



To Shape and Reinforce Excellence
in Character

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INTRODUCTION

Coaching Character System



To Shape and Reinforce Excellence
in Character



“Has there ever been a greater need for a concerted effort to encourage “excellence in character”?
From the grassroots to professional sports, coaches and educators are key influencers within the
lives of their student/athletes. The **‘Coaching Character System’** is an excellent new resource by
Sports Outreach International, to help coaches - who have gone into coaching for the right reasons –
to encourage our future for eternity.”

Sam Rutigliano



Coach Sam Rutigliano

NFL Coach of the year

For more information on the **‘Coaching Character System’**

please go to our websites:

www.sportsoutreach.com
www.coachingcharacter.com
www.teamcharacter.com



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A confidential explanation of the

Coaching Character System



To Shape and Reinforce Excellence
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A new resource by Sports Outreach International:



CHRIST CHARACTER
Series 1



TEAM CHARACTER
Series 1

A confidential explanation of the
Coaching Character System



To Shape and Reinforce Excellence
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Our **Coaching Character System** is a four year curriculum designed by **Sports Outreach International** to introduce athletes to Christ and encourage spiritual transformation. Our **starting point** is through our secular **Team Character** program which integrates character themes through a combination of formal and experiential learning within a sports program. **Team Character** *can stand alone as a great source for building character within athletes' lives, but it does not complete our objectives. Our **second step**, **Christ Character** is to invite athletes to investigate the character themes from a Biblical perspective in a small-group or bible-study setting. To see a sample lesson from **Team Character** or **Christ Character** please view our website:

***Please note:** **Team Character** is the secular arm of the program which can complement any educational environment.

www.sportsoutreach.com



TEAM CHARACTER Series 1

www.teamcharacter.com

1. Good Character
2. Priorities
3. Integrity
4. Goals
5. Focus
6. Responsibility
7. Respect
8. Leadership
9. Honesty
10. Fun
11. Teamwork
12. Execution
13. Mental toughness
14. Success
15. Courage
16. Attitude



CHRIST CHARACTER Series 1

www.coachingcharacter.com

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Matthew 25: 20-21

'The servant to whom he had entrusted the five bags of silver came forward with five more and said, 'Master, you gave me five bags of silver to invest, and I have earned five more.'
"The master was full of praise. 'Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let's celebrate together!'



CURRICULUM DESIGN

- 1 The course materials are designed to provide examination and reasoning of personal and social values such as: **Responsibility, Focus, Integrity, Goals**. The curriculum balances three proven learning approaches for character development: inductive and deductive questions, modeling, and a positive culture. The curriculum is tailored specifically to the target audience.

The **'Team Character Meeting'** links the concepts of good character qualities with the immediate practice of character within their team. The **'Team Character Themes'** become an endorsement by the head-coach and their staff; these concepts will then permeate the lives of all who are involved within the squad, through coaching and peer influence.

The education world is seeing the value in having a 'Coaching Character' emphasis in the quiver of their educational development. Often a young person whose whole life revolves around sport will be discontent with other areas of youth activity. 'Coaching Character Teams' focus on athletes and creates opportunities to make a difference in the lives of many in the world of sport.

The **Christ Character Meeting** invites the athletes to explore these same character qualities from a biblical perspective. We call the Team Character moonlight and the Christ Character son-light. The target audience will be both church and un-churched athletes. Through the sixteen week study there will be evangelistic opportunities as well as challenges to the growing Christian athlete.

"Intelligence plus character — that is the goal of a true education."

- Dr. Martin Luther King, Jr.





*To Shape and Reinforce Excellence
in Character*

‘Team Meetings’ The How’s, When’s, Where’s and Who’s

How often should we meet?

The answer to this question varies. The 'Coaching Character System' is designed to help coaches introduce character themes during practice (Team Character) then invite them in an off campus FCA style ministry setting to investigate the themes from a biblical perspective (Christ Character). But the course can also be adapted to daily or monthly sessions, depending on the length of season and time constraints of the particular team. Whatever you do, plan the meetings well and be consistent.



When do 'Coaching Character Teams' meet?

