



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

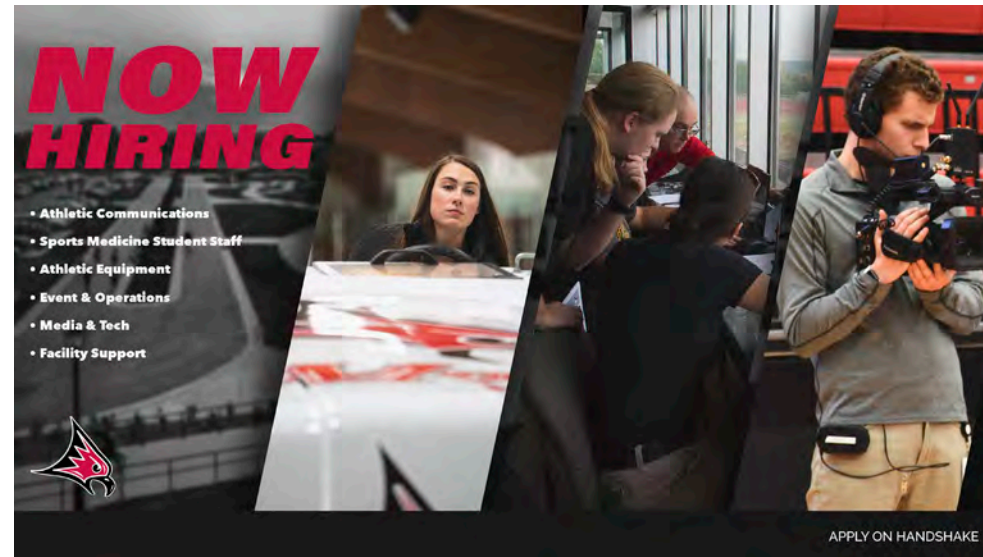
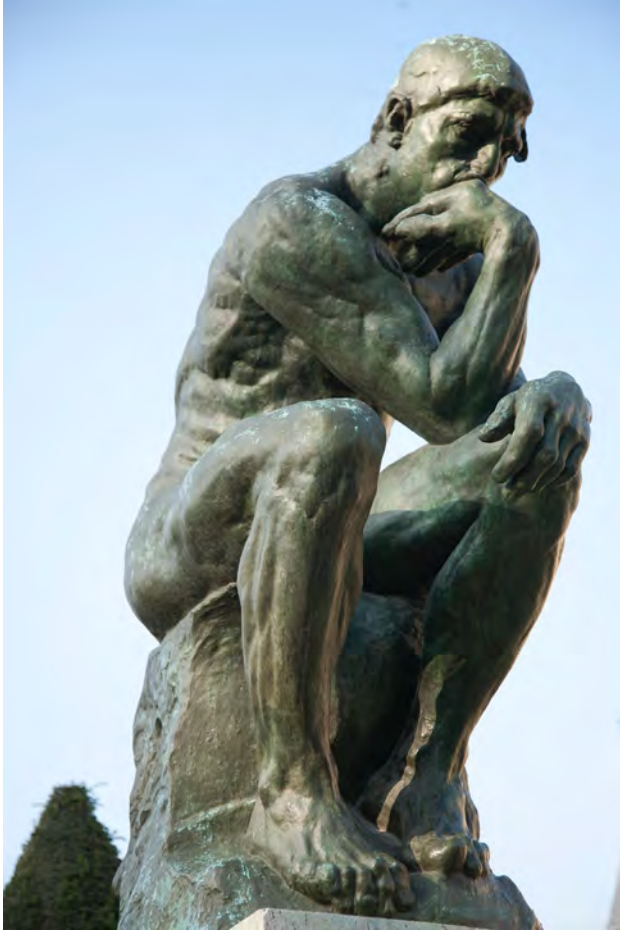
#NSCAsCoaches22

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

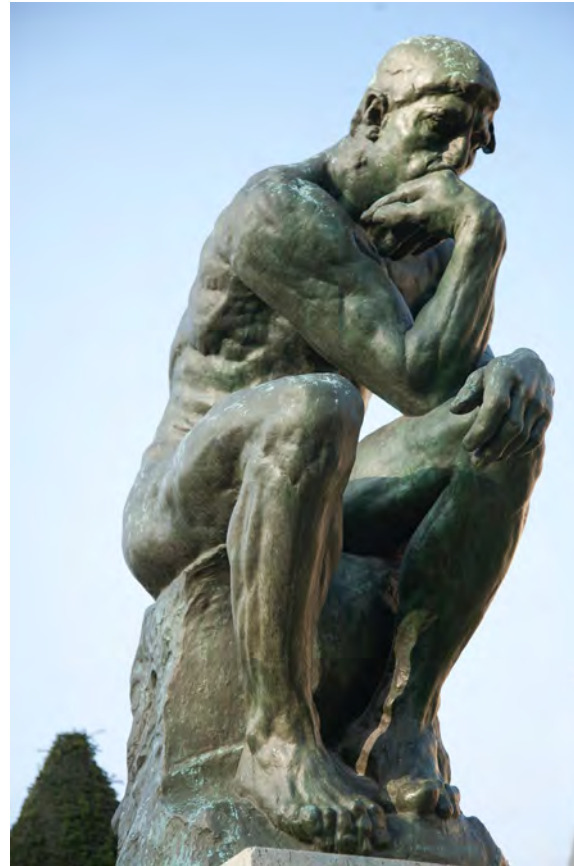
MANAGING SMALL COLLEGE STRENGTH AND CONDITIONING PROGRAMS

What are the areas you can grow that will have the greatest impact on your program?



