

Women In Coaching Clinic 2015

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"We must never cease from exploring.

At the end of all our exploring, will be to arrive where we began

And know the place for the first time."

T.S. Eliot

Introduction and Acknowledgements

Thank you to Dana Kirk and Laura Mitchell for inviting me to speak at this clinic. And thank you to Speedo for their sponsorship of this event.

I. Coaches are People Persons.... Really?

A. To Care or Not To Care

- a. "You are not being paid to care... you choose to care or not"
- b. Good to Great Level "5 leader" and Great by Choice "10x" leader
 - i. Hedgehog concept – Deeper understanding; Cross country team "We run best at the end!"
 - ii. Fanatical Discipline, Empirical Creativity, Productive paranoia and Level 5 Ambition
- c. Susan Butcher – Four time Iditarod sled race winner (known for her focus and extensive care of her sled dogs)
- d. Example in teaching - "Teach Like You Hair is on Fire" Rafe Esquith

II. Who are we coaching?

A. Generation iY – Tim Elmore

- a. *"Generation iY will be the largest in earth's history, and iY kids are the largest portion of that generation. Already, nearly half the world's population is under twenty-five years old.* Generation iY, Tim Elmore
- b. Overwhelmed
- c. Overconnected
- d. Overprotected
- e. Overserved

“A Balancing Act – So much depends on the timing of what young people are exposed to during this period and on the leadership style of the adults in their lives. What an adolescent needs is an adult (parent, teacher, coach, employer, pastor, or leader) who makes appropriate demands and sets appropriate standards for them in a responsive environment of belief and concern. ”

Generation iY, Tim Elmore

- f. Responsive – acceptance, support, patience and attentive
- g. Demanding – high standards & directions to these standards

B. Queen Bees and Wannabes –Rosalind Wiseman /Girls on the Edge – Leonard Sax

a. Girl's Minds

“Studies indicate that girls are motivated on a molecular and neurological level to ease and even prevent social conflict. Maintaining the relationship at all costs is the female brain's goal. This may be especially true in the teenage brain” The Female Brain, Louann Brizendine

- i. Factors - Molecular and Neurological tendencies
- ii. Girls are about the “What”
 - 1. Physics curriculum at Korowa girls school in Melbourne – begin with “What is light made of?” rather than “velocity, acceleration and change in momentum”
 - 2. Special features of a movie – behind the scenes “How” “What”
- iii. “Competitive Cauldron” – Anson Dorrance
 - 1. Girls with Girls - Make it okay to compete fiercely
 - a. Dodgeball participation: girls only vs coed
 - 2. Use their nature to your advantage - MacKenzie story
- b. Physical - upper body challenge (Moose Ears, Dolphin, Cartwheel, Hand stand, Sumo Wrestling)

C. Boys Adrift – Leonard Sax, MD, PhD

- a. Factors (Schooling inferiority complex vs. narcissism of this generation)
- b. Boys are about action
- c. Physical (Blind fold experiment, Opposites, Super butts)

III. Know Thyself

I never stood for anything, so I fell for everything.

Katie Perry “Roar”

A. Seven Habits of Highly Effective People – Stephen Covey

a. Levels of Maturity

- i. Dependence
- ii. Independence
- iii. Interdependence

B. Be Proactive not Reactive

a. What are WE going to do about our swimmers? (no complaining)

b. “Care” - Care the verb not a feeling (Team relationships – Rock paper scissor, relays girls vs boys time drops, Bronze dual meets, travel meets)

C. Begin with the end in mind

a. The late General Schwartzkopf was asked after the Gulf War what he would want on his epitaph. His response “A good soldier, who served his country, and loved his family”

D. Your Journey Life Coach

E. Coaches TLC exercises

Dig into yourself...

Go into yourself and find out how deep is the place from which your life springs;

At its source you will find the answer to your question...

Rainer Maria Rilke