



From the Director

As your winter seasons wrap up, our CFT team is praying for you and the student athletes you influence each day. Please reach out to us if there is a way we can specifically pray for you and your school.

CFT cohort quarterly zoom calls are a great way to connect with schools that are in the same stage of their CFT journey. We discuss successes and challenges you face in implementing your Game Plan, current issues in sport today, and build our community stronger. We hope to see you there!

Save the Date! On June 23 & 24, you are invited to a conference held at Southwest Christian High School in Chaska, MN. We are partnering with [Uncommon](#) for a teaching/training that would good for anyone in your athletic department. More details to come!



Lead Coach: Spring Quarter



The response to our winter quarter Lead Coach program was great! We hope these mentorships have blessed your coaching staff and provided specific areas of growth.

We are looking ahead to registration for our spring quarter that runs March through May, with the topics [Team/Culture Building](#) and [Internal/External Communication](#). To assure our Lead Coaches have the bandwidth to provide ideal mentorship, we are limiting our group size to 10 people per group and using a different sign up method. Use the following link to claim your spot this quarter: <https://signup.com/go/MiYUkSY>

Please note: if you already registered for the spring quarter with the Google form sent out last quarter, your spot is still reserved and you will get an email confirming this.



School Highlight: SWC Basketball Retreat

Tiffany Stuffs, girls basketball coach at Southwest Christian, makes it a priority to host an overnight team retreat every year for every girl in her program. Here's what how she describes the event:

"We do a overnight team retreat every year just to help break the ice between the girls by playing silly games, set team goals, do devotions, and get the team inspired for the season. I have found this really helps to bring the whole program together because it gives the seniors a chance to connect with the freshman and for the new girls to the program to make friends and get involved. I typically split them into teams to play a bunch of minute-to-win-it games and then we also do a dance competition where they have to make up a dance and the coaches judge the winners. It is really fun to see the girls' personalities off the court and also it tends to lead to some pretty deep and real conversation."

After the games, they split into their three teams within the program to set specific on-court goals and season goals. This is a team effort and the coaches ensure that everyone contributes. Teams also select words for the year - words that describe how they want to be identified as a team, what they want others to see - and a team slogan. All of this is followed by a team devotion lead by one of the coaches to guide athletes in how to set God at the center for the season.

Tiffany says this about the retreat's affect on the team:

"Our retreat has helped us to feel closer and more comfortable as a team which has really helped our conversations to be very healthy on and off the court. I also think it really benefits the girls to get to see all the coaches in a very casual environment - I try to be as accessible to them as possible.

I assigned them accountability partners this year and when I told them their partner I told them specifically why I chose that partner and how they were going to cover each other's weaknesses with their strengths, and the girls told me they felt really seen by that because they could tell I knew them really well as people and as players."

Note to ADs

Please make sure your coach's email list is up to date on our [Coach's Contact list](#). We use this list to email out our newsletter, Lead Coach communication, and provide the opportunity for you to network with each other. Thank you!

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