# Managing Your Time As An Athletic Director and Coach on Campus

Jay Getty, CAA - Hagerty HS Athletic Director

Athletic Director Liaison for Seminole County Public Schools

FIAAA Vice President

FACA State Track and Field Chairman

FHSAA Advisory Committees - ADAC, CCAC, TRAC

Head Coach - Cross Country, Track and Field

# Get Ahead of the Day

- Arrive on Campus
  - Simple Tasks Already Completed
- Early Mornings
  - Enjoy the Peace and Quiet
  - Increased Productivity
  - Daily Organization
  - Exercise to Increase Mental Stimulation, Physical Well-Being
    - Walk, Run, Bike, Lift, Swim, Body Weight Work, Plyometrics







# Get Ahead of the Day

- 4:00AM Alarm
- 4:05AM Coffee and Social Media Updates
- 4:15AM Emails Answer the Easiest Ones Timestamp\*
- 4:30AM Officials Review, GoFan Ticketing Review
- 4:40AM Clearances Home Campus System Athletes / Coaches
- 4:50AM Team Roster Reviews Monday Expiring / Green to Red
- 5:00AM "To Do List" Organize the Day, Outlook Calendar Review\*\*
- 5:15AM Morning Run 20 Minutes Clears Mind, Simple Reviews

### 5,487 Days

- December 27<sup>th</sup>, 2008
- 15 Years, 10 Days
- 784 Weeks
- 20 Minutes Daily Average
- United States Streak Runners Association #221
- 1 Mile Minimum Continuous Running

#### THE HILLS (50+ years)

| Rank | Name              | Streak Start (Y- M- D) | Location           | Age | Occupation             | Streak Days (Streak Years) |
|------|-------------------|------------------------|--------------------|-----|------------------------|----------------------------|
| 1    | Jon Sutherland    | 1969-05-26             | Washington, UT, US | 73  | Writer                 | 19,934 days (54.58 years)  |
| 2    | Jim G. Pearson    | 1970-02-16             | Marysville, WA, US | 79  | College XC Track Coach | 19,668 days (53.85 years)  |
| 3    | Steve DeBoer      | 1971-06-07             | Rochester, MN, US  | 69  | Dietitian - retired    | 19,192 days (52.54 years)  |
| 4    | Alex T. Galbraith | 1971-12-22             | Houston, TX, US    | 73  | Attorney               | 18,994 days (52.00 years)  |

#### EXPERIENCED (10 to < 15 years)

| Rank | Name             | Streak Start (Y- M- D) | Location            | Age | Occupation        | Streak Days (Streak Years) |
|------|------------------|------------------------|---------------------|-----|-------------------|----------------------------|
| 218  | Keith Osborne    | 2008-12-23             | Scottsdale, AZ, US  | 70  | Physician         | 5,478 days (15.00 years)   |
| 219  | Susan L Crabtree | 2008-12-25             | Lynchburg, VA, US   | 64  | Account Executive | 5,476 days (14.99 years)   |
| 220  | Benjamin Emmons  | 2008-12-26             | Springfield, VA, US | 46  | Pastor            | 5,475 days (14.99 years)   |
| 221  | Jay Getty        | 2008-12-27             | Oviedo, FL, US      | 55  | Athletic Director | 5,474 days (14.99 years)   |

### OFFICIAL SRI/USRSA STREAK LISTS

— Continuously updated —

### This Week in Athletics

- Friday Morning for Week Ahead
  - Head Coaches, Admin, Facilities, ATCs, Concessions, Marquee, Website
  - Journalism, Newspaper, WoofTV, Photographer, Front Desk Personnel
- Officials Review Home and Away, if same Associations
- Ticketing Review
- Staffing Review
- Admin Coverage Review
- Monday Administrative Meeting "Handout"
  - Don't Rely on an Email Put it in their Hands

#### Monday - 12/11:

BBB (FR) @ Timber Creek - 4:30PM

BBB - Home vs. Lyman (JV, V) - 4:30/6:00PM

ADM: Bryce / TIX: Zingrich / ATC: Miessau, Wilkins, Hawes

#### Tuesday - 12/12:

BBB @ East River - 4:30/6:00/7:30PM

GSOC @ Lake Howell - 5PM/7PM

#### Wednesday - 12/13:

BBB (FR) @ Winter Springs - 4:30PM

BBB (JV, V) - Home vs. Merritt Island - 5:30/7:00PM

ADM: Miller / TIX: Miranda / ATC: Miessau, Wilkins, Hawes

GBB @ Spruce Creek - 5:00/6:30PM

BSOC @ Harmony - 5PM/7PM

GWL - Tussle in the Tundra - 5:30PM - Intrasquad Event

#### Thursday - 12/14:

NADC - National Athletic Director Conference - Orlando - 4PM - Getty

WR - Johnny Rouse - Girls Varsity/Boys JV - Comp. Gym, Aux. Gym - 3PM

ADM: Miller (3-6PM), Maitland (6PM-9PM) / TIX: Basilo / ATC: Miessau, Wilkins, Hawes

