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My Coaching Philosophy

Reflecting on the past 20 years of my life, I would be lying if I said sports have not been a huge impact on my life. Ever since I can remember, I have been playing multiple sports. Whether it be shooting hoops in my driveway, passing the volleyball with my sister in the yard, golfing on a small 9-hole course with artificial greens, shooting archery, or even playing football with the boys - I have always been involved with sports. Sports have allowed me to build so many different relationships with various groups of people, and that is something I will forever cherish. The way sports have impacted the beginning of my life is something I want to continue throughout my entire life whether that be through participation or coaching. As the teacher and coach's daughter, I didn't always have it easy. I was pushed to be the best, and I was expected to be the best. The pressure didn't come from my parents at all, but instead the community and administration at my school. This taught me not only to be humble, but also to be self-disciplined. It pushed me to work hard particularly in golf, which paid off in the end earning a scholarship to play collegiate golf. The experiences I went through in high school and college are what are preparing me to be an influential coach in my future. Additionally, my former coaches have been a great impact on the coach I will become one day. Having my mom as a coach for 7 years taught me to see things differently and to keep personal lives separate from

business. My freshman year of college, I lost my coach who had been a wonderful mentor to me over the past year and a half that I had known him. This loss made me realize I wanted to coach like Paurus.

My philosophy focuses on maintaining a stress-free environment because I don't want my athletes to feel stressed or unhappy about something they are choosing to be a part of. I want to impact my athletes in a positive manner that they can carry with them for life. It isn't all about teaching them how to play, the rules, and the techniques, but also the life lessons that come with sport. I will teach my athletes manners, discipline, self-respect, respect for others, sportsmanship, and leadership skills that will not only allow them to become better athletes but better people. Attitude is an important subject I will focus on because I want my athletes to understand their attitude can impact how they think, play, and display themselves. This is vital because I will always strive to have my team on their best behavior representing ourselves in the most professional and disciplined way possible no matter what age level I am working with.

Athletes deserve someone who is going to put them first, to be there for them at any time and place, regardless of whether or not we are even in season. I want my athletes to know I am only one call away and I can be there for them even if it has nothing to do with sports. As a professional adult, I can be more than just a coach. I am a confidant, I am a leader, I am a role model, I am their biggest fan. I will do whatever I can so long as it is in my athlete's best interest to make them grow to be the best version of themselves they can become. As long as they make the right decisions and stay respectful, I will always have their back and support them. There will be challenges and achievements, loses and wins, bad days and good days, and no matter what I will never change what I do for my athletes. Everyday is a new day with new

battles to overcome, but one thing that won't change is my dedication to impacting athletes in a positive approach.

My philosophy focuses on team chemistry and getting involved in our community as well. This is something I didn't have as much growing up or even in college, and I think it is important for a team, even if it is an individual sport. Getting to know one another on a personal level allows for more team chemistry not only between the players but also myself as the coach. Connections will form and create lifelong friendships for my athletes, something they can carry with them forever. Giving back to the community through volunteer services is a way to teach athletes many valuable lifelong skills. Community service gives young adults an idea of what some "real life" jobs and tasks are like and can allow them to explore different career paths as well as getting teamwork going in a different environment that isn't sport and competitive.

Focusing on golf, my coaching philosophy really involves teaching the rules and ethics of this sport as well as mental strength. While there are a countless number of rules we must follow in golf, there are minimal personnel enforcing the rules. When athletes are spread out on the course, it is up to them to follow and apply the rules of golf in order to keep the competition fair. Setting personal goals to get better each day is something I want my athletes to do. They must develop self-discipline which will keep them in control of their emotions while playing the game. At the end of the day, the only way you will get better is by practicing. I want my athletes to experience what it is like to see hard work pay off when they put time and effort into improving their game, even if it isn't their overall score but just a small part of the game.