



TRHS Athletic
Department
Action Plan Review

2015-2016

Goal 1

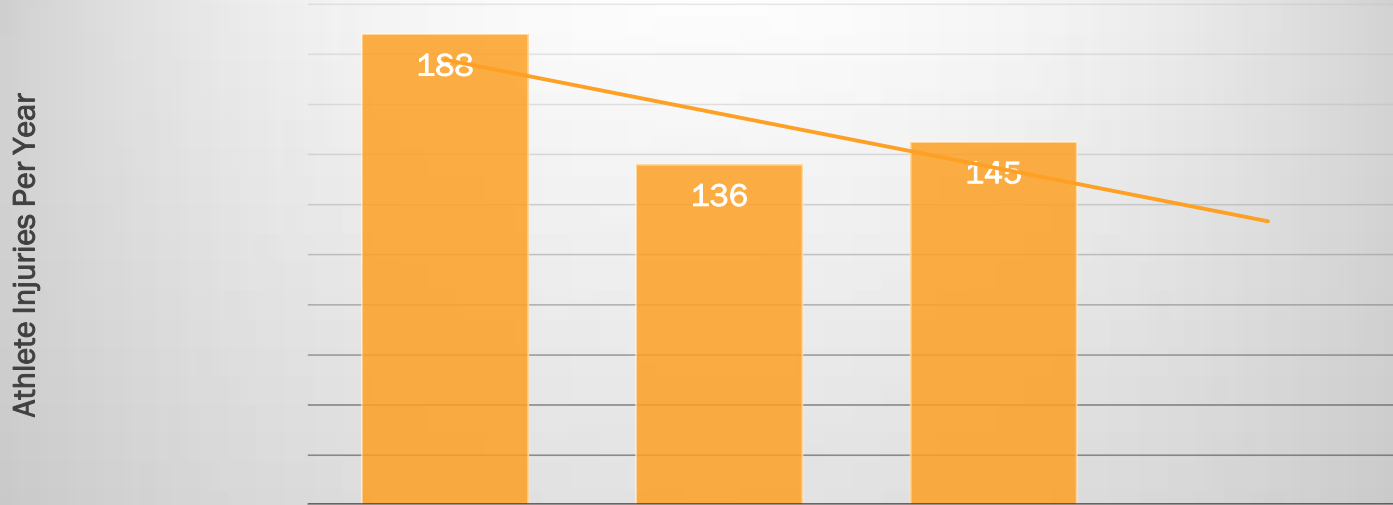
- o **Goal #1** – *During the 2015-2016 school year The TRHS Athletic Department will continue to educate students and coaches and reduce the number of injuries to student-athletes by 2%.*

Action Steps for Goal 1

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

Results Chart

Athlete Injury Trend Report



	13-14	14-15	15-16	
Number of Injuries	188	136	145	

Axis Title

Number of Injuries

Linear (Number of Injuries)

Linear (Column1)