GSOC @ Mainland - Varsity Only <u>- 6</u>PM

#### Friday - 12/15:

NADC - National Athletic Director Conference - Orlando - Getty

GBB (JV) - Lake Mary JV Tournament @ LMHS, Rollins - TBA

WR - Johnny Rouse Duals Invitational - Comp. Gym, Aux. Gym - 4PM

ADM: Miller (3-6PM), Fate (6PM-9PM) / TIX: Basilo / ATC: Miessau, Wilkins, Hawes

BSOC @ Lyman - 5PM/7PM - Location Change Track Project (Mandell, Miranda)

#### Saturday - 12/16:

NADC - National Athletic Director Conference - Orlando - Getty

GBB (JV) - Lake Mary JV Tournament @ LMHS, Rollins - TBA

CHR - UCA Regionals - TBA

WR - Johnny Rouse Duals Invitational - Comp. Gym, Aux. Gym - 9AM

ADM: Fate, Maitland, Maitland / TIX: Basilo / ATC: Miessau, Wilkins, Hawes

#### Sunday - 12/17:

NADC - National Athletic Director Conference - Orlando - G

#### Monday - 12/18:

NADC - National Athletic Director Conference - Orlando - G

GSOC @ Bishop Moore - 4:00/5:30PM - Location Change Track Project (Miller,

BBB @ Colonial - 4:30/6:00/7:30PM

BSOC @ Edgewater - 6:00/7:30PM

GBB @ Apopka - 6:00/7:30PM

#### Tuesday - 12/19:

NADC - National Athletic Director Conference - Orlando - Getty - PM Return to

BBB @ Cypress Creek - 4:30/6:00/7:30PM

GSOC @ Winter Springs - 5PM/7PM

#### Wednesday - 12/20:

WR - GV, BJV @ TImber Creek Round Robin - 4PM

BSOC - Home (Played at OHS) vs. Oviedo - 5PM/7PM

ADM: Fate, Getty / TIX: Miranda / ATC: Miessau, Wikins, Hawes

#### Thursday - 12/21:

WR - Knockout Christmas Tournament @ Silver Spurs Arena - TBA GBB @ Timber Creek - 6:00/7:30PM

#### Friday - 12/22:

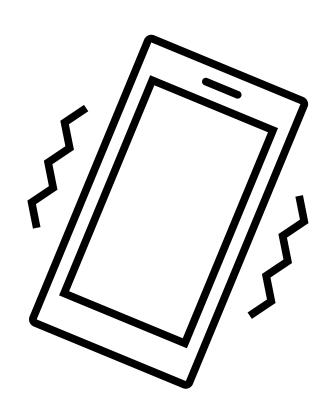
WR - Knockout Christmas Tournament @ Silver Spurs Arena - TBA

#### Saturday - 12/23:

No Home or Away Athletic Events

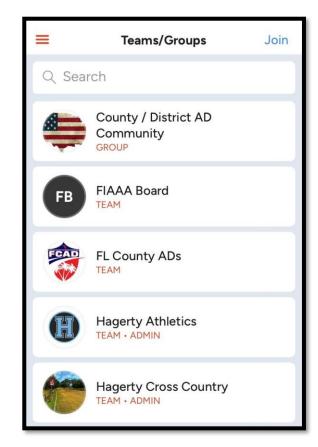
# Time Saving Apps and Programs

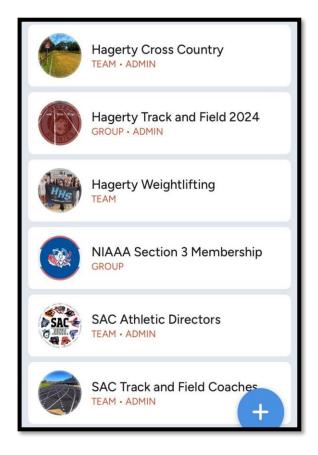
- SportsYou
- Hootsuite
- Mobile Skyward
- Home Campus / Athletic Clearance
- Home Campus East App
- FHSAA
- GoFan HQ
- MaxPreps



### SportsYou – Communication App







### Hootsuite – Social Media Posting

- Single Post
- Multiple Platforms
- Time Saver\*\*\*\*\*\*
- \$100 / Month
- Professional Plan
- 3 Users / 10 Accounts
  - School, Athletics, Clubs