MANAGING SMALL COLLEGE STRENGTH AND CONDITIONING PROGRAMS

Who are you?



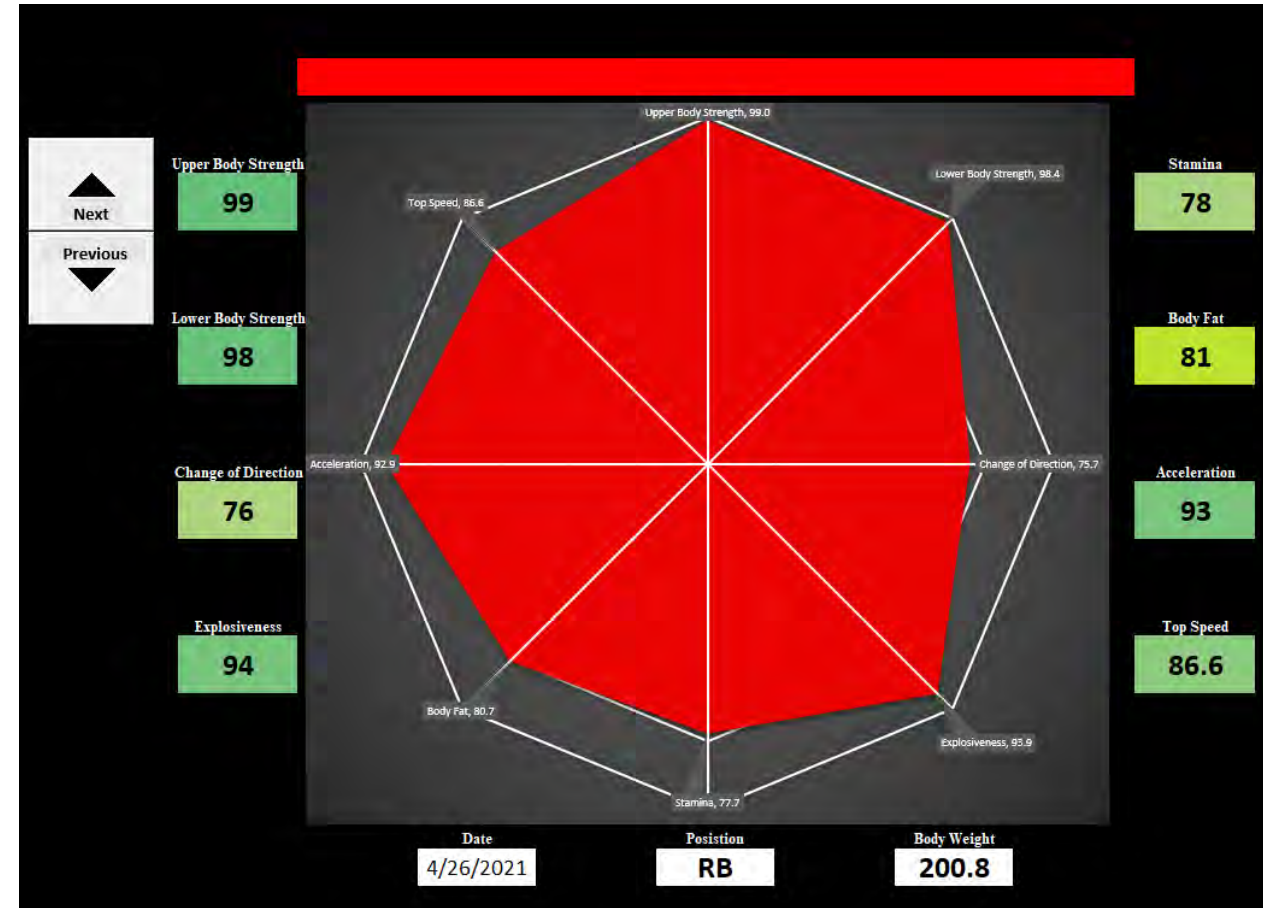
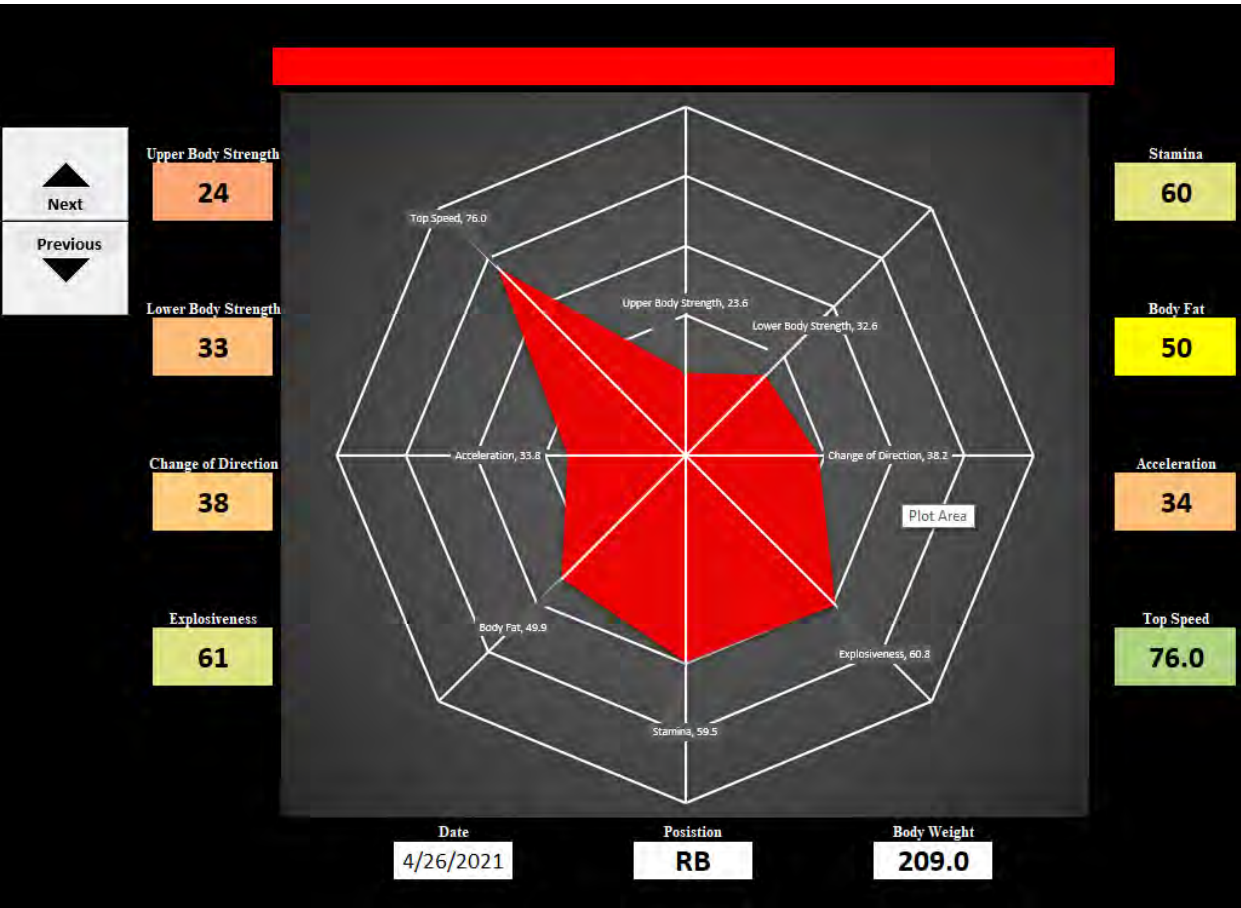
WHAT YOU DO BEST

