

UIAAA -NOVEMBER-2025

MONTHLY UPDATE!

SUPPORTING COACHES, SUPPORTING ATHLETES!

Coaching in today's high school environment is more complex than ever. Coaches are not only teachers of teams they are mentors, motivators, conflict managers, and constant role models. As we navigate the challenges of athletics, it is important to recognize the pressures they face and how families and communities can partner with them to create the best possible experience for our student-athletes.

Coaches Under the Microscope

Today's coaches often feel watched, judged, and sometimes accused when tensions run high. It is essential to remember that they are educators doing their best in a demanding role. Giving them grace and the benefit of the doubt allows them to focus on teaching, not defending.

Supporting the Whole Educator

Our coaches are humans first. They manage teams while balancing families, classrooms, mental health, and personal responsibilities. Supporting them as whole people, not just as coaches—creates healthier, more stable athletic environments for kids.

Supporting Educators When They Follow Policy

Policies exist to ensure fairness, safety, and consistency. When coaches uphold them, they deserve backing, not criticism. Standing with educators who follow expectations reinforces a culture of respect and shared responsibility.

After a Losing Season

Losing seasons test character but also build resilience. Coaches often feel the weight of disappointing results more than anyone. Encouragement, understanding, and patience help them reset, refocus, and return ready to invest in next year's team.

Problem-Solving Through De-Escalation

When concerns arise, the best approach is calm, direct, and private communication. Coaches and administrators are committed to listening, but productive conversations start with patience, understanding, and a willingness to see multiple perspectives. De-escalation strengthens relationships and sets a strong example for student-athletes.

Supporting Your Athletes the Right Way

The best support parents can offer comes through:

- Encouragement over evaluation
- Trusting the process
- Reinforcing effort, team commitment, and growth
- Avoiding comparisons and post-game breakdowns
- Remembering it begins with remembering that athletics are a classroom, and lessons learned through struggle create stronger young adults.
- Reading messages thoroughly
- Respecting boundaries on timing and tone
- Allowing coaches to communicate directly with their athletes
- Clear communication reduces confusion and strengthens partnership.

The NFHS "Parent Seat" reminds families that the way adults behave in the stands and toward coaches directly influences the experience of their athlete. The message is simple: Your Athlete is watching, listening, and learning from us. Let our actions reflect the sportsmanship we hope to see in them.

Have a great WINTER SEASON!

INFORMATION FOR YOU TO KNOW!

CLICK ON ALL THE LIVE LINKS!

UIAAA SCHOLARSHIP APPLICATION!

Student Athlete Scholarship applications are available. Submit to: utahiaaa@gmail.com. The deadline is January 31st, 2026

[Application Link](#)

NIAAA SCHOLARSHIP APPLICATION!

[Application Link!](#)

Nominations for Athletic/Coaching awards for SHAPE

<https://forms.gle/d3FBNQbaqtmmkV6a9>

ACADEMIC STATE CHAMPS!

Congratulation's to our

[Academic State Champions!](#)

LET'S GOLF!

Our Spring Conference is coming and so is the golfing! We need your help!

Here is the link for the golfers to sign up on.

<http://www.charitygolftoday.com/utahinterscholastic>

Here is the link for the Hole Sponsors.

<https://charitygolftoday.com/sponsor?e=23519&ce=45d422>

ADEC TOOL BOX TIP!

Here is a toolbox tip by Gabi Hasenbeck of Crimson Cliffs. Thank you, Gabi.

https://www.canva.com/design/DAG3p_GX9u0/I-5qpgc13bGu9qVqhk2-Tg/edit

ADEC NOTES:

[NOVEMBER 3RD, MEETING](#)

CONGRATULATIONS- DIRECTOR CUPS WINNERS!

1A--Panguitch

2A--South Sevier

3A--Emery

4A--Skyview

5A--Salem Hills

6A--Corner Canyon

THANK YOU TO OUR SPONSORS!

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