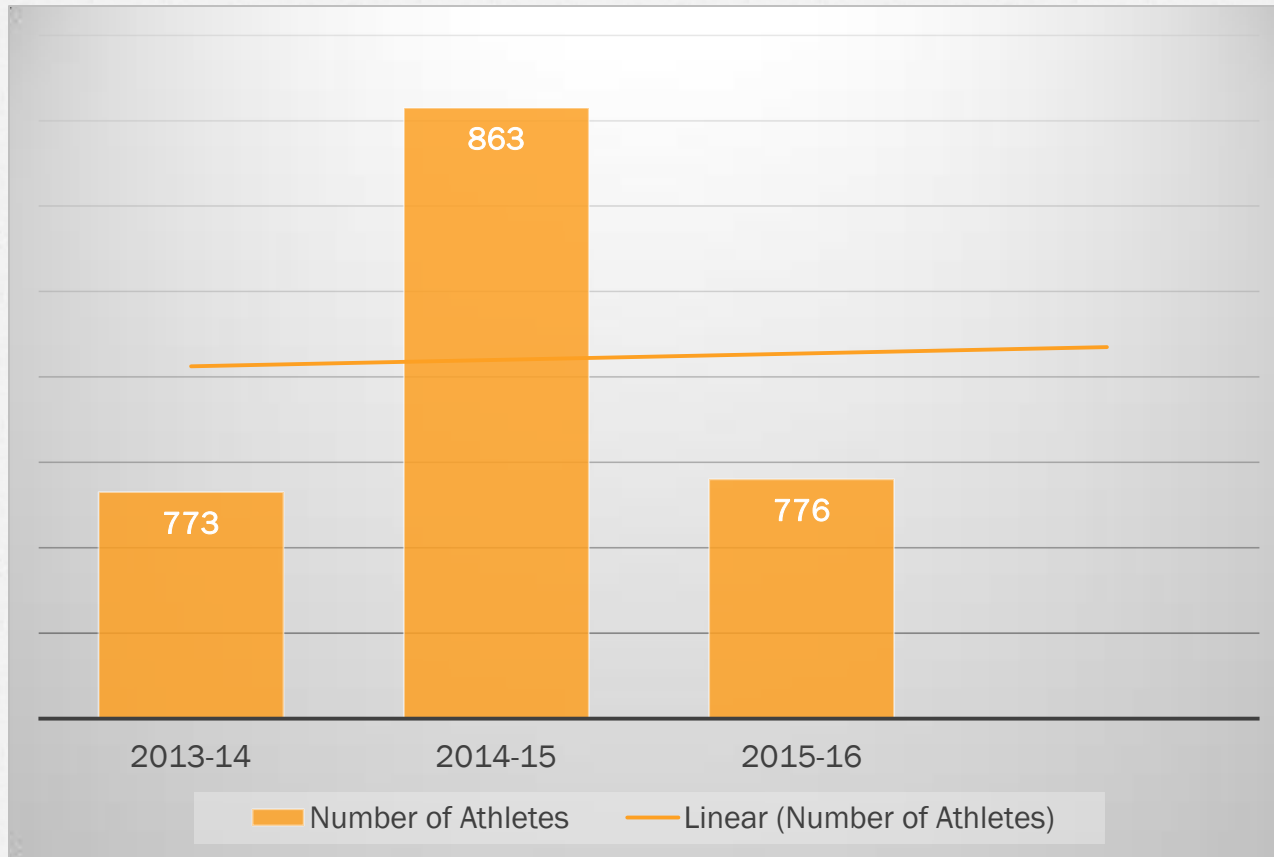
Goal 2

- o During the 2015-2016 School Year, the TRHS Athletic Department will increase student participation in athletics by 2% by Spring 2016.*

Action Steps for Goal 2

- o Incorporating current high school student-athletes into the middle school Advisory Program. (In Progress)
- o Communicate with Parents and Students through Infosnap
- o Increase Communication through Athletic Web Site
- o Study current rate of participation for students with disabilities

Number of Athletes



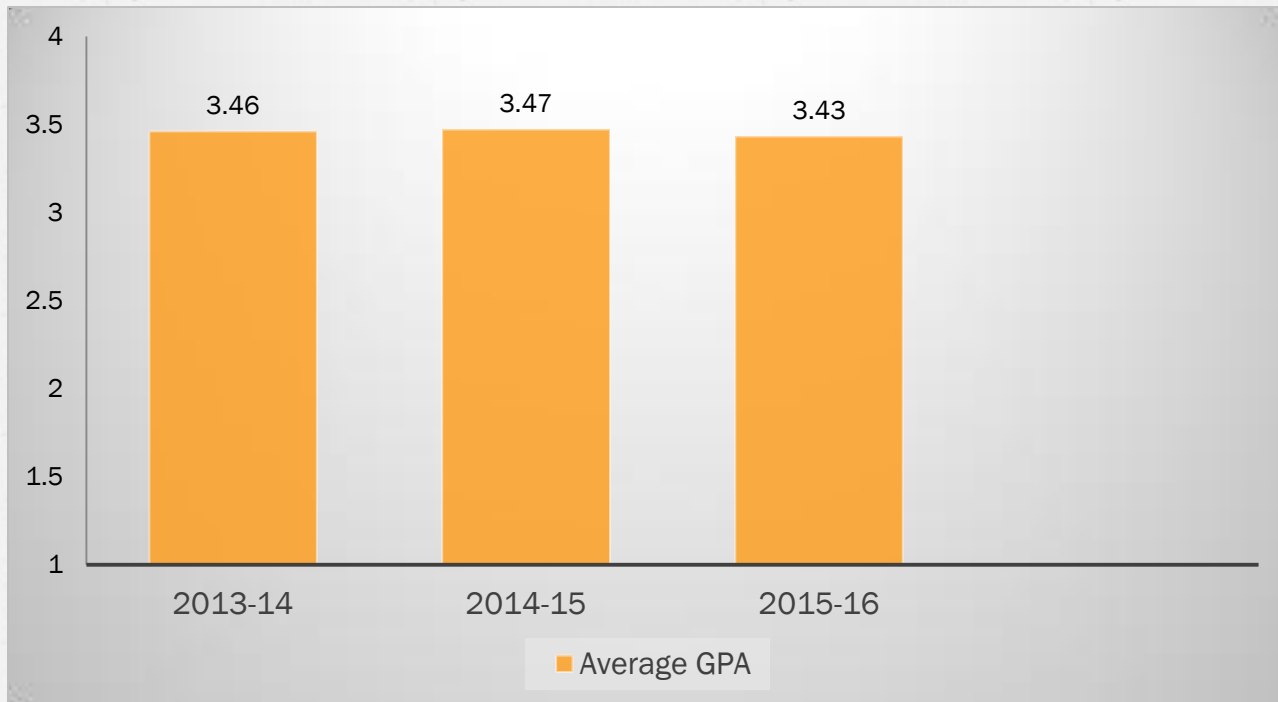
Goal 3

- o *During the 2015-2016 school year, the TRHS Athletic Department will ensure that the Athletic Department maintains a collective avg. GPA of 3.2 or better.*

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 **Support** from Professional Staff
- o Ensure that coaches have access to and training of PowerSchool in order to monitor and **Support** the academic progress of their athletes

Trending GPA





TRHS Athletic Department Action Plan

2016-2017

Goal 1

- o **Goal #1** – *During the 2016-2017 School Year, the Timberlane Athletic Department will re-establish a Hall of Fame Committee as measured by the successful completion of specific action steps.*

Action Steps for Goal 1

- o A selection Committee will be formed in the Fall of 2016
- o By-Laws and timelines will be established
- o A date for the first ceremony will be determined

Goal 2

- o In the 2016-2017 school year, Middle and High School coaches will increase their knowledge in various areas to better support student athletes as measured by the successful completion of specific steps and workshop attendance.

Action Steps for Goal 2

- o Implement coaching workshops designed to educate coaches in a variety of areas, such as creating safe environments for student-athletes, positive decision making, etc.
- o Work with NHIAA on Coaches Education of Life of an Athlete Program

Goal 3

- o In the 2016-2017 school year, the TRSD Athletic Department will develop a comprehensive plan to address the needs of the TRHS Fields and Gymnasiums as measured by an articulated and presented plan.*

Action Steps for Goal 3

- o Develop and implement a year long schedule for inspections of fields and Gymnasiums
- o Establish a regular meeting schedule with Mr. George Stokinger, Mr. Jim Hughes and Mr. Rodney Mills