Coach Responsibilities

- **Week 1** - Meet with the athletes twice!
  - Training 1 - Review exercises with athletes, try each one and choose the seven exercises that they will compete in throughout the season.
    - Make sure the athletes are challenging themselves!
    - Determine who may need more help and ensure they receive it.
  - Training 2 - Create baseline score. Have athlete perform each of the seven skills and record scores/times.
  - Submit baseline scores/times to your programs Sports & Competition Coordinator.

- **Week 2 - 4**
  - Athlete should have 2 training sessions each week.
  - Training 1 - Provide athletes with link/copies of Week 2, 3, 4 Work Out 1 of the FH Weekly Fitness Workouts, to do on their own or with a teammate. (see link at top of page)
  - Host Training 2 - Using the FH Weekly Fitness Workouts.
    - Training's should include Warm-up, Cool Down, and the Weekly Work Out for Endurance, Strength and Agility. Make it fun, add in games, scavenger hunts, etc.!
    - Fit 5 Educational piece on each training page.
  - Make the training fun with a game, group trivia, scavenger hunt, etc.!!

- **Week 5**
  - Training - Provide athletes with link/copies of Week 5 workout 1 of the FH Weekly Fitness Workouts to do on their own or with a teammate.
  - Training 2 - Record mid-season scores - Have the athletes perform each of the seven skills and record their scores/times. You may need to work with some 1:1 (virtually) to complete their exercises.
  - Submit mid-season scores/times to your programs Sports & Competition Coor.

- **Week 6 - 9**
  - Athlete should have 2 training sessions each week.
  - Training 1 - Provide athletes with link/copies of Week 6, 7, 8, 9 workout 1 of the FH Weekly Fitness Workouts to do on their own or with a teammate.
  - Host Training 2 - following the FH Weekly Fitness work outs.
    - Training's should include Warm-up, Cool Down, and the Weekly work out for Endurance, Strength and Agility.
    - Review the Fit 5 Educational piece on each training page.
    - Make the training fun and interactive add in a game, trivia, scavenger hunt, etc.!!

- **Week 10**
  - **Training 1** - Record the Final Season Scores - Have the athletes perform each of the 7 skills and record their scores/times. Work with athletes 1:1 if needed.
  - Submit final scores/times to your programs Sports & Competition Coor.