team and if any concerns see program director.
10. Know the type of coach you want to be, your personal goals and mantra. Be the coach you'd want to be coached by at all times. Know these 10 guidelines!