

Chapter 1

COACHES



DEFINITIONS

The Coach

The coach is a teacher, a role-model and a friend in boxing who will organize, supervise and conduct the training to help to reach the athlete's best potential.

*"All coaching is, is taking a player where he can't take himself."
– Bill McCartney (American Football Coach)*

*"I think parenting and coaching or teaching are the same thing. And they are the two most important professions in the world."
– John Wooden (Basketball Coach)*

*"A good coach will make his players see what they can be rather than what they are"
– Ara Parasheghian (American Football Coach)*

The Second

When the coach enters into the Field of Play (FOP), he/she shall be referred to as the Second. The Second has to be a coach who takes care of a boxer before, during and after the bout. He/she must follow the USA Boxing Rules and Regulations. The second's first priority is the safety of the boxer.

Eligibility of the Coach and/or Second (as per USA Boxing Technical Rules)

- Only USA Boxing certified Coaches can work as Seconds in all USA Boxing Competitions.
- A registered Boxer may serve as a second, and remain on the floor if two certified coaches are present, or may mount the ring apron if there is only one certified second
- Each Boxer will be entitled to be accompanied to the ring by up to three (3) Seconds. However, only two (2) Seconds may mount the apron of the ring and only one (1) may enter the ring.
- ***(Only for international AIBA AOB competitions)*** Any Coach active in professional boxing will not be allowed to be a Coach and/or Second in AIBA Competitions at any level unless this Coach has resigned from any involvement in professional boxing for a period of at least six (6) months and is certified by AIBA as a registered Coach. ***(this does not pertain to domestic events, including Nationals)***

The Duties of Seconds are as follows:

- Seconds must leave the ring and the apron prior to the start of each round, and must remove seats, towels, buckets, etc., from the platform of the ring.
- Seconds must be in possession of a towel and may use it to indicate retirement by throwing the towel into the ring at any time except when the referee is counting
- Seconds can only use a transparent water bottle.
- In the case of a cut, the Seconds can use:
 - Avitene™ – is a hemostatic agent (a substance that promotes *hemostasis*; stops bleeding) for blood coagulation and comes in two (2) forms; powder or sponge. It is stable at room temperature and is not sensitive to light. Apply the sponge directly to the cut with direct pressure, or suspend the flour in 0.5% saline solution and use a sterile cotton swab with direct pressure.
 - (Flexible) Collodion – used as a topical protectant, applied to the skin to close small wounds, abrasions and cuts, and to keep medications in contact with the skin. It is found in a variety of products. **NOTE:** be sure to use medical/first aid grade collodion; **DO NOT** use theatrical collodion.
 - Thrombin Solution – is a hemostatic agent for blood coagulation. You will need a prescription from a doctor, and it must be refrigerated. Use a sterile cotton swab to apply with direct pressure.
 - Microfibrillar Collagen – same as Avitene™; see above
 - Gelfoam® – is a Thrombin solution based dressing used to stop bleeding in open wounds and helps to form a clot
 - Surgicel® - is a hemostatic agent in the form of an absorbable knitted fabric, prepared by controlled oxidation of cellulose
 - Adrenaline 1/1000 – is a hemostatic agent for blood coagulation. You will need a prescription from a doctor. It must be stored at room temperature and is light sensitive. Apply with a sterile cotton swab and direct pressure.
 - Ice bags, No-Swell, Vaseline and Swabs are permissible.

Prohibited Activities

- Seconds will not be permitted to shout, to clap to the Boxer and/or the Referee, to encourage or incite spectators by words or signs during the progress of a round. Seconds will not be allowed to touch the ring during the Bout, or disturb the competition.
- Seconds' seating area must be 3 feet away from the ring corner within 6 feet squared. Seconds will not be permitted to walk off Second's designated area as a protest for disagreed actions against the Referee.
- Seconds will not be permitted to act in an unsportsmanlike manner
- The use of any communication device will not be permitted in the FOP

SKILLS AND RESPONSIBILITIES

Skills

- In order to effectively communicate with boxers and all other people involved in the training process, communication skills are necessary.
- In order to effectively transfer the knowledge and help the understanding of boxer, teaching skills are necessary. Teaching skills include demonstration, explanation, and leadership skills.
- In order to effectively plan and conduct the training, prepare boxers for the competition, organization skills are necessary.

