# Upcoming Events

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Date (Tentative)</th>
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</thead>
<tbody>
<tr>
<td>Director of Sport Mtg</td>
<td>11/18/2020</td>
</tr>
<tr>
<td>Coaches Meeting (Season 1)</td>
<td>12/02/2020</td>
</tr>
<tr>
<td>Parent Meeting (Season 1)</td>
<td>12/09/2020</td>
</tr>
</tbody>
</table>

# PRHS Athletic Department Website

https://www.pasoschools.org/domain/464

# Contact Us

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- **Tori Loney**, tloney@pasoschools.org
- **Maria Curtis**, micurtis@pasoschools.org
- **Amanda Thompson**, arthompson@pasoschools.org

# Athletic Department

805-769-1500, Ext. 50046

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## Great News

Hi Bearcat Coaches,

We continue to open sports in an environment of safety. There are currently seven sports that have submitted return to play plans. If you are conducting practices please remember the following:

1. You have to confirm the daily symptoms check. You cannot take your player’s word for it.
2. Wearing a face covering must be a priority. Unless engaged in physical exertion, they need to have a face covering on at all times.
3. Keep them from congregating. Teens like to be near other teens. It is not their fault. Continue to preach the message of social distancing.
4. Use hand sanitizer regularly.

If you are not currently practicing, please consider creating a return to practice plan. Let’s get those Bearcats moving. If you need assistance in formulating your plan, please do not hesitate to contact us.

We received some good news from the State Office of the CIF. Our request to enter into a multi school agreement with Independence High School was approved. This will allow Independence High School students the ability to participate on PRHS athletic teams. The agreement will take effect immediately and will remain in place throughout the current school year. According to CIF regulations, this is a one-year agreement and schools must renew the agreement yearly. Independence High School students participating in athletics through the multi school agreement will be required to meet the same academic and behavioral standards as PRHS students. The agreement was requested due to the COVID-19 pandemic and recognized the need for including students that choose to attend Independent High School as the best academic program for their unique situation. This agreement was supported by coaches, students, parents, and administration.

Please join me in welcoming Amanda Thompson. She has assumed her duties this past Friday. We also want to wish Holly Bigelow all the best in her move to Maui Hawaii.

- Thomas Harrington, Assistant Principal
Athletic Director

We now are well into October and with so many programs now in operation either in phase 1 or phase 2, it’s starting to feel a little more normal on the PRHS campus. As we continue to process sports physicals and Family ID, please remember to let your athletes know that they should allow for approximately 24 hours for their physical or family ID to be processed and visible through Family ID. It just isn’t instantaneous.

We are also beginning our PRHS Christmas Tree fundraiser this year. Be on the lookout for information and an online store. The Bearcat Boosters have graciously allowed our athletic department to take charge of this fundraiser this year to help with the possible loss of revenue due to COVID-19. As this fundraiser will benefit all of athletics, please be prepared to help spread the word.

- Tori Loney, Athletic Director

Athletic Assistant

Hello everyone! My name is Amanda Thompson and I’m the new Athletic PPA. I’m the new Holly and I know that I have some BIG shoes to fill! I’m really thrilled to join an awesome team!

I am not new to Paso Robles High School as I’ve come from the Attendance Office. Also some of you might know me from my years of volunteering with AYSO. I’m excited to bring my knowledge and skills as a former Regional Commissioner with AYSO to my new position and I look forward to working with everyone! My office hours are from 7:30 am to 4:00 pm.

A couple of weeks ago we held a CIF Coach Certification class via Zoom. There were 6 coaches that attended. Our next time to offer this class will be April 17, 2021 so please be sure to mark your calendars if you are in need. This certification is only needed to be completed one time, but it must be completed within your first year of hiring. The Athletic Department will host and pay for your certification. Please reach out to me with questions.

After your Director of Sport Return to Play meeting with Tom and Tori, you should have received your PPE for your program. Please keep me informed with any additional PPE needs.

- Amanda Thompson, PRHS Athletic Project Program Assistant arthompson@pasoschools.org
Mini Lesson - Athletic Trainer

In order to assist athletic trainers and professionals who support the athletic training profession, NATA has divided into 10 districts. California, along with Guam, Hawaii, Nevada, American Samoa make up District 8.