# Mobile Skyward – Student Database

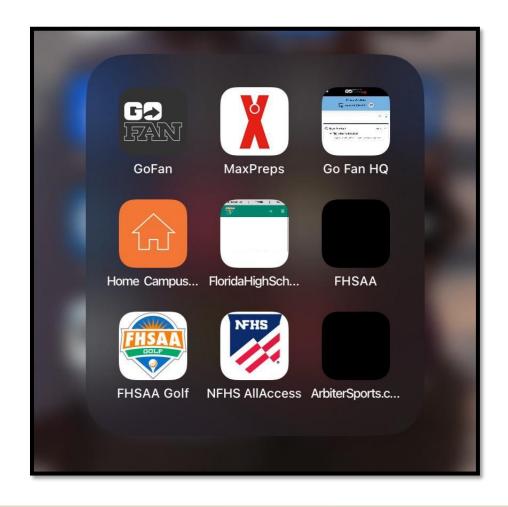




| <b>←</b>             | <b>G</b> PA |                   |                   |  |  |  |  |
|----------------------|-------------|-------------------|-------------------|--|--|--|--|
| <b>Q</b> GETTY, LEAH | 0           |                   |                   |  |  |  |  |
| Hagerty High         |             |                   |                   |  |  |  |  |
| Cumulative GPA -     |             |                   |                   |  |  |  |  |
| Туре                 | GPA         | Earned<br>Credits | Failed<br>Credits |  |  |  |  |
| 2023 - 2024          |             |                   |                   |  |  |  |  |
| Unweighted           | 3.740       | 25.500            | 0.000             |  |  |  |  |
| Weighted             | 4.190       | 25.500            | 0.000             |  |  |  |  |
| 2022 - 2023          |             |                   |                   |  |  |  |  |
| Unweighted           | 3.705       | 22.500            | 0.000             |  |  |  |  |
| Weighted             | 4.136       | 22.500            | 0.000             |  |  |  |  |
| 2021 - 2022          |             |                   |                   |  |  |  |  |
| Unweighted           | 3.700       | 15.000            | 0.000             |  |  |  |  |
| Weighted             | 4.067       | 15.000            | 0.000             |  |  |  |  |
| 2020 - 2021          |             |                   |                   |  |  |  |  |
| Unweighted           | 3.750       | 8.000             | 0.000             |  |  |  |  |
| Weighted             | 4.125       | 8.000             | 0.000             |  |  |  |  |

### Phone Home Screen

- GoFan Spectator View
- GoFan HQ Admin View
- Home Campus East App
  - Head Coach Roster Views
- FHSAA Home Campus
  - Athletics Clearance System
- Arbiter Sports Officials
- NFHS Rule Books
- MaxPreps Scores, Records



### Athletic Clearance – Online Forms







Any online platform creates the ability to work on "Your Schedule" AM / PM / On the Spot Take Advantage of "Work and Watching Sports"

# Facilities Review and Preparation

- Test, Test, Test
  - Lights, Sound, Scoreboard Weekly
- Event Setup and Preparation
  - First Game "Do It Yourself"
  - Show Them What You Want
- The Athletic Training Staff
  - Field Safety Checks Water Delivery
- The Cross Country Team
  - Football Field Setup\*



### CC / Track Practice

- The Escape
- The Reset
- The Reason Why
- The Mental Recharge
- The Fountain of Youth
- The Stories To Tell



# The Morning Timeline

- 4:00AM Get Ahead of the Day
- 5:15AM Better Yourself Physically and Mentally
- 6:20AM Get Into the Office Before Everyone
- 6:50AM The Bus Ramp and Car Line
- 7:20AM The Day Officially Begins on Campus
- 9:04AM Block 1 Done Get Up and Move
- 11:05AM Lunch Duty Interact and Use Phone Technology

### The Afternoon Timeline

- 12:32PM Lunch Duty Complete
- 2:20PM Bus Ramp Duty
- 2:45PM CC/Track Practice
- 4:30PM Game Prep Reviews
- 5:30PM Administrative Reviews
- 5:30PM Athletic Training Staff Reviews

# The Evening Timeline

- 6:00PM Depart Campus for Home
- 7:00PM Magnum PI, Rockford Files, Kojak
- 8:00PM CC/TR Planning
- 9:00PM Email and Glance Ahead
- 9:30PM "Nap" Time
- 10:00PM "OFF" All Things Electronic

### Tips and Tricks

- Get Up From Your Desk End of Each Period
- Keep Moving Walk or Ride The ATC Relationship
- Use Your White Board Planning
- Use Your Outlook Calendar And Look At It\*
- Steno Pad Notes and Lists Highlight, Don't Cross Out
- Healthy Drinks and Snacks to Visible Location = Consumption
- "The Last Ones Out" Your People
- Enjoy the "Cool" Events on Campus





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