

TRHS Athletic  
Department Action  
Plan  
Updates  
2014-2015

*Goal 1*

- o **Goal #1** - During the 2014-2015 school year The TRHS Athletic Department will educate students and coaches and reduce the number of injuries to student-athletes by 2%.

*Action Steps for Goal 1*

- o Year round strength training and conditioning programs for student athletes.
- o Collaborate with Access Sports Medical to analyze and track student-athlete injuries
- o Athletic Trainer will educate student-athletes and coaches on preventative exercises pre and post workouts

*Goal 2*

- o During the 2014-2015 School Year, the TRHS Athletic Department will increase student participation in athletics by 3% by Spring 2015.

### *Action Steps for Goal 2*

- o Incorporating current high school student-athletes into the middle school Advisory Program.
- o Establish an 8<sup>th</sup> grade Parent and Athlete Information Night.
- o Incorporate Unified Basketball Program through the NHIAA and Special Olympics

### *Goal 3*

- o *During the 2014-2015 school year, the TRHS Athletic Department will ensure that all student-athletes meet the TRHS academic standards for participation.*

### *Action Steps for Goal 3*

- o Incorporation of study halls for athletes.
- o Practice times will begin no earlier than 2:45pm to allow students to receive extra help from Professional Staff
- o Ensure that coaches have access to and training of PowerSchool in order to monitor the academic progress of their athletes

### *Goal 4*

- o Ensure that all Booster Clubs understand Protocols and Procedures as they relate to Athletic Department Booster Handbook

## Action Steps for Goal 4

- o Meet with Coaches and Booster Presidents to Review Rules and Expectations
- o Review Booster Handbook