

# Positive Coaching and Leadership Group (PCLG)

## Newsletter (Vol. 2, Summer, 2022)

June 30, 2022



## Message from the CEO, Colleen Kelly Finegan



Hello again! We have been very busy in this second quarter focusing on marketing efforts and planning for the fall. We have made contact with 27 private schools and school districts! We're

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excited to announce that we have committed to be the sole provider of mental skills training for a local private middle school and all 16 of their athletics teams! PCLG is in the process of developing a curriculum and certificate levels for these teams to help student-athletes improve their athletic performance and well-being. I am also working with a mentor from the Temple University Athletic Department to become a Certified Mental Performance Coach (CMPC) through the Association of Applied Sport Psychology (AASP) to further advance my knowledge and skills with a focus on adolescent athletes. With this certification, I will join a other qualified professionals across the country that are dedicated to improving mental wellness in athletes! Additionally, we have been applying for funding and grants from Philadelphia area companies, such as the Wawa foundation, so we can continue to reach as many athletes as possible.

[Read more on our website!](#)

## **PCLG Celebrates the 50<sup>th</sup> Anniversary of Title IX!!**

*“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”*

June 23, 2022 marked the 50<sup>th</sup> Anniversary of the passing of Title IX, signed into law by Richard Nixon. While this law does not specifically address athletics, it did provide athletic opportunities for girls and women. Title IX is primarily an education bill but athletics falls under an educational institution’s offerings. It has helped bring attention to meeting the needs of female athletes and helped education officials to recognize their responsibilities regarding the provision of equal athletic opportunity. The result has been increased involvement of girls and women in sports at all levels.

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Since Title IX's passage, female participation in sports at the high school level has grown by 1057% and by 614% at the college level. According to the Aspen Institute's Project Play, the number of girls playing high school sports grew from 294,000 in 1972 to over 3.4 million today. Fewer than 30,000 women competed in college prior to Title IX and today more than 219,000 women compete. There has been a large increase in professional women's sports as well proving that Title IX continues to challenge the long-standing notion that sports belong only to men. It's hard to believe that girls and women have only been playing organized sports for 50 years! I can't imagine my life without sports and all of the opportunities I have had to compete.

## PCLG Updates

To date, PCLG has reached a total of:	
Athletes	453
Coaches	40
Parents	29

## Testimonials

"We cannot thank you enough for all your help, hard work and dedication to the girls this season. We are so grateful that you kindly offered so much of your time to help teach the girls hoops and so much more. It is so wonderful to see them all progress not only in their game, but in their confidence. We were overjoyed to hear about your philosophy to coaching, which involved so much more than just basketball. You have been an incredibly positive role model for our daughter and all of the girls."

Josh P. (parent)

## PCLG - The Data

The following results capture the opinions of local youth basketball coaches and their perception of the effectiveness of mental skills training on their athletes. These findings further support our mission and the idea that there is a great need for mental skills training for young athletes. It also supports the fact that experienced mental performance coaches are the best resource to work with coaches, teams and organizations to improve performance and well-being of their athletes.

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree or Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
I believe that coaches play a critical role in the mental and psychological development of their athletes	67%	33%			
Sport Psychology is only for "problem" athletes				50%	50%
I believe that coaches should incorporate mental skills training into their practice plans	17%	83%			
I believe my athletes' performance will improve with the introduction of mental skills	33%	50%	17%		
I feel qualified to provide mental skills training to my athletes		17%	66%	17%	
If there was a 60-minute online class that taught coaches how to provide mental skills training, I would take it	34%	50%	16%		
Instead of teaching mental skills myself, I would rather have a mental performance coach speak to my team	34%	50%	16%		

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## Suggested Reading and Research

### ***“Meeting Her Match: The Story of a Female Athlete Coach, Before and After Title IX”***

***by Debbie Millbern Powers***

Growing up in basketball-crazed Indiana in the '50s, Debbie Millbern mastered her game on driveway courts against neighborhood boys. Touted as a gifted athlete with an unrelenting passion for competing, she was relegated to the bleachers while the boys played on school teams. Though conflicted and confused by cultural limitations, Debbie continued to embrace her love for sports. Playing basketball in college gave her a taste of organized competition, but also exposed glaring inequities between men's and women's athletics. After passage of the federal law (Title IX) in 1972 mandating equality in sports, Debbie redirected her passion into coaching. She faced a monumental and unprecedented challenge when her high school girls' volleyball team was forced to play against boys in a dramatic 1975 state championship final.

*Meeting Her Match* takes readers on a heartfelt and entertaining journey as Debbie chronicles her life as an aspiring athlete before Title IX, and as a coach after. Her engaging memoir is a real-life history lesson about the evolution of women's sports, and builds to an exciting climax. Not only will readers find themselves smiling, crying, or cheering with every page, they'll be inspired by the timeless themes of determination, perseverance, and hope.

***“The process of sport builds leaders. In fact, it can transform a person. The challenges, fears and doubts faced in competition synthesize into self-confidence, determination and humility.”***

***– Debbie Millbern Powers***



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## Social Media

Follow us:

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If you know any athletes, coaches or parents that would benefit from mental skills training, please send us an [email](#)!

Click [here](#) if you would like to donate and help support PCLG and our mission to improve athlete performance and well-being.

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