How do you think?



WHAT YOU DO BEST

Training: Athlete Profiles



WHAT YOU DO BEST

Know your standards

Take 1 minute to identify all terms that resonate with you.

Take another minute to cut your list to 5 terms.

Take 30 seconds to cut your list to 3.

Balance	Fitness/Physical	Passion	Structure	Fun	Toughness
Commitment	Achievement	Quality	Independence	Legacy	Wisdom
Competence	Effectiveness	Selflessness	Fun	Courage	Knowledge
Service	Discipline	Perfection	Competence	Creativity	Money
Growth	Efficiency	Authority	Status	Integrity	Simplicity
Urgency	Loyalty	Innovation	Hard Work		

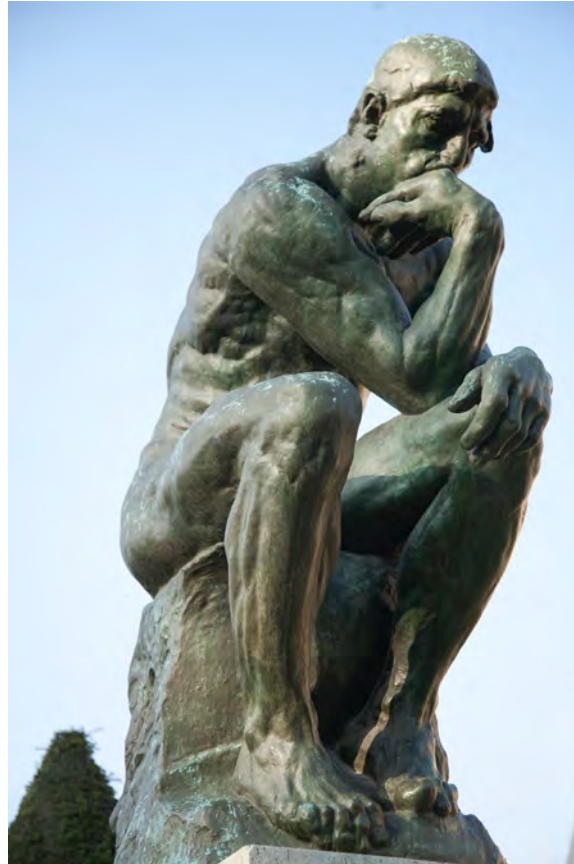
WHAT YOU DO BEST

My standards



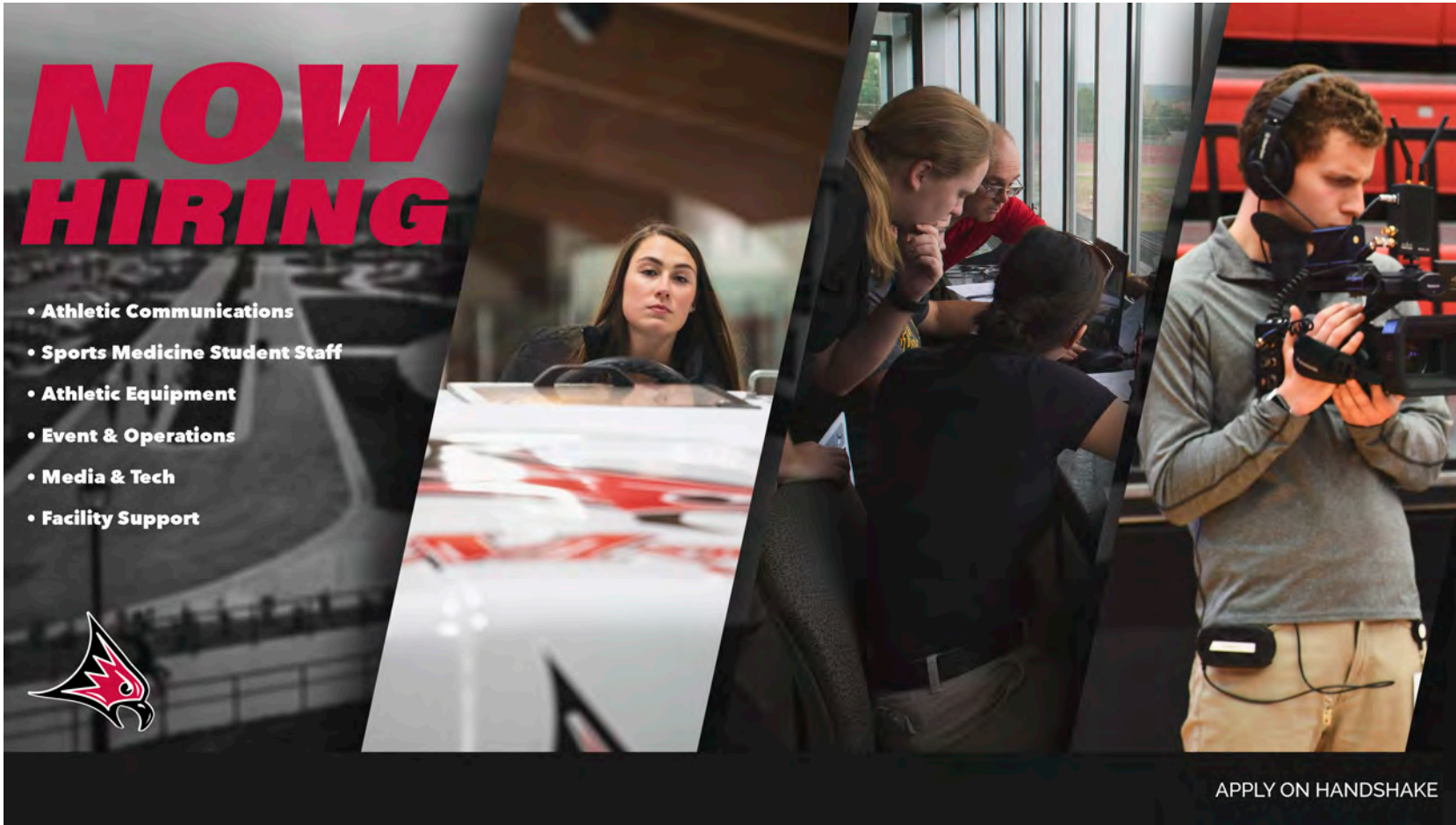
MANAGING SMALL COLLEGE STRENGTH AND CONDITIONING PROGRAMS

Who are you?