Updates:
- ImPACT Baselines have begun. Please share your cohorts with me so we can schedule them.
- COVID19 Athletic Training Room is across the old ATR
  - Doors are opened Monday - Friday starting at 2:30p

- Maria Curtis, MS, ATC

Professional Development

From: The Daily Coach

5 Signs of Toxic Leadership

The well known author John Maxwell defines leadership as nothing more than one person influencing another. This definition gives us a singular focus when thinking about leadership in the context of a team dynamic. The idea that leadership is primarily influenced, forces us to accept the notion that no one is exempt from the responsibilities that leadership requires.

Although certain players will exert more influence than others, every person on a team contributes to the culture of their program. If the entire team buys into a common vision of leadership that exerts a positive influence on those around them, the results can be amazing. On the other hand, if players decide to use their influence for selfish ends, the results can be toxic. Bad leadership spreads quickly and has devastating potential; but if you recognize the warning signs early enough, you can help save your team from self-destruction. Leadership is contagious whether positive or negative, so here are 5 signs that your team could be experiencing a turn for the worse...

1. Gossip

Gossip destroys trust and undermines team cohesiveness and togetherness. One of the most important strengths of great teams is their ability to insulate themselves against negativity. The only way teams shield themselves from outside influences is draw close and lean on each other during the inevitable ups and downs of a season.
This “drawing close” process becomes difficult when players gossip about fellow teammates or coaching decisions. If a player has a problem with another player or is unsure of their role on the team, the mature way to handle these kind of doubts is to speak directly with the coach. Once the coach is involved, everyone can get on the same page and figure out a solution. Gossip is the cowardly way to handle tough situations and gossip destroys team chemistry.

2. Pouting

One of the signs of great leaders is their ability to celebrate team success despite how they perform individually. Of course it is easy to be happy about a victory when you score a lot of points, grab a bunch of rebounds, or dish out a number of assists. But the true test of great leadership is the ability to be genuinely excited about team accomplishments when you didn’t have your best game. Toxic leadership can start in the locker room after a big win when a player starts to pout because of a poor individual performance. This kind of pouting sends the message that MY performance on the floor is what really matters and team success is secondary.

3. Poor Body Language

Your non-verbal communication as a leader is incredibly important. It communicates you’re feelings and shows the value of your priorities. For example, poor body language on the court after a teammate makes a mistake communicates a message of disgust and annoyance with that person. You are essentially telling that teammate, “I wish I had another player on the court with me who could play the right way”. This kind of communication coming from a prominent leader makes other teammates feel insecure and unsure of themselves on the court. Uncertainty leads to hesitancy which compounds mistakes and leads to poor team chemistry.

4. Negative Reaction to Adversity

There will come a point in every season when your team will have to respond to adversity. How these moments are handled by your leaders will set the tone for how the rest of the team responds in difficult circumstances. Your team might be losing to an inferior opponent and your leaders will have a choice to either blame the poor performance on someone (usually a coach or teammate), or take responsibility and figure out a way to improve the situation. Another example could be when the coach subs out a player during a tense moment in the game; how that player reacts to the coaches decision is important.
Continued...

The player can either sulk to the end of the bench consumed with selfish thoughts, or they can turn their frustration into positive energy and cheer their teammates on. Both reactions communicate specific messages to teammates and coaches. Toxic leaders tend to be consumed with their own predicaments are prone to have negative reactions to adversity.

5. Martyr Complex

The last sign of toxic leadership is when players start believing (and telling anyone else who will listen) they are martyrs or victims. Whether it is coaching decisions, bad calls by the referees, unfair playing time, injuries, or incompetent teammates, leaders that adopt the martyr complex bring a dangerous presence to team dynamics. If players start to believe that someone else is the primary source of their problems, this creates a culture of entitlement and laziness. Rather than looking in the mirror and figuring out how to improve, martyrs look at their circumstances and blame others. Martyrs will never put up a fight in the heated battles of competition; but instead will take the path of least resistance.

Quinn played basketball at Archbishop Moeller High School (Cincinnati, OH), 4 years at the College of William and Mary, 1 season in the NBA D-League, and 2 years as a professional in Australia. Arete Hoops is dedicated to helping people of various ages, backgrounds, skill levels, and athletic goals pursue excellence in and through the game of Basketball.

You can read more articles by Quinn McDowell at this link: AreteHoops