

About the Elevation Model

The Elevation Model is an action model of athletic development which you can use to help your athletes succeed in athletics and beyond. It is practical, evidence-based, and designed with middle school, high school, and club coaches in mind.

The goal of the Elevation Model is to develop athletes who achieve team success by applying positive life skills.

The coach teaches five core competencies which are necessary for team success. Within the core competencies are 45 winning practices of successful athletes. The vast majority of these winning practices are also proven life skills which equip athletes for success in life beyond sports.

As represented in the center of the Elevation Model, the coach aims to lead and teach in ways that build *trust*. This requires authentic caring about the athletes as individuals. It also requires sound principles and consistent coaching.

As represented in the four corners of the Elevation Model, consistent coaching can be achieved using the T.E.A.M. method. T.E.A.M. reminds us to consistently *Teach, Enforce, Advocate, and Model* the principles & practices we want our athletes to learn.

Remember, the Elevation Model is a guide to help you enhance your coaching. Use your own judgment about which aspects of the Elevation Model to use with your team. Then merge the Elevation Model with your own knowledge & experience to elevate your athletes. And be confident that when you coach the Elevation Model, you are truly equipping your athletes for success in sports and in life.

The Elevation Model of Athletic Development

