

Considerations in Coaching an Athlete with a Physical Disability: Ability 101-401

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LAKE SHORE

First U.S. Olympic and Paralympic Training Site 2003

Fabulous synergy of recreation, athletics, Paralympic training leading to lifetime fitness

ACTIVITY

RESEARCH

ADVOCACY



Athlete Development

- Clear and Consistent Communication
- Set the Standard
- Adapt the Environment
- Accountability
- Contraindications
- Sport is a Microcosm of Society
- Benefits of Good Coaching

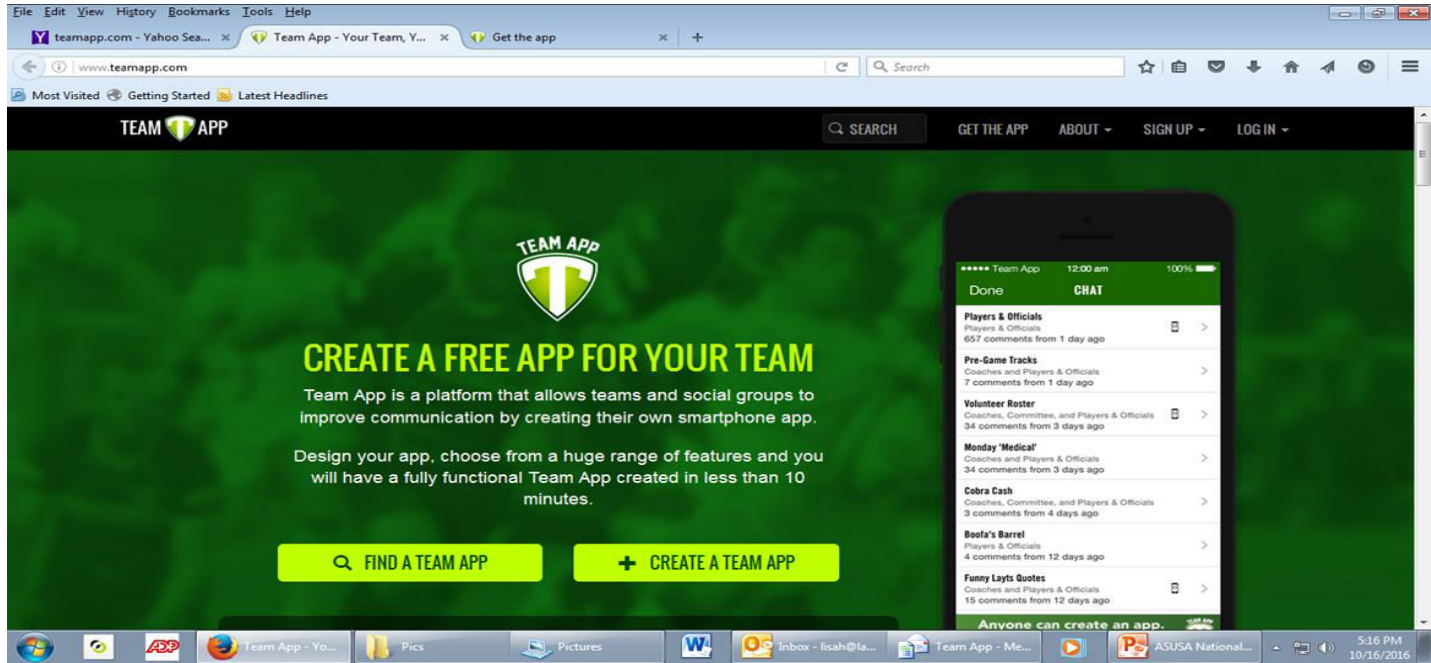


Communication

- Lakeshore Proactive – Pre-season Meeting with ALL
 - Food, FUN, Ice-breakers, Parents involved with Youth
 - Athlete and parental feedback in developmental of policies where possible – Buy-in with behavior standards
 - Expectations in writing
 - [Code of Conduct](#)
 - [Cancellation Travel Policy](#)
 - [Medical History](#)
 - [Adult Emergency Contact](#)
 - [Medication Authorization Form](#)
 - Enlist help of tech savvy athletes if necessary
 - Consistent and Clear AND Ever - Evolving with Technology
 - Coaches set tone (Importance of being Appropriately Vulnerable)
 - Respect for Brand – Name on the front of the shirt
 - Culture must involve core values