Responsibilities

- The first and most important duty of the coach is the safety of the boxer. The coach must ensure the boxer is healthy at all times.
- Must provide a safe environment to the boxer for training, competitions, travel, and other boxing related activities.
- Appropriate teaching approach must be applied in a non-abusive way. Not all boxers have the same learning capacity.
- Plan and prepare training programs prior to the training sessions. Competition schedule shall be considered during the planning.
- Communicate with boxers and all others who are involved.
- Evaluate the training program, boxer's progress, and boxer's performance during the competition.
- Must know and follow the USA Boxing Competition Rules and Regulations, and obey the Code of Conduct.

COACHING STYLES

Authoritarian Style

Coach makes all the decisions related to the training and all other aspects in boxing. The boxer is expected to follow the command, listen, and comply. This allows boxers to be greatly disciplined and structured. However, this coaching style can also prevent the boxer from developing his/her own thinking skills.

Co-Operative Style

Coach makes decisions based on the suggestions and opinions from the boxer. The boxer has an input on training process and all other aspects in boxing. This allows coaches to build an excellent relationship with the boxer. However, this style requires coach to be highly knowledgeable and experienced to work effectively.

Casual Coaching

Coach has a small input on the training and other aspects of boxing. Boxers are allowed to run his/her own training program with their pace and condition. This allows boxers to enjoy their training and helps to develop thinking skills. However, this style may slower boxer's development in technical and physical aspects of boxing.

