



Ohio High School Athletic Association

Kathleen Coughlin, Director of Sport Management

Soccer Coaches Memo April 30, 2020

OHSAA's Raising Canes Partnership:

Restaurant chain, Raising Canes Ohio has entered into a partnership with OHSAA to provide funding for student-athlete scholarship programs, and support for postseason tournaments. With our current state of the pandemic, our partnerships have never been so important. This partnership kicks off on **Thursday, April 30th from 4:00 PM-close** when we are asking all member schools to participate by choosing Raising Canes as their dinner choice.

15% of all purchases will be donated to our organization!

Additionally, we would love to see posts of our student-athletes on social media that night using:
Twitter: @OHSAASports & @RaisingCanesOH

OHSAA Update—This includes several Sport Regulation changes and Q&A:

<https://ohsaaweb.blob.core.windows.net/files/BulletinBoard/OHSAAUpdatesApril30.pdf?sv=2017-04-17&sr=b&si=DNNFileManagerPolicy&sig=NreOVDyHRjNkIRNQ%2B2RYGndj44tVOLow9Wgw2t%2BV3g8%3D>

Reminder of what you CAN do:

While these are uncertain times, and you can't physically be with your athletes, there is a lot you still can do! We very much want our coaches to be communicating with our student-athletes, primarily to continue to build a sense of community and 'togetherness' in these very isolating times. We have also allowed coaches to give workouts to students-to be done individually. With technology, I have seen teams set up YouTube channels to share workouts, created google spreadsheets to compete through their workouts, etc. Obviously for the health and safety of our students, they should NOT be getting together as a group, or with their coaches. More than anything, think about enhancing the relationships. A favorite video: <https://vimeo.com/378024561/de6509dc41>

Be Creative:

My personal favorite idea that I have seen includes dividing your program in teams (mix of 9-12th grade) and completing different challenges for points (through a google doc). The challenges incorporate all different aspects of sports:

Agility training- Ladder patterns (can draw with sidewalk chalk), dot drill, etc.

Endurance training- Running, jumping rope, etc.

Strength- Try to make sure you are using body weight so as not to exclude those without access to certain equipment

Mental Health- Take a walk with your family, write a thank you note to a former teacher, write a thank you note to a business that supported the program

Service: Record yourself reading a 2nd & 7 Hog Mollie's book in your letter jacket or uniform, and send to your elementary school principal to share with their classes <https://kids.secondandseven.com/#hog-mollie-books>

Team Bonding- facetime/zoom with your teammates and share a favorite sports quote and/or favorite memory of playing

Education- List a favorite motivational book, podcast, Ted Talk, etc. that others can enjoy

Professional Development:

During this time, please visit <https://www.nfhs.org/> for many different educational courses, many of which are free. Additionally, the work of our coaches' associations has been great in providing opportunities.