FINDING QUALITY HELP

You have to sleep at some point



**NOW
HIRING**

- Athletic Communications
- Sports Medicine Student Staff
- Athletic Equipment
- Event & Operations
- Media & Tech
- Facility Support



APPLY ON HANDSHAKE

FINDING QUALITY HELP

You attract what you advertise

Student Athletic Performance Interns Wanted

Can you inspire, motivate, and connect with hundreds of student-athletes in a loud weightroom? If so, the University of Wisconsin-River Falls Athletic Performance department is looking for undergraduate interns. Expect long hours, constant learning, and assisting with the testing and evaluations of student-athletes. There are possibilities to be compensated through work study funding and by attending professional development events. Successful candidates will have created strong bonds with student-athletes, athletic staff, and will make a long-lasting impact on the UW-River Falls Athletic Performance program. To be considered for the position, email the Director of Athletic Performance a 1-minute video which will serve as your cover letter, resume, and answer the question “Why should you be considered for an in-person interview?” along with three references and your unofficial transcripts to: carmen.r.pata@uwrf.edu by March 20th. The official start date will be August 9th, 2021.

FINDING QUALITY HELP

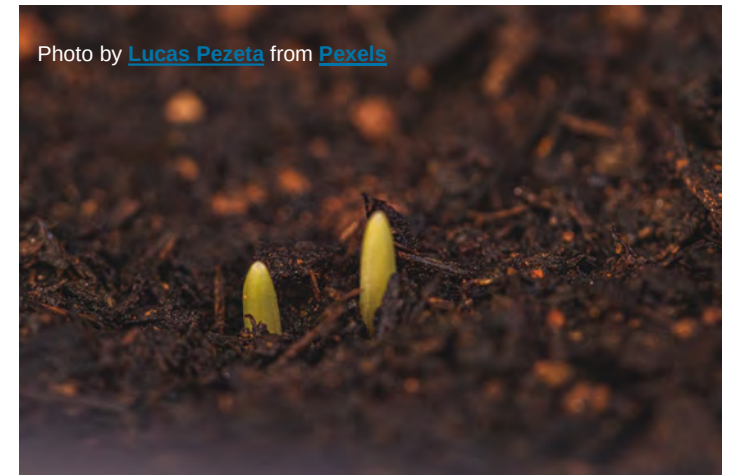
Trust but verify

What areas that you can improve that will have the greatest impact on your program

- The job posting for this position is uniquely written. What about it made you want to apply?
- Do you have any prior experience in this type of environment?
- A standard of the UWRF Athletic Performance Department is being **hardworking**, which means: taking pride in doing the things that you are not passionate about. What was the worst part of your last/current position? What will your supervisor say about how you handled that?
- A standard of the UWRF Athletic Performance Department is being **disciplined**, which means: doing the things that you say you are going to do. What was the last time you had to sacrifice what you wanted to do for what you said you would do? What will your supervisor say about how you handled that?
- A standard of the UWRF Athletic Performance Department is being **candid**, which means: being clear, concise and honest when you talk. What is an example at work that you had to be candid with someone? What was the outcome and was that the outcome you wanted?