Use of Technology in Communication



The screenshot displays the Team App website in a web browser. The browser's address bar shows the URL www.teamapp.com. The website's header includes the "TEAM APP" logo, a search bar, and navigation links for "GET THE APP", "ABOUT", "SIGN UP", and "LOG IN". The main content area features a green background with the "TEAM APP" logo and the text "CREATE A FREE APP FOR YOUR TEAM". Below this, it states: "Team App is a platform that allows teams and social groups to improve communication by creating their own smartphone app. Design your app, choose from a huge range of features and you will have a fully functional Team App created in less than 10 minutes." Two prominent yellow buttons are visible: "FIND A TEAM APP" and "CREATE A TEAM APP". On the right side, a smartphone displays the Team App interface, showing a "CHAT" screen with a list of items: "Players & Officials" (657 comments from 1 day ago), "Pre-Game Tracks" (7 comments from 1 day ago), "Volunteer Roster" (34 comments from 3 days ago), "Monday 'Medical'" (34 comments from 3 days ago), "Cobra Cash" (3 comments from 4 days ago), "Boofa's Barrel" (4 comments from 12 days ago), and "Funny Lays Quotes" (15 comments from 12 days ago). At the bottom of the phone screen, it says "Anyone can create an app." The Windows taskbar at the bottom of the browser window shows various open applications and the system clock indicating 5:16 PM on 10/16/2016.

Team App

lakeshore-lightning-dii-atten

	B	C	D	E	F	G	H	I	J	K	L	M
20-Sep	no	no	no	no	no	no	no	no	0			
	yes	yes	yes	yes	yes	yes	yes	yes	8	100		
	no	no	no	no	no	no	no	no	0	0		
	no	yes	yes	yes	no	no	no	no	3	38		
	no	yes	yes	yes	yes	yes	yes	yes	7	88		
	yes	yes	yes	yes	yes	yes	yes	yes	8	100		
	yes	yes	yes	yes	no	yes	yes	yes	7	88		
	yes	yes	yes	yes	yes	yes	yes	yes	8	100		
	yes	yes	yes	yes	yes	yes	yes	yes	8	100		
	yes	yes	yes	yes	yes	yes	yes	yes	7	88		
	yes	yes	yes	yes	yes	yes	yes	yes	8	100		
	yes	yes	yes	yes	yes	yes	yes	yes	8	100		
	no	no	yes	no	no	no	no	no	1	13		
	yes	yes	no	no	no	no	no	no	2	25		
	yes	yes	yes	yes	yes	yes	yes	yes	8	100		
	yes	yes	no	no	no	no	no	no	2	25		
	no	yes	yes	yes	yes	no	yes	yes	6	75		



LAKESHORE

(Sub)Conscious Messages you may be sending

RESPECT & ACCOUNTABILITY TWO-WAY Street

- What are your non-verbal cues saying?
- Speaking with, rather than to athletes
- How do you speak about athletes?
- How prepared are you for practice, games or conversations?
 - [Practice plan](#)
- Do you remember details that are important to them?
- Are you on time? Do you waste their time?
- What happens when you are losing? Are you WITH them?
- Are you a proficient adapted equipment (wheelchair) user?
- Are you willing to put yourself out there? Learn from them too!



How do you define “Winning?”

- Psych of Sport Development
- Team & Individual Goals- Coach included
- How do your athletes think YOU feel about winning and losing?
- What would your athletes say is important to you?



Setting the Standard

- Athletes Volunteer – 24 hours per season
 - “To whom much is given much is expected.”
- Comradery within organization: age-disability-sport
- Parents and athletes share resources “Camo Cadets”
- Parents Lakeshore – Swag – Branding – Accountability
- Earn right to:
 - Travel when independent in self-care
 - Earn the right to wear the uniform - Pride
- What kind of mark does the athlete desire to make on team, program?



