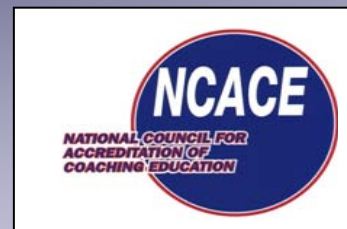




# Play Like A Champion Today® Educational Program



Winter 2011

## In this issue:

PLC Unveils Play Like A Champion Today® for Officials..... 1

Letter from the Director, "Never One and Done"..... 2

Partner Profile: PLC Player of the Month, Marian High School and Bishop Rosecrans High School..... 3



Parent Like A Champion Today®.....3

Introducing New PLC Staff, Oscar McBride and Brooke Hull.....4

2011 Sports Leadership Conference..... 4

Play Like A Champion Today®  
University of Notre Dame  
154 IEI Building  
Notre Dame, IN 46556  
(574) 631-9981  
[plc@nd.edu](mailto:plc@nd.edu)

[www.playlikeachampion.org](http://www.playlikeachampion.org)

## Kansas City Parochial League Unveils "Play Like A Champion" for Officials

In November 2010, the [Kansas City Parochial League](#) was the first PLC Partner to debut the "hot off the press" Play Like A Champion Today® for Officials. The Workshop for Officials offers a one hour interactive opportunity for youth league officials to engage in learning and discussion of the PLC philosophy and to recognize sport as an opportunity for ministry and whole athlete growth. In addition to a trainer led presentation and accompanying manual, the workshop includes a video series that features John Parry who is a National Football League referee.

Of the 106 officials who went through the KCPL Officials workshop, 95% of them were not only satisfied with the experience, but would recommend the experience to a fellow official. PLC's research methodology assesses opinions and intentions to change behavior from pre to post workshop. Every item registered statistically significant change from before to after the workshop. The most significant change occurred on these measures: understanding officiating as a ministry in our church, feeling more confident in communicating with coaches and parents and confidence in diffusing a volatile game situation. Some specific comments from participants follow:

- "I learned that I am not the main aspect of the game. The kids are the focus."
- "I learned how to keep communication positive."
- "This training will keep me aware and game ready – focusing on the athletes' development."
- I feel responsible to carry out a ministry to children in sport.

**Pictured is John Parry, NFL Referee, who is featured in the PLC Officials Workshop Video**



**Peg Clark and Vince Fitzgerald, PLC-KCPL Local Trainers**

KCPL Director, Vince Fitzgerald comments, "[The Kansas City Parochial League \(PLKC\)](#) has been greatly enriched by including the PLKC officials into the mix as stakeholders. The Officials Workshop is the last piece of the puzzle in getting the coaches, parents and officials on the same page in the continued moral and spiritual development of the youth in the PLKC. PLKC officials bring a wealth of talent and expertise to this process. These committed and dedicated men and women who interpret and enforce the rules of play are an organized pool of state certified professionals. Their dedication to the PLKC is very meaningful as well as a measurable opportunity for officials to give back to the profession. The officials have been very receptive to the PLC Officials Program and I have witnessed improvement in the official's demeanor, professionalism and overall positive attitude so far this basketball season."

**Congratulations KCPL for leading the charge in working to fully change the youth sport culture in our Church and our world.**

# Letter from the Director

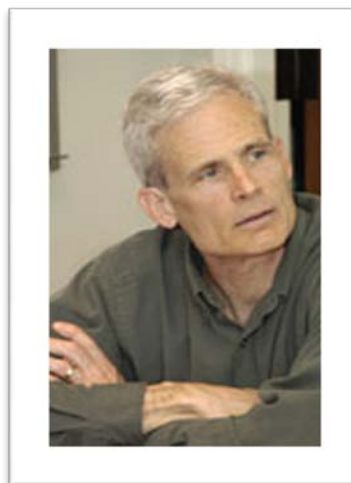
## *Coaching Education: Never One and Done*

### **Dr. Clark Power**

Every teacher, physician, and counselor understands the importance of continuing education. When we began the Play Like a Champion® Educational Series, we envisioned coach training as an ongoing process. We realized that no matter how high the quality of our three-hour workshop, there is a limit to how much of the GROW approach coaches can readily assimilate and apply. Educational researchers find that teaching skills develop over time through practice and reflection. Speaking from my own experience, I have been teaching for the past 40 years and feel that I am still learning. Although I have to work hard to keep up with the ever growing knowledge base in the areas I teach, I have to work a whole lot harder keeping up with my students. They bring energy and a whole new way of seeing the world.

One of the challenges we have had with PLC is finding ways of supporting coaches' educational development while respecting the multiple demands on their time and service. Almost all of the coaches we work with at the youth sport level are volunteers, who are overstretched with commitments as it is. One of the pleasant surprises that has come out of our post workshop evaluations is that over two-thirds of our participants indicated that they would like a follow up workshop and less than 7% indicated that they were not interested in another workshop. These numbers are a great compliment to the seriousness and high standards of our volunteers. They recognize that as coaches they play a significant and lasting role in the lives of young people. They want the best preparation that we can give them, and our children deserve nothing less than the best.