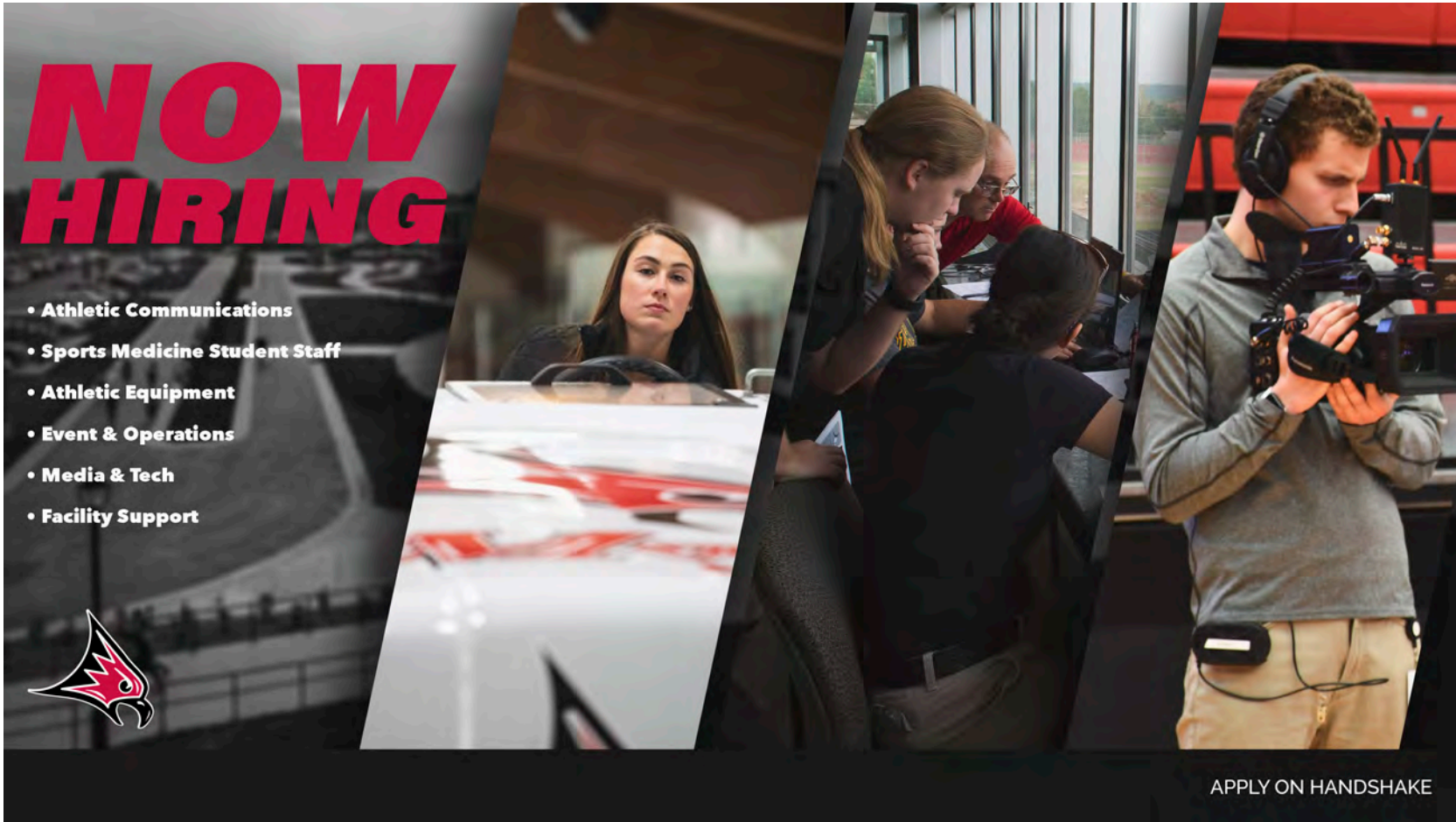
FINDING QUALITY HELP

Understand employee misery



FINDING QUALITY HELP

You have to sleep at some point



**NOW
HIRING**

- Athletic Communications
- Sports Medicine Student Staff
- Athletic Equipment
- Event & Operations
- Media & Tech
- Facility Support