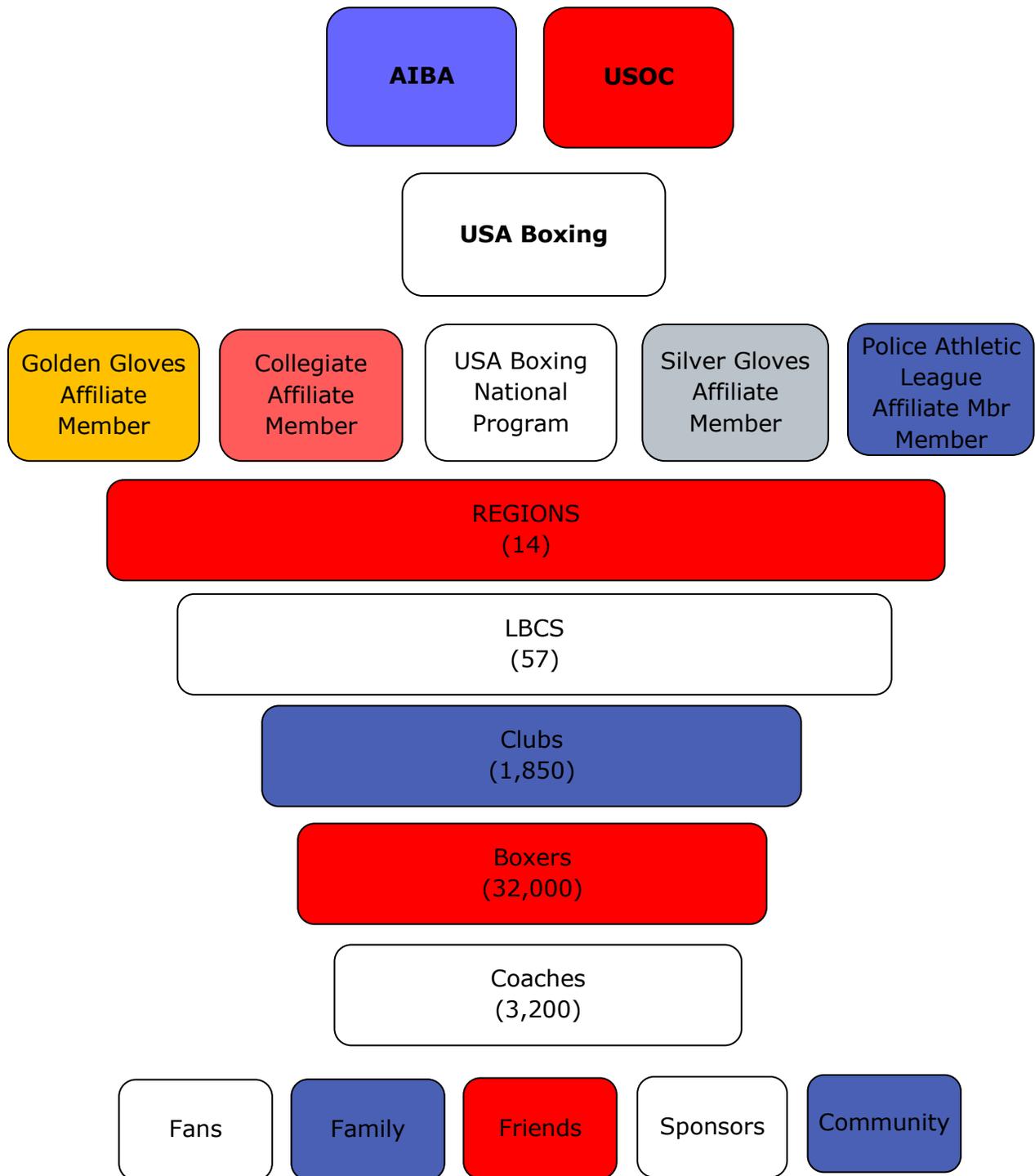
THE COACH INSIDE THE SPORT SYSTEM

The individual coach is one single variable in the entire Sport System. Below you will find a basic code of conduct to be used when interacting with all tiers of the sport system; from international governing body to the community, and in particular the athlete. It is your responsibility to be a positive contribution to all areas of the sport system that you are involved with, including other teams' coaches, staff and athletes.

Code of Conduct for Coaches

- The coach shall strive to acquire and implement the most current knowledge of the rules, strategies, and teaching methods of the sport
- The coach shall structure a safe environment for the athletes during practices, competition, travel, and other boxing functions
- The coach shall work closely with parents and community members to promote an understanding of the role of athletics in the total educational experience
- The coach should have the welfare of the athlete as the primary concern when making decisions that relate to the care of injuries, rehabilitation, and return back to activity.
- The coach shall promote effective communication with boxers, officials, fellow coaches, parents, and community members.
- The coach shall serve as a leader and model in the development of appropriate conduct for the athlete both within and beyond the sport setting.
- The coach shall use strategies in practice and competition that reflect a standard of fairness to all competitors and that are designed to encourage play within the letter and spirit of the rules.
- The coach shall keep the concepts of winning and losing in proper perspective.
- The coach shall enforce all policies with fairness, consistency, and an appreciation for individual differences.
- The coach shall be knowledgeable of all United States Amateur Boxing, Inc. (USA Boxing) policies and shall ensure that the regulations governing eligibility are upheld.

THE SPORT SYSTEM (flow chart)



Positive Relations Inside the System

It is no secret that the coach of a successful boxing club needs to have connections within the sport. In order to bring boxers into competition, to hold a boxing show, or to conduct your boxing gym you must communicate with other LBC coaches, officials, athletes, promoters, media, parents, sponsors, and many others. It is extremely important to your club's continuation. As if this weren't enough responsibility to make coaching a full time job, now add to your Contact List the city officials, extraneous trainers (strength and conditioning, diet, etc.), land lords, bill collectors, and all the incoming callers! Paperwork alone is a hefty load- and involved with each athlete and potential athlete who crosses your threshold!

This seemingly unmanageable task list could become entirely impossible (read: "NO BOXING!"), if you as a coach are not able to form positive relationships with most of these people. Just as your athletes are representative of your teaching methods, your conduct in all of these business relationships is representative of your organization as a whole. Some suggestions on how to conduct yourself in these daily interactions between yourself as coach, and all of the other entities your position requires contact with are as follows.

