

Ceremonies

All too often, despite our best efforts to honor them, seniors who are exiting a program can suddenly experience a sense of abandonment or exile from a community that they have invested MUCH time, energy, and effort into. A ceremony can serve as a healthy way to bring closure to this season of an athlete's life, and serve as an equally healthy way to launch an athlete into the next season of his/her life with a strong reminder of the lessons he/she learned through his/her sporting journey.

Overview

The great thing about a sports season is that it is a microcosm of life. There is a definite beginning, a definite ending, a set of relationships, and a cause that is bigger than any individual.




In [InSideOut Coaching](#), Joe Ehrmann helps coaches to see the incredible opportunity that sport provides to shape the character/identity of young people through a strategic use of ceremonies. In chapter 10, Joe writes about how after he read Joseph Campbell's classic [The Hero with a Thousand Faces](#), he realized that sports could provide a modern-day version of what Campbell refers to as the "hero's journey."

- Answering the call to adventure
- A separation from the family
- A time of testing
- Instruction from a mentor coach
- Re-entry into the family/community

The first four bullet points on the list above happen quite naturally as athletes step out of their comfort zone to join a team. Ceremonies can be strategically used for the fifth bullet point to mark the completion of the journey while allowing the coach a final opportunity to emphasize his/her transformational purpose.

Check out [InSideOut Coaching](#) to see read more about how ceremonies to help you accomplish your transformational purpose.

	"To" Strategies	"Through" Strategies
2nd Dimension		
Motivation		
Confidence		✓
Emotions		✓
Team Cohesion		
Goal Setting		
3rd Dimension		
Identity		✓
Character		✓
Significance		✓

Self-Worth		
Values		
Purpose		

*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Notes: