

Control Your Off the Field Concerns

55 Chapter List

Section 1. Academics – Keep Your Athletes Eligible and Moving Toward Graduation.

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2. Three Ways to Get the Most from Book Assignments
3. Nick Saban on Academic Organization
4. Six Practical Tips to Boost Memorization Skills
5. Better Test Taking Skills
6. How to Have Fun with Failing Out (Eight Tips from a College Professor)
7. Three Rules to Develop Better Study Habits
8. Balancing Academic and Athletic Responsibilities

Section 2: Improve Communication – Make Sure Staff and Athletes Clearly Understand Expectations.

9. Five Leadership Steps When You Must Deliver Bad News
10. Case Study on Handling a Player Who Won't Listen
11. Resolve Player-to-Player Conflicts
12. Four Ideas to Help First Year Athletes Adjust
13. Five Considerations When Handing Out Disciplinary Measures
14. Great Comebacks to Athlete Complaints
15. Improve the Coach/Official Relationship

Section 3: Drug and Alcohol Abuse – Use Education and Real World Examples to Keep Your Players Out of Trouble.

16. Eight Steps to Deal with Athlete Substance Abuse
17. Quick Facts to Explain the Dangers of Alcohol
18. Play-book for Alcohol Awareness
19. Ten Points to Consider When Counseling Athletes About Drugs
20. Dr. Robert Stainback on Alcohol and Today's Athlete

Section 4: Injuries – Help Athletes Come Back from Injury and Be Mentally Ready to Compete.

21. Four Ways Athletes Can Stay Engaged Post Injury
22. Case Study on Helping an Injured Athlete Recover Mentally
23. Eight Ways Athletes Can Rebound from Injuries
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25. Repairing an Injured Athlete's Psyche

Section 5: Legal/Hiring Concerns – Avoid Common Pitfalls in Hiring and Make Sure You are On Strong Legal Ground when Making Personnel/Athlete Decisions.

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