

OTA Summer Staff “Field” Training

Coaching

“OTA Game Plan” – Be Prepared

- Be prepared to create a HIGH FIVES moment with campers
- Be prepared to use TRIVIA to pace transitions and keep kids focused
- Be prepared to teach games by having the proper equipment and knowing the rules

“The whole point” – Key Fun Factors: embracing silliness and enthusiasm

- FUN does not mean a sacrifice in safety, organization, or discipline.
1. Know Your Audience
 - It is extremely important to factor the age group you are working with to apply fun factors appropriate for that group.
 - Prepare for the AGE GROUP you are working with.
 2. Stay Tuned In
 - Listen when the kids think you aren't listening.
 3. No Negotiations
 - Not every single thing a child does or says needs to be validated. Learn to appropriately ignore and brush off insignificant complaints.
 4. Move ON...
 - If something isn't working, STOP, and move on to something else.
 - Don't DWELL
 5. Follow the System
 - Warm-Up, Skill, Drill, Games was designed with the concept of FUN in mind. The Programming Day Card is a strategy to manage enthusiasm and excitement. Instructors make their life more difficult running classes and diminish the results of FUN when they deviate from the system.

“Dumb it Down” – Method for getting the most out of an activity with different age groups

- You must be able to bring the skill or game down to the appropriate level of the age group of the class.
- Apply appropriate rules and directions for the age group that is participating in the program.

“Cones are your best friend” – children respond to boundaries

- Not utilizing the tools you have been given in your programs is a mistake
- Cones can be used to make your life easier
- Planning ahead pays off

OTA Discipline Procedure

- In our classes discipline helps keep class **safe** and **fun** for all students
- It is about teaching kids right from wrong
- Emphasize **RESPECT** (coaches, other kids, equipment)

First Five Minutes

- Set a tone for class
- Go over rules
- Enforce rules if they are being broken
- Consistency and follow through are essential

Tone

- Normally, an OTA coach should have a lighthearted, fun and silly tone
- If enforcing a rule, your tone should be serious, but not yelling
- Stay calm, don't lose your temper

Be Clear

- Clearly state **what rule was broken** or what the child did wrong

3 STRIKES SYSTEM

- There should be a 3 strike process when disciplining kids
- Strike 1 – (**WARNING**) Remind child of what rule they broke
- Strike 2 – (**PENALTY BOX**) Sit child out for a few minutes
- Strike 3 – (**DONE**) They cannot participate for the rest of class, coach must address issue with parent or PTA Coordinator at conclusion of class

The Penalty Box

- If a child breaks a rule, have them sit out on the sideline for a short amount of time (1-2min)
- Use the term 'penalty box' rather than timeout.

Consequences

- Can be effective motivators for good behavior
- Example: **“You can't play in the game if you keep breaking the rules”**
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No Physical Punishments

- We are not drill sergeants
- Do not punish a child by making them do pushups, sit ups or any other physical activity
- **No physical contact with the students AT ALL**

Be Consistent

- If you sit one child out for breaking a rule, you must also sit out any other child that breaks the rule

Follow Through

- When the child's timeout is over, ask them if they are ready to follow the rules and rejoin class

Persistent Behavior Issues

- If there is a behavior issue that arises each class, **notify your PD**. The PD will bring the issue to the attention of the PTA and parents.

Emergency Behavior Issue

- If there is an emergency behavior issue (a child is acting in a way that is putting the safety of another child at risk) then find a PTA rep, teacher or administrator to help regain control of the class
- If there is a violent incident (fighting) the child should be immediately removed from the program

The 2 Minute Rule

- Do not take more than 2 minutes to deal with a discipline situation
- Address the issue and then MOVE ON
- Don't dwell or fixate on the problem
- Don't negotiate with children. You are the adult, what you say goes.
- Learn to ignore "unworthy" issues regarding misbehaving participants
 - Often these students are simply looking for attention

Remember

- These discipline suggestions are for extreme or persistent cases
- Our classes are **silly** and **fun**, always keep things upbeat and lighthearted

****Kids are going to test. You will be "reminding" kids to follow directions, stop talking, pay attention, stand in the proper place, put down equipment, keep their hands to themselves, hurry up, slow down, be nice, wait your turn, watch your language, don't cheat, be a good sport, don't be a sore loser, play fair, stay in a straight line, raise your hand, don't call out, etc. This is NOT part of the discipline plan. This is simply the process of being an adult in charge of a group of children. Be sure to recognize the difference.**