- Speak professionally and respectfully in all of your communication
- Delegate tasks that have become overwhelming to a second, trusted party.
- Keep communications flowing with Regional Boxing Coordinators, and keep yourself up to date on the happenings in your Region.
- Be courteous to Doctors, Officials, Volunteers, Police Officers, and others who have agreed to help run the Boxing Event, even if it is not hosted by you.
- Be gracious to every Coach who has brought an athlete to the competition- even if it is not your competition. Encourage all of your team to do the same.
- Take any Regional Meetings/ Clinics offered seriously; attend them yourself whenever possible, but certainly encourage any volunteers/ parents who are willing and able to attend.
- Understand that the more positive relations you have carefully developed, the more potential for you and your athlete to experience Growth and Success.
- Consider the greater good of your Organization, Boxing as a sport, and your personal sanity if you should have a strong disagreement with anyone in the sport.
- Should you need to take action over a disagreement/broken USA Boxing rule, please direct your situation appropriately:
 1. Disputes over Bouts (Protests) must be submitted to the Supervisor (Chief Official) immediately. Judgments are not protest-able but rule/procedure violations are
 2. Grievances for violations against a person are placed before the judicial committee of the LBC
 3. Grievances against the LBC or which would put the LBC in conflict of interest are filed with the USA Boxing Grievance committee
 4. Grievance procedures are on the website or obtainable through the office
- Even if the matter is not able to be resolved in your favor, as you see it, make like a boxer; stay strong and carry on. There is never any good that comes from holding a grudge, and although you are free to do so inwardly, consider what you are teaching your athletes and others close to you with outward behaviors.
- Create positive feedback for your athletes by reporting to the local press, radio, and TV channels all of their upcoming events and recent accomplishments that may reflect positively on your club and the sport.
- Put up a white board in your gym for members to see upcoming event dates, and also allow free writing on the board to give positive feedback to the gym and to other members, as well as to announce personal goals and even friendly call-outs, requests, and criticisms.

Positive Relations Inside the System (Cont'd)

- Dare to use Social Media Networks to keep your team 'in the loop' with gym activities as well as to allow them to easily promote their club, self, and team mates in a positive light to many people, without too much effort and time. Social media sites can also increase the feeling of interconnectedness within the gym, encourage personal responsibility, and help grab interest from potential new members.
- Hold gym gatherings when possible in order to better get to know each other outside of your daily grind. Summer barbeques, holiday parties, and group celebrations will help build long term relationships and friendly business interactions.

TIPS FOR PREVENTING COACH BURNOUT

- Elect Team Captains from among your stable of boxers. These team leaders must be well trusted and capable of completing the tasks you ask of them. Consider giving this person a key to the gym, so they may be of greater assistance. Team Captain's job may be to assemble the team for group exercise, gym cleaning, special events, or fund raising activities. They also may be able to arrange personal training for new comers this way, without you having to open and keep watch over the gym.
- Keep an eye out for parents who show interest in the gym and in the sport, especially those with active boxers in your gym. Keep communications open, and offer them the opportunity to give back to the gym by helping the management and/or athletes.
- Let people close to you know what areas you are needing assistance in- be it transportation to competitions, media outreach, funding for equipment, or organizing and facilitating workouts.
- Stay active in your interests outside of boxing, even create one or two, if need be!
- Make sure that you schedule yourself some time off each week to relax and sleep in, especially if you are not able to stick to a regular sleep pattern around your training sessions.
- Consider scheduling time when the gym is closed each year- whether for a few weeks or an entire month. This can be important time for family, gym repairs/ cleaning, and even a reprieve for student athletes who really need to be told when to take a break. The 'break' could coincide with a part of school break.
- Enjoy what you do! Remember that teaching the sport is a labor of love, that you are helping many more than you could ever know with your time, effort, and commitment, and that you are loved and appreciated for it!
- Don't try to do too much, though! Enjoy the help of others, even when it is imperfect, and know your own limits in the way of finances, social networking, patience, time, equipment, and resources. Try to do every competition in the nation, for every athlete in your gym... and see how quickly you begin to consider coaching hockey...
- Set a good example for your athletes and Community, with a positive mind set, and a healthy, fit, fed, rested, and drug free body.
- Give yourself credit! You are taking on a large amount of responsibility and physical effort. And, you are working with a notoriously difficult group of young athletes. Sometimes they may need your council and life advice. You are more than a Coach, you are a parental figure and mentor. The success of helping just one kid in life far outweigh medals, awards, and trophies- but be sure to give yourself some credit for those, as well! Way to go, Coach!

