



Coach & Mentor Training

October 2017

BEAT THE STREETS LOS ANGELES, INC.
A CALIFORNIA CORPORATION

SCHEDULE

	<i>Saturday</i>	<i>Sunday</i>
8:30 AM	arrive and eat breakfast	arrive and eat breakfast
8:45 AM		
9:00 AM	<i>9:00 a.m. – 12:00 p.m.</i>	<i>9:00am – 12:00am</i>
9:15 AM		
9:30 AM	CHANGE YOUR COACHING IN 7 WORDS OR LESS FROM UP2US SPORTS	RISK MANAGEMENT TRAINING FROM LAUSD
9:45 AM		
10:00 AM		
10:15 AM		
10:30 AM		
10:45 AM		
11:00 AM		
11:15 AM		
11:30 AM		
11:45 AM		
12:00 PM	<i>12:00 p.m. – 1:00 p.m.</i>	<i>12:00 p.m. – 1:00 p.m.</i>
12:15 PM		
12:30 PM	lunch	lunch
12:45 PM		
1:00 PM	<i>1:00 p.m. – 1:30 p.m.</i>	<i>1:00 p.m. – 2:00 p.m.</i>
1:15 PM	SPORTUP BY UPMETRICS	CLASSROOM TRAINING WITH BEAT THE STREETS LA STAFF
1:30 PM		
1:45 PM	<i>1:30 p.m. – 4:00 p.m.</i>	<i>2:00 p.m. – 3:15 p.m.</i>
2:00 PM		
2:15 PM	ON THE MAT WITH YERO WASHINGTON	ON THE MAT WITH YERO WASHINGTON
2:30 PM		
2:45 PM		
3:00 PM		
3:15 PM		<i>3:15 p.m. – 4:00 p.m.</i>
3:30 PM		
3:45 PM		DISTRIBUTION OF EQUIPMENT
4:00 PM		



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October 7, 2017

Dear Coach,

Welcome! As we embark on another fantastic season of Beat the Streets Los Angeles, we are excited to kick it off with a fun-filled weekend of Coach & Mentor Training.

The mission of Beat the Streets Los Angeles is to empower and transform the lives of youth through the sport of wrestling. The youth we serve are empowered and transformed day-by-day through their commitment to your program. As their coach and mentor, you make the largest impact on each individual in your program. You are truly Building Tomorrow's Leaders. Through your dedicated efforts, they will develop the qualities that the sport of wrestling continues to instill in all of us.

Mastery of Wrestling Skills. Healthy Living. Social & Emotional Development.

These are the qualities that your girls and boys will continue to develop through their commitment to Beat the Streets Los Angeles. As they develop these qualities, they will grow into tomorrow's leaders on and off the wrestling mat.

In order for us to build leaders, we must be leaders. We must exhibit the qualities we hope they will adopt. This weekend is an opportunity for each of us to improve as a coach & mentor. Our goal is to give you a variety of tools and information that will help you have a greater positive impact on the youth in your program.

To accomplish this goal, this weekend we have enlisted the expertise of Up2Us Sports and Los Angeles Unified School District, and will provide training in the classroom and on the mat.

Thank you for all you do for Beat the Streets Los Angeles. We look forward to a wonderful weekend and season of wrestling.

Best regards,

Yero Washington
Executive Director

FRAMEWORK

Change Your Coaching in 7 Words or Less

	Strategy	Activities	Notes
1			
2			
3			
4			
5			
6			
7			

SATURDAY, 12:00 P.M. – 12:30 P.M.



★ ***download the app on your phone*** ★

You will use SportUp this year to:

- **add athletes to your roster**
- **take attendance at practice**
- **take attendance at events**

questions: Jonathan Myers jonathan@upmetrics.com (847) 660-9556



SATURDAY, 1:00 P.M. - 4:00 P.M.

on the mat with Yero Washington

A series of horizontal dotted lines for writing.

Classroom Training from Beat the Streets LA staff

I. Pop quiz!

1. At each practice, I must wear:
 - the workout gear of my choice
 - coaches gear given to me by Beat the Streets LA and wrestling shoes
 - cut-off jeans and flip-flops

2. When I visit the Beat the Streets LA offices downtown, I must wear:
 - business casual attire
 - Beat the Streets LA clothing
 - whatever I feel like

3. I will be paid by direct deposit:
 - daily
 - weekly
 - monthly (according to the schedule in your team binder)

4. Wrestling mats must be cleaned
 - before each practice
 - once a week
 - whenever it looks like they need it

5. I will be paid for:
 - practice days and coaches training only
 - all practices *and* Beat the Streets LA events
 - Beat the Streets LA events only

6. Penal Code §11165 requires me to:
 - report any *reasonably* suspected abuse of a child under 18
 - report by telephone to a designated agency such as the police department, sheriff's department or county welfare department as soon as practically possible
 - send a written statement to the designated agency within 36 hours
 - all of the above

7. Beat the Streets LA policy requires me to report reasonably suspected abuse to Beat the Streets LA staff:
 - after contacting the designated agency
 - before contacting the designated agency
 - never

8. Abuse that must be reported includes:
 - physical abuse
 - sexual abuse
 - neglect
 - willful harming, injuring, or endangering a child
 - unlawful corporal punishment or injury
 - all of the above

9. If any school property is damaged at wrestling practice, I must:
 - fix it myself and keep it hush-hush
 - notify Beat the Streets LA immediately after practice
 - look the other way and deny everything

10. As a coach, my primary goal is to:
- just win, baby
 - keep kids off the streets
 - coach & mentor youth to help them develop mastery of wrestling skills, healthy living, and social & emotional development. In other words, to Build Tomorrow's Leaders
11. I must arrive at practice:
- whenever it happens, it happens
 - right before practice is scheduled to begin
 - early enough to set-up, mop the mats, let them dry, and welcome the team
12. In order for a student-athlete to participate in **practice**, they must at least:
- show up
 - have a waiver completed by their parents
 - complete the waiver *and* have a sports physical
13. In order for a student-athlete to participate in **competition**, they must at least:
- show up
 - have a waiver signed by their parents
 - complete the waiver *and* have a sports physical
14. Attendance sheets are due:
- daily after practice via the SportUp app
 - weekly by 8:00am on Monday
 - monthly by the last day of the month
15. Payroll time-sheets are due:
- daily after practice
 - weekly by 8:00am on Monday
 - monthly, according to the schedule in your Team Binder

II. Team Binder Walkthrough

1. Mentor
2. Recruit / Enroll
3. Practice Plan
4. Attendance
5. Payroll
6. Inventory
7. Safety
8. Other Things

SATURDAY, 1:00 P.M. - 4:00 P.M.

on the mat with Yero Washington

A series of horizontal dotted lines for writing.

8. The training from Yero Washington on Saturday was:

- not helpful at all extremely helpful

9. The length of the training this weekend was:

- too long too short

10. How often would you want to receive coach training from Beat the Streets LA?

- annually twice a year quarterly monthly

What was the most useful part of the training?

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How can we improve our training in the future?

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