Again the answer is varied. Most coaches find the most effective time to introduce the 'Team Character Themes' is, twenty minutes, held early in the week and then reinforce it with the ten minute 'INSTANT REPLAY' closer to the competition. Many teams that travel long distances introduce the themes during team meeting, 'road trips'. Next, inviting the athletes to an FCA style (often off campus) study for Christ Character studies.



Where should we meet?

Many 'Coaching Character' groups are successful because they integrate the themes into their training routine; which allows immediate opportunity to the adherence of the week's theme. Still others teams like having a place less distracting and in an, 'off-the-court', locker-room-setting, where the atmosphere can be less formal. Each team will have to survey their area to see which kind of setting will best accomplish their goals. Regardless of the local, we recognize our best models have made a consistent significant commitment to help athletes reinforce and shape excellence in their character.



Who leads the Team?

'Coaching Character Team Leaders' need three criteria: to love and follow Christ and want to model 'good character', to love athletes and to love sport, and in that order! From experience we want to encourage you to get help and support from your school, community and parents. We have found the most effective 'Coaching Character Teams' were lead and encouraged by the head coach and their staff.



What does a Coaching Character 'Team Meeting' look like?

Jesus was a master of teaching through questions and stories. Great coaches are 'word smiths', engaging athletes with creative communication. This 'Coaching Character System' is designed to be both deductive and inductive. (see Icons on next page) Ask good questions & give good information. It is a general rule that the 'First Half' questions are designed to encourage discussion. What's your favorite old time TV show? Usually gets a good laugh. This will enable the group to feel more confident to participate and reflect on the deeper questions. The 'Second Half' questions are designed to shape and reinforce the theme into the team and lives of the athletes.

Format & Icons



GAME PLAN

Defines objective and focus for the 'Coaching Character' theme



REVIEW

Creates an opportunity to discover an application for previous theme



FIRST HALF

Creates teachable moments and reflection, by deduction



TRAINING TIPS

Introduces helpful information about theme to reinforce the study



HIGHLIGHT

Bible verses or quotes to be the foundation within the studies



SECOND HALF

These questions are geared to help the athlete reflect on how to best integrate the character quality into their sport, and life.



ACTION PLAN

Can be a personal or corporate 'mission statement' for the sessions theme.



INSTANT REPLAY

Is a separate (pre-game) ten minute review to help reinforce the week's theme?

**Tips for leading
'Team Meetings'**



- Enthusiasm and leadership integrity is key.
- Adapting the curriculum to your team creates a far more personal link to the **'Coaching Character Themes'**.

- Think of an interesting, story or illustration from your community or your own playing or coaching experience.
- Present the questions in different ways, re-phrase where necessary and make them relevant/topical, maybe with a sporting example.
- Do not dominate the **'Team Character Meetings'**, let the group give their own responses to the questions.
- Keep it short and sweet – don't be boring! If you don't enjoy it, the group probably won't either!
- Be honest and don't compromise on the truth.
- Don't make it too formal; you are an influential figure in your athletes' lives as much as merely being their coach.
- Keep them focused but be aware that their might arise a time to speak individually to an athlete.
- Make sure you have prepared beforehand by looking at the theme, thinking of possible questions and ruminate on the week's theme.
- Do not preach: this is not intended to be the 'Sermon on the Mound'. Our aim is to get alongside athletes and help point-to and draw-out good character.
- It is not always necessary to use sporty anecdotes; eventually you may run out of sports stories and metaphors. Feel free to bring in other stories but remember athletes have unique goals, stresses and time demands.
- Most answers are fine, but if the answers are getting too off track, the leader should feel free to answer: 'that is interesting – why don't we talk about that later.' Then move back towards the aims of the meeting.
- The discussions should not be allowed to go off on too many tangents.
- Any who want to sit/stand at the back should be gently encouraged to join in the group.
- Questions will eventually arise which you may not be able to answer.
 - It is best not to try to bluff your way through. It is better to simply admit you do not know the answer and promise to get back with them at the next meeting.
- If a question is asked and there is no immediate response the leaders should feel free to wait, allow a bit of time and then possibly restate the question.
 - Silence can be beneficial if it is not too long.
- The leader should never criticize or make anyone feel foolish about his or her answer to a question.
- The leaders should allow others to contribute answers to people's questions. Many times the young people's answers will be better than the leaders!