Pre-hab Exercises, Stretches and more

Many coaches work countless rounds with professional fighters and amateurs alike- holding equipment such as focus mitts, body targets, uppercut targets, heavy bags, and medicine balls. Remember that you are not only COACHING, but you are PARTICIPATING IN, the most physically demanding sport there is. Please treat your body as you would have your athletes treat theirs. Pay attention to warming up, cooling down, cardiovascular fitness, diet and nutrition, stretching, and also RECOVERY! Some ideas for recovering from/preparing for another long day at the gym are as follows.

- Open the gym a bit early and warm up by lifting some weights, using simple moves that strengthen your "coaching muscles" such as bicep curls, "Y,T, W's", bicycle crunches, weighted standing side bends, weighted walking lunges- or whatever else you enjoy. Start walking/ running on the treadmill or skipping rope, calisthenics, or stretching out as people start to show up for practice. This gives you an opportunity to collect your thoughts, and also see who shows up to work, without you forcing them! When the athlete comes in and sees the coach working, they KNOW they'd better get to it!
- Before holding the mitts
 - Hold a section of PVC or wooden dowel across your shoulders and perform a few sets of trunk rotations and side bends.
 - Perform about ten arm circles; forward and backwards, and ten windmills in each direction to help loosen up the shoulders
 - Perform ten gentle rotations in each direction of the ankles, knees, hips, and neck
 - Stretch the hamstrings and quads, the calves, the back, the wrists, and hands
- Make sure to drink water often throughout the rounds
- Take a hot bath in Epsom Salt, and ice areas such as sore knees, elbows, and low back
- Consider seeing a chiropractic doctor and/ or massage therapist. There may be one in your area who can see you at a reduced rate, due to your nonprofit status, as applicable. But, even so... See a health professional.
- See your physician regularly, especially if you do punch-mitt style training with your boxers. Be sure to wear a mouth guard when holding mitts or especially in a "Coach sparring" session.
- Kinesio Taping can help you function with a troublesome elbow, knee, or other nagging injury. A chiropractor may be able to supply this care, and certainly can adjust your elbows, wrists, knees, and neck if they can't tape the injury.

See **APPENDIX F** for Coach's Prehab Exercise Examples

Develop a Personal Vision Purpose Statement

A purpose statement can be the lighthouse beacon on the other side of a rocky sea. When everything is good, everything is good. Sometimes when results aren't going to way you planned or expected, coaching can seem like a burden. A Coach's Purpose Statement can be a daily reminder as to why you do what you do, what you are good at, and a focus on what kind of athlete you prefer to work with.

Fill in the blanks on the sample purpose statement and use that as a template to create your own purpose statement (see the Example below *):

My name is, (A) **Coach Chad**, and I (B) **teach** boxing in a manner of **Co-operative Coaching**. I am an expert in/my assets are **Communication Skills**, **Skill Analysis/Repair**, **Mitt Work**, and specialize in **College Boxing**, working with **young adults**. I **teach** boxing because **I love the sport**.