ADAPT the Environment

Physical education is the only discipline that can consistently incorporate each learning domain:

Cognitive, Affective, Physical, Social within each lesson

Discuss – How can you do that?

We set the tone and level of respect – Two way street

Provide a myriad of sports and Success Oriented Movement

8 year old wanting to try it all – PERFECTION!

Keep MISSION in mind at all times with programming decisions

Cross Training – Fun together – Many times it is the reinforcer – Handcycle

Sometimes only one chance to reach new athletes (newly injured, etc.)

Minor modifications for sport and activities

Meet athlete where they are?

Age and ability appropriate activities

Use of a variety of instructional strategies – Consider language

Learn by watching PLAY

Lots of positive reinforcement -

SMILE Speaks Volumes



Accountability

- Preseason and regular Team Meetings
- Code of conduct including parental signature
- High but attainable expectation at all levels of programming?
 - Why lower for PWD?
 - [Lakeshore Cancellation Policy](#)
 - [Lakeshore Academic Standards](#)
 - Set attainable individual and team goals (Bye-in)
 - Group contingency can be effective – GAMELIKE
 - Youth allowed to run with adults and vice versa

“You're gonna run” – WHHHAT?!

Why punish with what you are trying to foster?

Get creative – What motivates & stimulates memory

Try to adjust your viewpoint – Catch them being GOOD



Coach's Accountability

- Respect for profession
- Do you roll out the ball – “If you fail to prepare – You prepare to FAIL”
- Responsible for safety and health
- Meds on Carry on plane
- SAFE Sport
- Nationwide Background check – All involved including volunteers
- Ongoing Education
- Nutrition – You as an individual must demonstrate good habits

Protect head!

- Concussion management – Do NOT bend
 - [Concussion policy](#)
- Protect shoulder, elbows, wrist, fingers...
 - Longevity in Sport
 - Capacity for LIFETIME Fitness
 - Should be made healthier by participation – Not Debilitated
 - ADAPT - Muscle Reset – Antagonistic Muscles
 - Age and ability appropriate strength training



Contraindications:

Find a Safe & Successful Balance

Pressure Sores

- Strapping – “One with the chair”

- Snow Board Bindings – Precise replication of Skill

- Positioning – Concessions

- Bucket Ergo

- Cushion (Gel, Compartmental ROHO, Honeycomb)

Inability to Thermoregulate

- Temperature Liability

- Dehydration

- Psychosocial Development – No Tolerance for Bullying



Sport is a Microcosm of Society

- **Inappropriate Behavior**

- Reasonable Consequences
- Educational Consequences to benefit all when possible (Present to team, Mentors with similar experiences, etc.)
- Consistency is a must – Consider Various Personalities – Challenging
- “Catch the being good” – Regular gut-check on your perspective
- Strong moral compass– Someone safe to Hear yourself talk about it
- You are being WATCHED every minute! Your behavior is emulated!
 - Can be even uglier when it comes back around



Benefits of GOOD Coaching

- Lifetime Fitness – Love of movement
- Feeds Integration
- Strong sense of self: Social skills, time management, conflict resolution, stress management, management of limited resources, responsibility based on individual strengths, decisiveness, prioritization, mental toughness (ability to make eye contact)
- EQUALS: Marketability, Productive Happy life
- SAME as or more important than typical athlete
 - Reduction of secondary conditions
 - Transference of ABILITY into everyday life



What is NCHPAD?



The National Center on Health, Physical Activity and Disability (NCHPAD) is the premier resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan. NCHPAD features a variety of resources and services which benefit all ages and populations and can be found online at www.nchpad.org.



Research

- The UAB/Lakeshore Research Collaborative studies cutting-edge physical activity techniques and innovations for people with physical disability. The Collaborative's core strength is its "on the ground" integration with our fitness, athletic and recreation programs. The collaborative leads the way nationally and internationally in scientifically proving the impact of our work, developing new technologies and further expanding the reach of programs to those who need them.





LAKESHORE

**THERE IS NO
PHYSICAL LIMIT TO
HUMAN ACHIEVEMENT.**



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