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USOC

Coaching Education News

Welcome to the August USOC Coaching Education Newsletter

The Coaching Education Department at the USOC is happy to provide a monthly newsletter to update the NGBs of our nation on happenings, programing, and events around the NGB world of sport. Coaching Education at the United States Olympic Committee is looking to highlight not only our operations, but also your NGB highlights and successes. As you find things going on that would be great to share with our other NGBs feel free to email our department at coachingeducation@usoc.org for inclusion in the next month's issue.

Order of IKKOS is Off to the Races in London

The 2012 London Olympics are flying, and so is the Order of IKKOS. With the US in a tight race with China, the medal count keeps going up for the USA. At the Royal College of Art in London, England you will find the 2012 Order of Ikkos program flying high.

The USOC Coaching Education Department hopes to send out images and bios to the NGBs very soon after the closing ceremonies happen to allow you as coaching educators to use the images and information for your own publicity of Ikkos and the accomplishments of your athletes and coaches.

Follow everything Ikkos on the USOC – Team USA website, as well as a great photo library of the events after they happen

Click here: [Order of IKKOS](#).



The 2012 London Order of IKKOS Medal. The program was initiated in 2008 to allow athletes to honor their coaches whom made an impact on their success.



LONDON, ENGLAND - AUGUST 02: U.S. Olympian Kayla Harrison presents her grandfather Gary Ogdin with the Order of Ikkos medal during their visit to the USA House at the Royal College of Art



U.S. Olympian Abby Johnston, Coach Drew Johansen and U.S. Olympian Kelci Bryant pose with their medals during their visit the USA House



U.S. Olympian Kristin Armstrong presents her coach Jim Miller with the Order of Ikkos medal during their visit to the USA House at the Royal College of Art



Mobile Learning – The next big thing for education

As coaching educators – part of our role is that word education. Check out the newest thing we all need to think about when it comes to trying to reach our coaches with resources.

From a USOC perspective, we are seeing tons of technological developments in sports every month. As coaching educators, we now need to think outside of the box of normal delivery platforms because our coaches are on the move and have less and less time to take in our materials.

To help us combat this – maybe we should think about taking the material to them no matter where they are.

Summary - Wireless is revolutionizing the education sector by providing students with the ability to learn anytime and anyplace. Through innovative educational applications, digital textbooks, collaboration tools and individualized feedback, wireless devices are transforming the way today's students learn and interact. CTIA described the benefits of mobile education, or m-Learning, and some of the advantages of utilizing wireless devices in school in its recently filed paper to the FCC and blog post.

Mobile Apps are letting us expand sport education



[Want to learn more about Mobile Learning?](#)
[Read all about it by clicking here!](#)

USADA Launches True Sport Initiative

The U.S. Anti-Doping Agency (USADA) is diligently working at not only educating athletes and coaches about anti-doping program essentials, but also on research and education efforts in the areas of coaching ethics and healthy life choices that create a foundation for good sport.

USADA's **True Sport™ Coaching Education Program** empowers coaches—the most significant influencers in many athletes' lives—with the knowledge and resources to embody, cultivate, champion, and uphold the rich promise and highest potential of sport.

The True Sport™ Coaching Education Program is a web-based learning platform tailored to adult learners that utilizes engaging and interactive instructional tools. It complements and dovetails well with other coaching education programs by promoting the principles of true sport:

- Character and Ethics Development
- Drug-free sport (Performance-Enhancing Substance Prevention)
- Responsibility for Sound Nutrition and Healthy Training Habits
- Supplement Awareness

This program is a part of the greater True Sport™ initiative, which is a platform and major resource for coaches, athletes, parents and sport organizers. Complementing the **True Sport™ Coaching Education Program** are these benefits:

- True Sport™ Coach Certificate for completing the 3-course program
- Joint press release announcing your organization's support of the True Sport™ principles
- Your organization's logo on the True Sport™ website to certify it as a supporter of the True Sport™ Coaching Program
- Unlimited access to job aid resources not available to the public
- And more.

2011 Coach of the Year

Spotlight

Dave Denniston - Paralympic



In his second year as a U.S. Paralympics resident swimming coach at the U.S. Olympic Training Center in Colorado Springs, Colo., Denniston was selected to lead Team USA at the Pan-Pacific Para-Swimming. In 2011, 14 of his 16 athletes were selected to major international teams, where they consistently excelled on the world stage.

[Read More About Coach Dave and the Coach of the Year Program Here](#)



Check out what they're working on and feel free to contact them for more information on True Sport below.

www.TrueSport.org



Contact [Erin Hannan](#) or [Anais Spitzer](#) at USADA for info on True Sport and the True Sport Coaching Education Program.

USA Rugby Announces New Coaching Ed Programing

USA Rugby has announced updated coaching education programing. It is an exciting time for Rugby that has recently been added to the Olympics for the 2016 games. USA Rugby has updated what it means to be a registered rugby coach in the United States; beginning with the 2012-13 membership. Click below to check out the full story from Rugby

[USA Rugby CEP](#)



USA Swimming Deck Pass App – Very Cool

USA Swimming has had some great success at the 2012 Olympics in the pool, but what about on your phone! USA Swimming has a very cool app called the Deck Pass that lets coaches and athletes communicate, keep goals, times, and up to date on what is going on in the sport. Check it out! Maybe your NGB might like the idea.

[Check out USA Swimming Deck Pass](#)



NGB Spotlight

Coaching Education Updates from Around the Country

USOC Sport Performance – SportCenter

USOC Sport Performance Department Tips and Resources for NGBs to share with their membership



Sport Nutrition Tip of the Month: The Vegetarian Athlete

Any athlete, regardless of sport, intensity of training, gender, or age can successfully choose a vegetarian diet without risking nutrient shortages or deficiencies. However, such a lifestyle choice will require careful planning to maintain adequate energy for training and to reduce the risk of associated vitamin and mineral deficiencies.

[Check out this article and use it where you can: Click Here](#)



Sport Psychology Tip of the Month: So you want to be a Big Game Coach? Three things that can Make or Break you

Here is a vintage article from the Fall of 2005 Olympic Coach Magazine that breaks out big game coaching into 3 main areas of focus. This is a great article that carries over time and is perfect for some throwback coaching education.

[Check out this article and use it where you can: Click Here](#)

USOC Coaching Education Contact Information

If you have news or updates from around your NGB Coaching Education Department, we want to share them with the other NGB Coaching Educators. Just shoot us an email with "Coaching Newsletter" in the title and we will be sure to get the word out.

Contact us:

Coaching Education Department
United States Olympic Committee
CoachingEducation@USOC.org
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