IHSSA SPRING MEETINGS 2026

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COACHING STUDENTS *THROUGH* EMOTION

"Howdo we coachstudentstospeak *through* emotion without being consumed by it?"

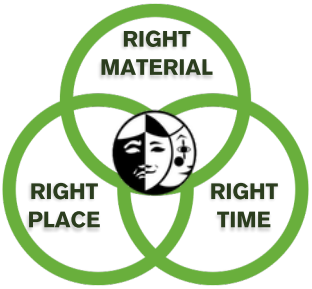
Coach Responsibility
Creating safe spaces while maintaining appropriate boundaries.

The Burden of Uncoached Emotion
Message gets lost, judges stop listening, difficult position for all.

Maintain Professional Boundaries
Weare the firststop! Ask:
- Has the material been processed?
- Is it appropriate for a school setting?

The WHY and WHEN
- Whatisthemotivationforchoosing this material?

Assess ifmaterial is right forstudent*now*, ensure processing before public declaration.



HOW??

PRACTICE
- Familiarize yourself with thewords, memories, emotions.
- Identify emotional triggers.
  - Rephrase?
  - Reposition?
  - Steer around?

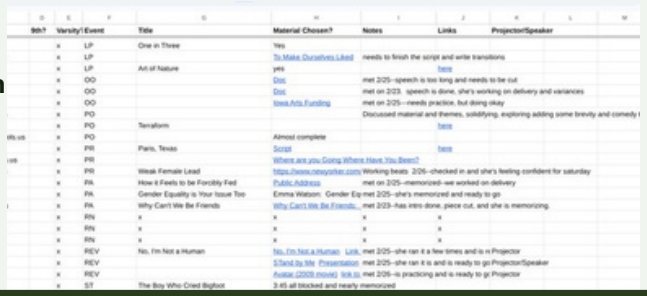
COACH THROUGH EYE CONTACT
Who might be in the room?

Talk through who to make eye contact with.

SLOW DOWN AND BREATHE
- Breathe before, during,after.
- Body relaxation exercises/warm ups
- Coach through the "catches". Pause and regroup.
  - Allow this in your time and planning.

BE AWARE AS A COACH
- Always be aware of the material your students are using/writing/performing.
- Even in individual events, students still need that support.

IE Check In



CALL TO ACTION
- [x] Keep establishing speech as a safe space.
- [x] Be aware and present as a coach.
- [x] Support student growth responsibly.
- [x] Maintain professional boundaries.
- [x] Foster a positive team environment.

RESOURCES

NEA: Trauma-Informed Schools

NFHS: Creating Trauma-Informed Settings for High School Activities

IES: Strategies to Support Students Experiencing Trauma

NSDA: Wellness Lens