A. Name

B. Trainer, teacher, Corner, Cutman

C. What are my best skills (what works for me, what makes me unique)? *Communication Skills / Mitt Work / Experience / Skill Analysis/Repair Knowledge / Ring Control / Leadership / Network/Coach Relations*

D. My specialty?
College Boxing / Fitness /recreational / Competitive amateur / Youth fitness / Prep / Youth / Junior / Senior / Traditional West Coast Boxing Elite / Counter Punching / Master

E. Why coach boxing?
Give back to community / I'm Good at it / I love of the sport / etc...

F. How do I teach?
*Authoritarian (coach makes all decisions; creates discipline and structure for boxer)
Co-operative (coach makes decisions based on boxer suggestions; allows*

independent growth of boxer)

Casual (coach has small input; develops boxer's thinking skills but may slow technical/physical aspects)

G. Who do I enjoy coaching the most? (You can be specific or general) *Young Adults / Seniors / Middle aged Professionals / Teenagers Recreational / Boys / Girls / Children / Men / Women*

THE COACH-PARENT/VOLUNTEER RELATIONSHIP

Parents and other volunteers can be an extraordinary asset to any athletic team. The more peripheral duties a coaching staff can delegate to support assistants, the more time and energy the coaches have to focus on the safety and development of the team. Boxing is primarily an individual sport and it may be a challenge for a coach to delegate when he/she is used to doing all the work themselves. The investment of setting a structure will pay off in the end. Volunteers can be family members, outside professionals/interns, or others from the community that would like to lend service.

Parent/Volunteer Education

Consider having a “New Boxer” package for the athlete to take home after they sign up with your gym. It can include handouts with General Information and Boxing Specific Information. Suggest they share it with a family member, significant loved one, or good friend. This supportive partner may be the key to the boxer’s longevity in the sport, and that person should know how to best assist by learning as much as they can about boxing.

General (nutrition, general boxer homework, role of the Parent/Volunteer)

- Welcome Letter with the Team Mission Statement, and overview of special opportunities (scholarships, travel, annual club events), a description of the differences between amateur and professional boxing, a list of team/coach accomplishments, testimonials from past athletes, coaches, or sponsors, and what is possible for an entry level athlete to accomplish with dedication and focus
- Par-Q, and General Liability Release & Waiver (if they have not already been signed)
- Payment options, cost, hours of operation, etc.
- Practice Information: what to wear, equipment to bring, times of practice, use of unsupervised gym equipment regulations, website suggestions for hand-wrapping instruction, etc.
- Homework (off-day conditioning, psychology preparatory questions [ex. Goal Setting], at home stretches, and nutrition [New Food Pyramid]),
- An invitation to bring someone into the gym for support, listing the ways a volunteer can be involved
- Optional: copies of studies and boxing/combat sport specific literature

Specific (usaboxing.org; what to expect in the gym, at event (Local/Tournaments)

- visit www.USABoxing.org to learn more about boxing and stay up-to-date on national and international news about the USA Boxing teams
- What to expect in the gym (first day practice, first partner drills, first spar, monitoring weight, etc.)
- Glossary of terms (LBC, Region, etc.)

- how to register with USA Boxing online
- what to expect at competition (bring registration information [print out of proof of online registration, two (2) passport size photos, birth certificate], how to weigh in, see the doctor, eat, meditate, warm up, partner drills/mitts, walking to the ring [the referee must be in the ring before you enter], checklist with the referee, what the four (4) commands mean, good sportsmanship guidelines, the rest period [water revival, breathing, motivation and technical instruction], list of fouls, definitions of warnings/cautions/disqualifications, what to do when the opponent gets knocked down, what to do if the boxer gets knocked down, the decision, see the doctor/retrieve the USA Boxing passbook)
- Tournaments vs. club shows (similar to what to expect at competition but for multiple days in a row, etc.)
- list of weight classes, ages, categories, and minutes per round of matches

Parents/Volunteers as a Valuable Asset

Here are some suggestions for the supportive partner that wants to volunteer. Notice that the tasks are in a hierarchy order. New parents/supportive partners can work their way up through the ranks of duties as they learn the gym system. The new parent that may be introduced to boxing for the first time, should not be in the ring with boxers acting as a mock referee. They will be most valuable with a simple and necessary task like filling water bottles. Once another new parent comes in, they can all move up.