APPLY ON HANDSHAKE

Speaking With Administration

Meet them where they're at



Speaking With Administration

Learn to speak administration



Speaking With Administration

Define your world

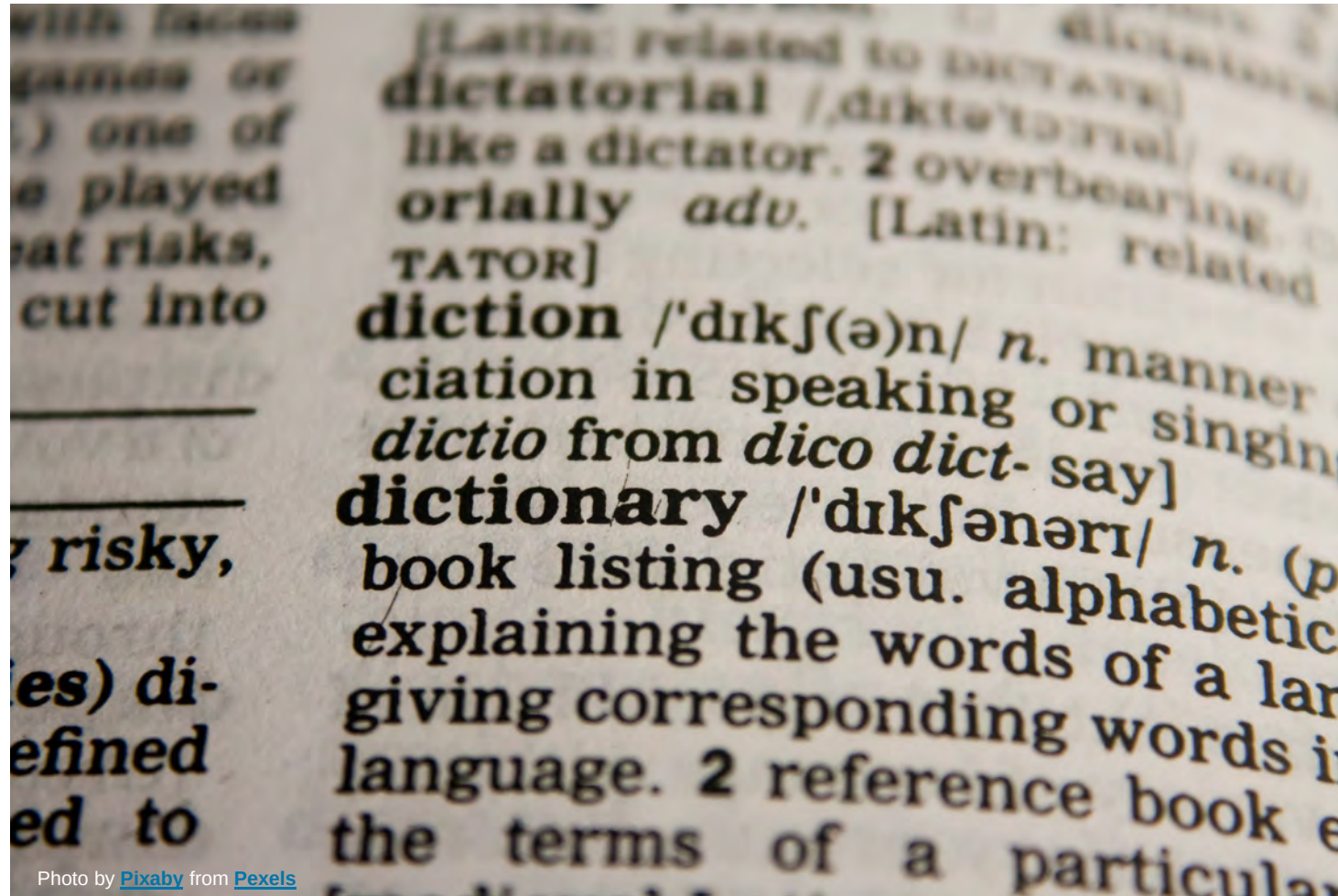


Photo by [Pixabay](#) from [Pexels](#)

Speaking With Administration

State of Program Annual Report

- Fall Semester Example:

	Monday	Tuesday	Wednesday	Thursday	Friday
Team Training Hours	7 hours (~170 athletes)	3.5 hours (~75 athletes)	7 hours (~170 athletes)	6.5 hours (~130 athletes)	4 hours (~85 athletes)
Open Training Hours	7 hours (~160 athletes)	0 hours	7 hours (~160 athletes)	2 hours (~30 athletes)	7 hours (~70 athletes)
Meeting Hours	0.5 hours	1.5 hours	0.5 hours	1 hour	0.5 hours
Program and Data Review	1.5 hours	1.5 hours	1.5 hours	1.5 hours	4 hours
Staff Development or Teaching	1 hour	2 hours	1 hour	2 hours	1 hour
Facility Cleaning and Upkeep	1 hour	1.5 hours	1 hour	1.5 hours	1 hour

Speaking With Administration

State of Program Annual Report

- Spring Semester Example:

	Monday	Tuesday	Wednesday	Thursday	Friday
Team Training Hours	9 hours (~370 athletes)	6.5 hours (~155 athletes)	8 hours (~330 athletes)	6.5 hours (~130 athletes)	3 hours (~215 athletes)
Open Training Hours	4 hours (~40 athletes)	8 hours (~60 athletes)	4 hours (~20 athletes)	8 hours (~80 athletes)	0 hours
Meeting Hours	1 hour	1 hour	0.5 hours	1 hour	0.5 hours
Program and Data Review	1.5 hours	1.5 hours	1.5 hours	1.5 hours	4 hours
Staff Development or Teaching	1 hour	2 hours	1 hour	2 hours	1 hour
Facility Cleaning and Upkeep	1 hour	1.5 hours	1 hour	1.5 hours	2 hours

Speaking With Administration

State of Program Annual Report

	2021-2022 Coach/SA Ratio	2020-2021 Coach/SA Ratio	2019-2020 Coach/SA Ratio	2018-2019 Coach/SA Ratio
Head Coach	1:230	1:270	1:250	1:200
Assistant Coach	N/A	1:100	1:100	1:180
Grad Assistant #1	1:100	N/A	N/A	N/A
Grad Assistant #2	1:100	N/A	N/A	N/A
Intern #1	Assisting only	Assisting only	Assisting only	Assisting only
Intern #2	Assisting only	Assisting only	Assisting only	Assisting only
Intern #3	Assisting only	Assisting only	Assisting only	Assisting only
Intern #4	Assisting only	Assisting only	Assisting only	Assisting only

Speaking With Administration

State of Program Annual Report

Conference School	Total # of S&C Coaches	# F/T Coaches	# P/T Coaches	# Dual Role Coaches
UW-River Falls	1	1	0	0
Opponent 1	3	2	0	1
Opponent 2	2	0	0	2
Opponent 3	2	2	0	0
Opponent 4	4	2	0	2
Opponent 5	2	0	2	0
Opponent 6	N/A	N/A	N/A	N/A
Opponent 7	2	1	0	1
Opponent 8	4	2	1	2