We are attempting to meet the demand for continuing education in a variety of ways. We provide a manual for all workshop participants. This manual elaborates on all of the concepts presented in the workshop. We are now offering weekly coach notes to all of our partners. These notes remind coaches of a specific philosophy of PLC with some tangible suggestions on how to



apply its tenets with their teams while coaching. If you are a coach and not getting the notes through the administrator of your program either contact that administrator or contact us at [plc@nd.edu](mailto:plc@nd.edu) We will send the weekly PLC coach tips directly to your email. We also provide a [re-certification course](#), which can be taken on-line or in some locales is presented through a second person-to-person workshop or what we call [advanced workshops](#). We plan to develop specialized on-line courses on topics that you have indicated that you would like to explore in more depth. We are planning courses on motivation, team-building, and moral development. We invite you to suggest other topics. Additionally, you will read about our high school partners offering PLC Athlete and Parent of the Month awards to continually keep the PLC philosophy in front of the community. Another effective approach is Athletic Directors who meet with their coaches to discuss their plans to live out the GROW approach on their teams.

Finally, we urge all of our readers to consider attending the [PLC Sports Leadership Conference](#), which is held annually the weekend after Father's Day. This is a great opportunity to learn from experts in coaching, sports medicine, and sports psychology and to become a coach-educator yourself. If we are to instill the value of education in our children, we can never stop learning ourselves. Play Like a Champion® is committed to supporting you in your noble service.

## Partner Profiles: Marian High School, Mishawaka, IN and Bishop Rosecrans High School, Zanesville, OH

### PLC Athlete of the Month Award

Michael Bullock, [Bishop Rosecrans High School](#) Athletic Director, explains award criteria, "Bishop Rosecrans Athletics has instituted a monthly Play Like a Champion Today® award for one male and one female athlete recognizing their efforts of excellence on and off the field of play. The award criteria will reflect the high standards as set forth by both Bishop Rosecrans High School and the University of Notre Dame. Standards that speak to the quality of students we are trying to develop spiritually, scholastically and as sportspeople." These criteria are:

- Students are to have an academic GPA no lower than 3.00 for the semester
- Students are to exhibit a spiritual lifestyle through service to the community at large, including but not limited to functions at Bishop Rosecrans, programs or opportunities to serve community organizations, or a self-initiated program that leads to the support of the community in which the student lives.
- Students are to have performed on the field of play at a level being recognized by their coaches and peers.
- Each athlete shall be nominated by their coach at which time the coach and the athletic director shall determine their selection.



The Signature PLC Sign in the Bishop Rosecrans Gym under which PLC Athletes and Parents are Acknowledged

Ryan Dainty, PLC Coordinator for [Marian High School](#) states, "In conjunction with Play Like a Champion, Marian High School chooses to recognize student-athletes, parents, teams, and coaches who embody the spirit of sport and who elevate the culture of high school athletics through their performance on and off the field of play, their sportsmanship, their support, their leadership, and their commitment to Marian High School and the surrounding community. Student-athletes and parents are recognized seasonally, while coaches and teams are recognized annually."

This award at Marian will include a combination of athletics, academics, spirituality and off the field behavior (service, etc.). The award will specifically focus on how PLC's GROW approach was applied to better the Marian community and the world through the athlete and the sport parent.

### Parent Like A Champion Today®



Pictured is Erin Barnhill, Los Angeles Area Parent Like A Champion Today® Trainer offering the PLC Parent workshop on the beach in Southern CA – for those of us in “snow” states, this looks wonderful right now!

An essential component of PLC is including parents in our approach to understanding the purpose and process of sport for youth and adolescent athletes – we offer positive, research-based sport parent advice and a witness to being a Christian parent.

If you are interested in the PLC Parent Program for your school,

Email [plc@nd.edu](mailto:plc@nd.edu)  
OR

Phone 574-631-9981

# PLC Team Welcomes New Staff

## Oscar McBride, Associate Director

“Hello, this is Oscar McBride (ND '94). I had the great fortune of attending Notre Dame as an undergrad and playing four years in the football program under Coach Lou Holtz. I now have the distinguished honor of returning to Notre Dame as the Associate Director of the Play Like a Champion Today™. I look forward to the opportunity to work with the current PLC Team in further developing the program and its extended ministry.”  
Go Irish!



Oscar presents with Kristin Sheehan, PLC Program Director, at St. Mary's Central High School, Bismarck, North Dakota

## Brooke Hull, Research Assistant



“Hi, I work with research implementation and statistical analysis to generate reports for PLC partners. I graduated from Bethel College in Mishawaka, IN with a BA in psychology and humanities. My experience prior to PLC includes working at the South Bend Juvenile Justice Center where I acquired in-depth knowledge of the adolescent delinquent population through a literature intervention program focused on virtuous character development with the intention of reducing recidivism rates. I am glad to be with PLC!”

### YOU ARE INVITED TO JOIN US!

#### Play Like A Champion Today® National Sports Leadership Conference

Friday, June 24 – Sunday, June 26, 2011

Featuring training and education in our Sports as Ministry Initiative

Meet ND coaches, Athletic Administrators, Faculty

Visit our Conference Web Page, <http://www.playlikeachampion.org/events/conference.html>



### REGISTER NOW!

\$450 Early Registration Opportunity

Registration \$500 after 3-1-11

Follow this link to register on line:

<http://www.surveymonkey.com/s/2011PLCConferenceRegistration>

Featuring Nationally Acclaimed Sport Personalities: Bob Bigelow and Susan Saint Sing  
Conference “Opening Charge” offered by Jeff Burris

**Bob Bigelow** is one of the foremost youth sport speakers in the country, a former NBA athlete and author of *Just Let the Kids Play*

**Susan Saint Sing** was a member of the 1993 US World Rowing Team and currently coaches collegiate rowing and is author of *Spirituality of Sport*

**Jeff Burris** was a ND Consensus All-American and '94 NFL 1<sup>st</sup> Round Draft Pick, Current Warren Central High School Coach, Indianapolis, IN