

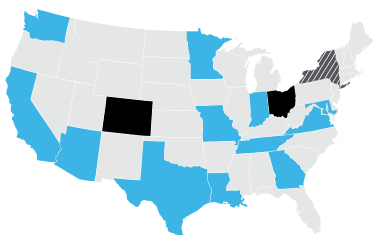
# 2021 MID-YEAR UPDATE

The InSideOut Initiative continues to develop and implement effective strategies and publish their evidenced-based findings as they help reclaim the educational and social-emotional value of youth and high school sports. Despite the lingering effects of the pandemic, the three-year longitudinal study progresses in Arizona, Missouri, Virginia, and Washington.



## BY THE NUMBERS

MARCH 2016 - AUGUST 2021



15  
Engaged States



20\*  
NFL Team Partners



4,338  
Participating Schools



3,296  
Trained ADEs



130,140  
Impacted Coaches



4,554,900  
Student-athletes



118,186  
Youth coaches have been exposed to First Module since Feb. of 2020

## LONGITUDINAL STUDY UNDERWAY

Four NFL teams and state athletic and educational associations are taking part:

Washington Football Team and Virginia High School League

Arizona Cardinals and Arizona Interscholastic Athletic Association

Kansas City Chiefs and Missouri State High School Activities Association

Seattle Seahawks and the Washington Interscholastic Athletic Association

## ACADEMIC PUBLICATIONS

We are proud to have been accepted for publication in two academic journals.

**Reclaiming the Educational Purpose of Sport: The InSideOut Initiative** in the *Journal for the Study of Sports and Athletes in Education*.

➤ This manuscript describes the process by which ISO creates change among adult and student participants.

**Transformational coaching and leadership: Athletic administrators' novel application of social and emotional competencies in high school sport** in the *Journal of Research in Innovative Teaching and Learning*.

➤ This manuscript describes athletic administrators' perspectives on transformational coaching and leadership that promotes social and emotional competency development among high school student-athletes.



## USA FOOTBALL TRAININGS

ISOI has developed four coaching modules for USA Football coaches.

- 1 **The What, Why, and How of Transformational Coaching**
- 2 **Creating A Culture of Belonging**
- 3 **Coaching Healthy Masculinity and Femininity**
- 4 **Building Parents as Partners**

Preliminary data collection has revealed positive changes in coach's attitudes about punishment, modeling aggression, and the importance of winning above the human development of youth athletes.

The evaluation has also shown an overwhelming reduction in the percentage of coaches who viewed violence on the field, dominance over others, intimidation, and forcefulness as positive characteristics of their student-athletes. And a significant increase in the percentage of coaches who viewed emotional sensitivity as an important skill to develop in their student-athletes.



## HEALTHY MASCULINITY FOOTBALL COACHES EVALUATION

ISOI is currently conducting a national survey to better understand how the concepts of masculinity, empathy, and aggression impact the coach – student-athlete relationship. The results of this survey will be published that detail critically important characteristics of high school coaches and the impact ISOI training has on changing attitudes and beliefs around these concepts. The survey was distributed on September 2.

## TENNESSEE MIDDLE SCHOOLS ISOI

- The TN Middle School pilot will allow us to build systems-level change in middle schools and to build continuity and increase impact on student-athletes.
- We've developed a Steering Committee, composed of Middle School Educational and Athletic Leaders to help guide and direct this pilot initiative. We're currently establishing a calendar of dates to launch the 4-Phase InSideOut Initiative.

