

Middle School to High School Athletics

Facilitating the Transition

MIAAA SPRING CONFERENCE
April 9, 2019

Middle School Athletic Focus

- ❖ Skill Acquisition- Ages 8-14
- ❖ Participation-getting playing time for all
- ❖ Fostering the love of the game
- ❖ Development of playing systems
- ❖ Introduction to strength and conditioning

High School Athletic Focus

- ❖ Development of advance systems
- ❖ More emphasis on winning
- ❖ Expectation to attend summer workouts & off season conditioning
- ❖ Commitment to the program-increases in levels
 - Time, effort, and mental toughness
- ❖ Balancing School, Athletics, Family commitments
- ❖ Playing for and representing your school
- ❖ Longer Seasons

Transition Education

❖ 3 Points of Contact

➤ Coaches

➤ Parents

➤ Student Athletes

Defining Coaches Responsibilities

- ❖ Quality coaches are vital to the success of the program
- ❖ Lead the Head Coaches in a way to be PROACTIVE & INTENTIONAL when communicating w/their high school, JH staff and the youth coaches.
 - Consistent Expectations
 - Common Terminology
 - Techniques & Form
- ❖ Develop a Master Calendar, communicating dates with AD.
- ❖ Coaching Clinics- sponsored by your Varsity coaches

Defining Coaches Responsibilities Continued ...

- ❖ Invite MS coaches to your varsity, JV and freshman practices—have them bring their teams as well to observe practice tempo & drills
- ❖ Invite MS teams to Varsity home games & introduce between games
- ❖ Must plan ahead & develop handouts to inform athletes well in advance
- ❖ HS coaches communicating info. with the middle school coaching staff. Visiting MS practice, attending games

Information sharing:

- ❖ Develop Information Flyers (paper/digital forums/QR Code) [Example Flyer](#)
 - Expectations
 - Summer Camp Information digital & paper
 - Method of Communication
 - Remind
 - Athletic Website
 - Twitter

Educating Parents

- ❖ Knowledge of commitment required
- ❖ Navigating informational platforms
 - Use similar platforms
- ❖ Booster Club responsibilities
- ❖ Athletic expectations, paperwork requirements, etc.
- ❖ Provide methods to sign up digitally to capture contact information for future communication.
- ❖ Following chain of command/authority with questions/concerns
- ❖ Encourage their student athletes to take questions or concerns to their coach.

Additional Parent Tips

- ❖ Just breathe: All adjustments take time
- ❖ Ask questions: Introduce yourself & Ask questions
- ❖ Show up: Attend school events, join the boosters and support athletic programs
- ❖ Be an encourager
- ❖ Stay positive
- ❖ Make it meaningful
- ❖ Enjoy the ride...it goes way to fast!!

Educating Athletes

- ❖ HS Coaches set up meeting at MS
 - Varsity coaches give specific sport information, expectations, summer opportunities
- ❖ “Make HS Count” or any other “Freshman Orientation” scheduled events provides opportunities for athletes to learn about the different sports/activities/clubs offered at the high school
 - Handouts are given at this event with specific sport information and ways to follow the specific team with twitter, Facebook, Instagram, etc .

Other Possible Ideas to Assist in Transition

- ❖ Mentoring Program for all freshman athletes
- ❖ Recognizing a youth coach of the week/month—via local paper or athletic website—award a certificate at a sporting event
- ❖ Sending out/posting monthly athletic newsletter—could be level specific
- ❖ Jr. High Night
- ❖ Schedule a MS football game at the High School Stadium
- ❖ MS teams attend a HS game and team is recognized
- ❖ HS teams come to JH games to support the team

Middle Schools AD & Coaches

- ❖ Set up meeting to discuss prospective at- risk athletes
- ❖ Set up tutoring opportunities for athletes
- ❖ Weekly progress reports or every three weeks
- ❖ Establish grade expectations
- ❖ Reward system for Team GPA (3.0 GPA or higher)
- ❖ Recognize success publicly--website

Spring Order of Events for HS/MS

- ❖ HS Varsity Coaches schedule meeting during school hours with interested incoming freshman, hand out summer schedule
- ❖ HS Counselor presents to all 8th grade students outlining academic requirements per MSHSAA and the importance of being involved in a sport, activity or club.
- ❖ MS Counselors speak to 8th grade students in their Social Studies classes, helping with the pre-scheduling questions.

Spring Order of Events continued...

- ❖ HS requires all 8th grade students/parent to attend “Make High School Count” event in the evening
 - All sports, activities and clubs set up tables in HS Commons area with information about their team, club while parents attend meeting with HS Principal outlining important information
 - Students & parents report to Star (home room) to receive class schedule.
 - School rings bells as the student & parent follow the students schedule.
 - Students turn in their proposed 9th grade schedule
- ❖ HS coaches invite potential athletes/parents to informational meeting at High School during the evening.

Your Success Ideas?

Questions...

Quotes from John Wooden

“Success comes from knowing that you did your best to become the best that you are capable of becoming.”

“Success is never final, failure is never fatal. It’s courage that counts.”

“Nothing will work unless you do”

References

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