



Episode 156

Connecting People within Your Program

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The Captain's Council Leadership System Training Course

Use Coupon Code: CoachingCulture to Save 25% in 1st Week

Link to Training: <https://buff.ly/3kzvs5V>

Schedule a call with J.P. or Nate to discuss how we can support you!

thriveonchallenge.com/schedule-a-call/

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Episode Notes

- **Mike Krzyzewski:**
 - See his book, *Lead with the Heart*
 - They don't allow Freshman to have cars on campus
 - It's done to force the upperclassman to provide rides for the freshman
 - It creates opportunities for connection!
 - Players bond and build trust in a bunch of small moments
 - It's special when younger players can get the perspectives of older players that have been in their shoes
- **How to connect players with someone who has been in their shoes before:**
 - Coaches are often intentional about who recruits or incoming players interact with in their program, but the internationality often doesn't transfer to other aspects of their programs



- Consider the moments that are typically challenging for players in the various stages of your team/program
 - These are the places where athletes need another voice
- **Nate's example:**
 - Decided to bring a freshman up to the varsity team, which was unusual in his program
 - Set up a meeting with the freshman and three of the captains
 - The captains gave her a box containing a varsity uniform
 - Nate told her why they brought her up, then gave the captains and opportunity to share their experiences coming up as a freshman or sophomore
 - The captains spoke into the common fears and frustrations they experienced
 - The captains spoke belief into the player
 - The captains committed to making her feel welcomed
- **Considering the upcoming struggles:**
 - At the first captains meeting, Nate has former captains come back and speak to the new captains about what it's like
 - They tell the new captains what they have to be willing to do
 - This is what's difficult about it
 - They tell the new captains they're willing to talk with them about things as the season goes on
 - Here's how the program grew last season, now we're handing it on to you!
- **Other things to consider:**
 - This can be powerful to use when players are in various difficult situations
 - Ex: going through a shooting slump, a role player, a player has a reduced role, etc.
 - Connect them with someone who has gone through the same thing



- The voice of someone who has actually gone through the hardship is more powerful than one that hasn't
 - They feel seen and not alone in their struggle
- **Other strategies:**
 - Nate had upperclassmen share with parents about the common struggles that freshman experience
 - Ex: connected the parents of a JR who had a FR in the same situation playing multiple sports
 - Totally relieved the fears of the parents of the FR
 - Allow coaches to talk with other coaches that have worked with you, so they can get a better understanding of what it's like
- **Note to coaches:**
 - You are not alone in your challenges!!!
 - Your influence and intentionality about connecting players within your program can expand beyond grades 9-12
 - Engage with alumni
 - Engage with the youth in your community