The duties should start with individual, non-interaction tasks and promotions into boxer-interaction tasks. It can be a reward and promotion system to work with the athletes. Here are some suggestions for Support Duties (note: that with a small support structure volunteers may have multiple tasks):

- Water Bottles & Spit Pails - maintaining full water bottles and empty spit buckets, cleaning them out at the end of the night/week/etc.
- Equipment – organizing equipment at the end of the night and informing the proper people of worn out or dangerous equipment (gloves, headgear, cups, etc.)
- Educational Handouts – maintain files of useful information (my plate & new food pyramid; conditioning homework for beginner, intermediate, advanced, seasoned boxers; flexibility exercises; mental/meditation drills; handouts for parents [as above]; etc.)
- New Visitor Forms – everyone that enters the gym receives a release & waiver before stepping on the gym floor and a Par-Q before they exercise
- Exercise and Weight Monitor – may oversee the exercise and conditioning area for safety and monitor time with a stop watch, and track pre/post weights of the competitive boxers (this is a monitor position; instruction is not given by the volunteer unless the volunteer is qualified to give exercise or nutrition advice)
- Time Keeper – monitors time of sparring match, listening to mock referee/coach for “box, stop, break” or “time”
- Punch Counter – with counter in hand, tally the amount of the desired effect (ex. Sparring: punches thrown, punches landed, etc.; punches on bag, etc.)
- Training Water (Mock Second) – gives water to boxers during spar sessions
- Mock Referee – the volunteer enters the ring with sparring boxers (must understand rules of the game for the boxers in the ring at that time, and additionally know fouls and instructional gestures)
- Guest Coordinator – find a new guest speaker (see Boxing Specific Volunteers below) from the community to come in and present to the team on their expertise
- Athlete Support – be available for athletes to come to in confidence to discuss concerns (ex. Sport pressure, academics, bullying, etc.)
- Assistant Coach – learn basic boxing teaching skills and assist with the coaching staff in the gym
- Certified Official – be able to apply experiences in the gym to local

competitions, representing your club, LBC, and USA Boxing as a positive contributor to the boxing community

Boxing Specific Volunteers

Occasionally have guests come to the gym to present or assist. This could be a local referee to participate with sparring so the boxers have an authentic experience of what a boxing match may look like. This guest official may even give a 5-10 minute lecture about fouls, warning, cautions, disqualifications, and how the matches are judged/scored. The guest could be a leader in the community like the running coach from the local cross-country club, a conditioning trainer from a nearby gym, sport psychologist from the university, or a nutritionist to discuss what to eat and how to make weight healthily.

Parent & Volunteer Acknowledgment

Here are some suggestions to say 'Thank-you' to the peripheral people on your team that give so much and ask for so little:

- Have an annual meeting that celebrates the volunteer staff with a ceremony and awards
- Have team items available; t-shirts, jackets, bumper stickers, etc.
- Respect the individual volunteers but publicly showing gratitude, and encouraging the teammates to do the same
- Include them on team activities, trips, etc.
- Communicate clearly with them about their responsibilities, and how much you appreciate their participation. Communication is key; when the volunteer feels genuinely respected and appreciated, the reputation of the club will grow
- Add an Honorable Mention section to your website, with a special "Thank You" for their contributions
- Ask questions and get to know your volunteers. They may have a unique skill set that you may not have considered, that can be more valuable to you and more rewarding to them than anything you've already thought of.

SUGGESTED READINGS FOR COACHES

- Successful Coaching-4th Ed., 2012, Rainer Martens, Human Kinetics Publishing
- Sport Psychology for Coaches, 2008, Burton/Raedeker, Human Kinetics Publishing
- Periodization: Theory and Methodology of Training 4th Ed., © 1999, Bompa, Human Kinetics Publishing
- Blink: The Power of Thinking without Thinking, Malcolm Gladwell, 2007, Bay Back Books
- How We Decide, Jonah Lehrer, 2010, Mariner Books
- My View from the Corner, Angelo Dundee/Bert Sugar, 2009, McGraw-Hill
- Boxing, 1950, United States Naval Institute, Paladin Press