Speaking Administration

State of Program Annual Report

- Budget Planning

Equipment	Needed 6 months-1 year out	Needed 1-2 years out	Needed 3-4 years out	Needed 5+ years out
Woodway Curves	2 @ \$X,XXX (360 SA Impacted/week)		2 @ \$X,XXX (360 SA Impacted/week)	
GymAware Units	4 @ \$X,XXX (430 SA Impacted/week)	2 @ \$X,XXX (430 SA Impacted/week)	2 @ \$X,XXX (430 SA Impacted/week)	
Specialty Bars	8 @ \$X,XXX (100 SA Impacted/week)			
Med Balls		36 @ \$X,XXX (430 SA Impacted/week)	36 @ \$X,XXX (430 SA Impacted/week)	
Jump Pads		3 @ \$X,XXX (430 SA Impacted/week)	3 @ \$X,XXX (430 SA Impacted/week)	
Squat Racks				12 @ \$XXX,XXX (430 SA Impacted/week)

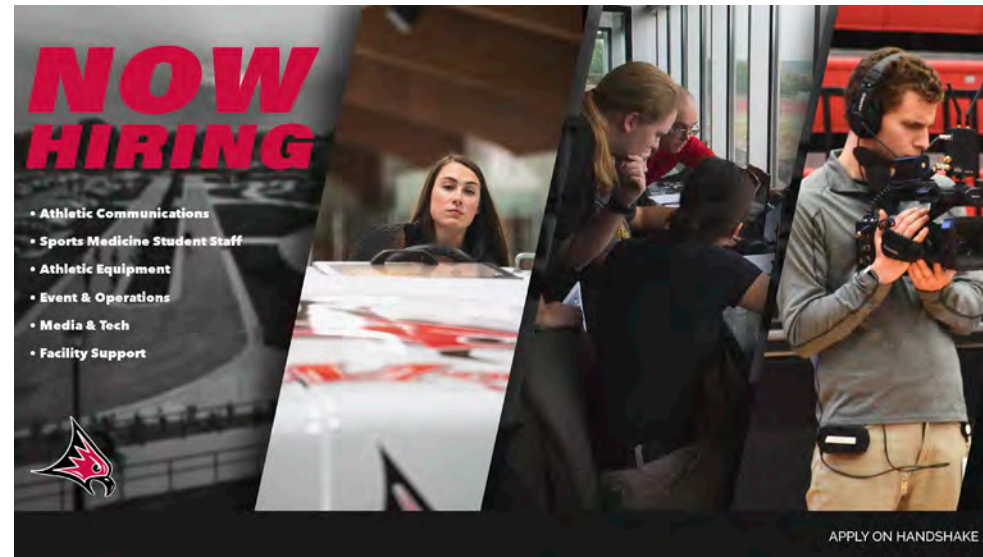
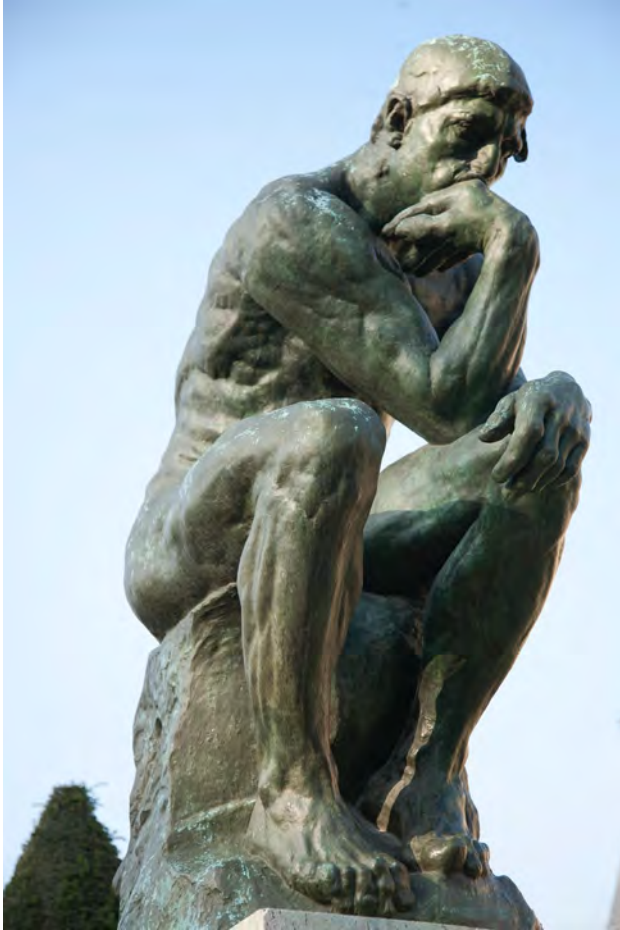
Speaking With Administration

Meet them where they're at



MANAGING SMALL COLLEGE STRENGTH AND CONDITIONING PROGRAMS

What are the areas you can grow that will have the greatest impact on your program?



FIND PERSPECTIVE

You are not alone

@uwrfstrength

@CoachPata

CoachPata@gmail.com

CoachPata.com