Camp Strategy: High Energy, Fun, Fitness, Teamwork, Sportsmanship, Participation

****Select the best answer (or answers) for each below question**

1. To be ready to work camp, I should:
 - a. Be hygienically prepared
 - b. Be on time
 - c. Be in uniform
 - d. Have a name tag on
 - e. Help set up for the day
 - f. Know the agenda/itinerary and what my responsibilities are
 - g. All of the above

2. Great camps are:
 - a. High Energy
 - b. Organized
 - c. Age appropriate
 - d. Fair
 - e. Activities and Segments are set up and prepared before campers participate
 - f. So competitive that losing teams or players can't come back the next day

3. Camp can be made fun and interesting by:
 - a. Using Trivia
 - b. Having Contests
 - c. Creating One on One Moments

4. Camp can be made safe by:
 - a. Announcing the rules every morning
 - b. Doing regular headcounts
 - c. Making sure playing areas aren't dangerous
 - d. Regular water breaks
 - e. Spending most of my time texting

5. Parents expect our camps to be:
 - a. Majority of the time being free play
 - b. No teaching of athletic skills
 - c. Kids picking teams
 - d. All sports
 - e. A military level of discipline and punishment

6. When a parent approaches, I should:
 - a. Look down and ignore them
 - b. Turn around and walk the other way
 - c. Smile, introduce myself, and ask if I can help them

7. When fixing a problem with a customer (parent)
 - a. I should handle it myself
 - b. I should discuss best course of action with Camp Director

8. I should entertain myself at camp by:
 - a. Daring kids to do stupid shit
 - b. Getting kids to say funny or inappropriate things
 - c. Make fun of the fat kid
 - d. Win the games the kids are playing
 - e. Score, dunk on, strikeouts a child
 - f. Eat the kids lunch
 - g. Give special treatment to the campers I like
 - h. Sun tan

9. Every day/week of camp should include:
 - a. Warm Up Games
 - b. Skills
 - c. Drills
 - d. Scrimmages / Stations
 - e. Low intensity games
 - f. Daily Segments
 - g. Sportsmanship
 - h. Special Activity (brain games, arts and crafts, projects, etc.)

10. The proper way to discipline kids is to:
 - a. To punch them in the face if they do something wrong
 - b. Warn them about their behavior
 - c. Sit them out for 2min (penalty box)
 - d. Take away playing opportunity or activity
 - e. Punish with cleanup task or disqualification from prizes
 - f. Discuss issue with parent

11. The proper way to get kids to pay attention is to:
 - a. Scream at them to shut the F up
 - b. Wait in silence
 - c. Talk quietly
 - d. Use the Whistle

Station and Segment Review and Responsibilities

- Daily Agendas
 - Sports Camps VS. Traditional Day Camps
- Walk Up Stations - Structured Free Play Morning Activities
 - Traditional Day Camps: Free Play Zone, Beat the Coach Zone, Lego Zone, Card Game Zone, Board Game Zone, Coloring Zone
 - Sports Camps: Sports Specific Walk Up Station Activities
- High Intensity vs. Low Intensity Activities (**Traditional Day Camps**)
 - Post-Lunch Activities / Movie Time
- Pick'm (**Traditional Day Camps**)
 - Campers are given the option to choose from a variety of activities for an afternoon segment. (Playground / Scrimmage Game / Board Games)

“THE OTA PLAYBOOK” – Summer Camp Segments (Traditional Day Camps)

1. **Group – DAILY**
 - Quick low intensity activity designed to bond with camp counselor
2. **Group – WEEKLY**
 - Teamwork activity designed for groups to work together
3. **Sports and Games**
 - Skills, Drills, Games, Scrimmages
4. **Camp Contests**
 - Sample: Spelling B
5. **“RISK” Games**
 - Sample: Card Game “War”
6. **THINK TANK**
 - Sample: Minefield
7. **PROJECT INC**
 - Sample: Camp Banner
8. **CENTER STAGE**
 - Sample: Camp Counselor Demonstration
9. **GAME SHOW**
 - Sample: Minute To Win It
10. **BIG EVENTS / SPECIAL EVENTS**
 - Sample: Carnival Day
11. **ARTS and Crafts**
 - Sample: Firework Art
12. **Activities Sheets (handouts)**
 - Sample: Crossword Puzzle