

A MESSAGE TO COACHES-BEWARE OF BURNOUT

Have you lost the enthusiasm you once had? Does your coaching have meaning? Do your assistants get on your nerves? Are you out of touch with new coaching strategies? Are you failing to meet the expectations of the players and parents. If your answer is yes to the above, you may be a victim of burnout.

Burnout can be on one of three levels: Burnout on the individual level can be attributed to lack of anticipated success on the playing field. II Interpersonal burnout can be a result of poor player relations, lack of staff competence and negative fan perception. Institutional contribution to burnout may be a result of lack of meeting league policies or lack of community support.

In order to determine the stage of burnout, honest self-appraisal must be applied by asking one's self the following questions:

1. What were my objectives? Have I reached them? Were they unrealistic? Do I need another challenge?
2. What part of my coaching responsibilities do I enjoy? Recruiting players? Developing game strategies? Conducting practices? Coaching in game situations?
3. Am I an imaginative and creative coach, and can respond to new situations?
4. Do I blame others for lack of success:
5. Do I follow through with valid recommendations and plans developed by my assistants?

Suppose the answer to many of the above questions are not positive. How do I turn negative indicators into successful results? Some suggestions may be:

1. Study material by experts in the coaching field, sports management and psychology.

2. Attend coaching clinics and leadership conferences.
3. Compare your objectives and programs to that of successful coaches.
4. Solicit post-season reactions from a variety of sources.
5. Develop specific realistic goals before beginning a new season.
6. Realize these tribulations and pressures are part of the coach's job.
7. Maximize performance of players by consistent directing, motivating, and evaluating.
8. Realize that one can not satisfy all parties all the time and one will be successful in some cases and not in others.
9. Be positive. Approach the new season with the expectation that it will be rewarding
 1. and winning season.
10. Try to be innovative. Though there are league policies, there are creative ways to make program changes and still stay in the expected parameters.
11. In order to make changes, one must be willing to change oneself.
12. Keeps a good self-image. Be strong in mind and spirit.
13. After reviewing all the circumstances of a situation and you believe you are right, stand up for your convictions.
14. Maintain a positive public image.
15. Let people know that self-reward is not your only motive. The success of your players and the community are your most important goals.

If you can't accommodate many of the above recommendations, it is suggested you quit while you are not too far behind.