

America's "Most Important" Coach

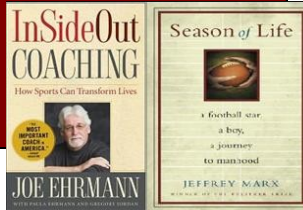
Joe Ehrmann

"Winning is just a by-product of everything else we do"

Joe Ehrmann has inspired thousands to improve their lives by enriching their relationships and their performance at work, home and play. His nationally recognized and acclaimed message continues challenging men and women to a transcendent cause and to live life while fully present and with purpose and passion.

Joe delivers keynote addresses and seminars that help you and your team rethink strategies of interaction and engagement. With passion and sincerity, Joe empowers coaches and athletes to examine themselves with honesty and to rebuild and expand their purpose statement with effective integrity. Joe's warm, engaging and motivating style helps to build transformational coaches and athletes and reinforces the fact that winning and integrity go hand in hand.

Joe's revolutionary concepts of transformational leadership, team building and personal transformation are the subject of his book, *InSideOut Coaching: How Sports Can Transform Lives*. Joe is also the subject of *New York Times* Best-Seller, *Season of Life: A Football Star, A Boy, A Journey to Manhood*.



Highlights:

- Baltimore's TEDX Talk on masculinity and sports-viewed more than 85,000 times.
- Syracuse University Football *All American* and named to *All Century Football Team*; lettered in lacrosse
- Played for the National Football League for 13 years.
- Recipient of Syracuse University's most distinguished alumni honor, the *Arents Award*
- *Baltimore Colts' Man of the Year*
- *1st Ed block Courage Award Recipient*
- Named "*The Most Important Coach in America*" by Parade Magazine
- Named in *The 100 Most Influential Sports Educators in America* by the Institute for International Sports
- Co-Founder with wife, Paula, of *Coach For America*, addressing issues of masculinity and femininity, redefining and reframing the social responsibility of sports, coaches, parents and players
- Selected as *Baltimore Business Journal's Renaissance Person of the Decade*
- Co-Founder of *Baltimore's Ronald McDonald House*
- *National Fatherhood Initiative's Man of the Year* and *Douglas National's Man of the Year* for empowering youth to prevent forms of male violence
- Recipient of PCA Ronald L. Jensen Award for Lifetime Achievement

To learn more and to schedule Joe please contact...

Info@coachforamerica.com 443.797.0144 x 4

Coach FOR America®
Winning in Life is Everything



What others are saying...

"Joe Ehrmann has a great message, one that coaches and young people really need to hear... He has had a tremendous impact on our team, helping us to develop championship men on and off the field."

Tony Dungy, former Head-Coach
Indianapolis Colts

"As an Olympic champion, a rape victim, a civil rights lawyer working to provide athletes with better protections against sexual abuse, I deeply appreciate Joe's willingness to use his white-male privilege to address male violence against women. Instead of more safety precautions for girls and women, he provides a hopeful new path for a less dominating, violent world."

Nancy Hogshead-Makar, Lawyer, Dir. Advocacy
Women's Sports Foundation

"Joe is a special person who has dedicated his life to helping young people. His message is powerful and makes a true impact. It is a message that we can all learn from."

Cal Ripken Jr, National Baseball Hall of Famer
Ripken Baseball

"Joe is transforming the word coach to mean what it should...MENTOR, ROLE MODEL and ADVOCATE. He has the potential to create wide sweeping change in our country that will positively influence our youth and help them lead happier, healthier lives. I stand in support and partnership with Joe and look forward to watching his message of peace, love and justice make its way across America."

Jennifer Siebel-Newsom, President & CEO
The Representation Project

"I highly encourage you to seize the opportunity to listen to these important values and concepts, which need to be applied to our society's most important resource—our youth."

Joseph Castiglione, Director of Athletics
University of Oklahoma

"Joe's perspective of coaching is refreshing and his belief that a coach's primary responsibility is the character, moral and social development of his players is a message we often lose sight of because of society's emphasis on wins and losses. His message is important and beneficial for all coaches."

Sean Murphy, Head Coach
Archbishop Curley High School

Examples of items Joe Ehrmann and Coach For America use in Coaching Workshops and Seminars.

Teenage Dating

- 50% of teenagers in a serious relationship have compromised personal beliefs to please a partner.
- 45% of teen girls know someone who has been pressured or forced into having intercourse or oral sex.
- 33% of teens experience some kind of abuse in their romantic relationships, including verbal and emotional abuse.
- 27% of teenagers have been in a dating relationship in which a partner has engaged in name-calling and disrespect.
- 20% of teenagers report having been hit, slapped, or pushed by a partner.
- 20% of teenage girls are physically or sexually hurt by a dating partner.



CoachAmerica InSideOut Coaching www.CoachforAmerica.com

Dating Relationship Rights

I have the right:

To always be treated with respect – In a respectful relationship, you should be treated as an equal.

To be in a healthy relationship – A healthy relationship is not controlling, manipulative, or jealous. A healthy relationship involves honesty, trust and communication.

To not be hurt physically or emotionally – You should feel safe in your relationship at all times.

Abuse is never deserved and is never your fault – Conflicts should be resolved in a peaceful and rational way.

To refuse sex or affection at anytime – A healthy relationship involves making consensual sexual decisions.

To not have sex – Even if you have had sex before, you have the right to refuse sex for any reason.

To have friends and activities apart from my boyfriend or girlfriend – Spending time by yourself, with male or female friends and with family is normal and healthy.

To end a relationship – You should not be harassed, threatened, or made to feel guilty for ending an unhealthy or healthy relationship. You have the right to end a relationship for any reason you choose.

Dating Relationship Pledge

Have all of your players sign this relationship pledge!

I pledge to:

Always treat my boyfriend or girlfriend with respect.

Never hurt my boyfriend or girlfriend physically, verbally or emotionally.

Respect my girlfriend's or boyfriend's decisions concerning sex and affection.

Not be controlling or manipulative in my relationship.

Accept responsibility for myself and my actions.

Signature _____

Date _____



Sports and Gender: What's Sex Got To Do With It Anyway?

Joe Ehrmann's life experience and insight bring wisdom and clarity to current issues that are surrounded by confusion and misunderstanding. By engaging and challenging coaches and athletes, Joe takes on the problem of destructive and damaging myths and stereotypes that are perpetuated by culture and played out in the sports arena as well as off the fields. Joe will enlighten and encourage both coaches and athletes to become part of the solution.



Exercise #3: Coaching to End Dating Abuse

Statistics on Dating Abuse

Dating abuse statistics show an alarming number of teens experience and accept abusive behavior in their dating relationships. Consider the facts below:

- 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner.
- 1 in 3 girls who have been in a serious relationship say they've been concerned about being physically hurt by their partner.
- 1 in 3 girls between the ages of 16 and 18 say sex is expected for people their age in a relationship; half of teen girls who have experienced sexual pressure report they are afraid the relationship would end if they did not give in.
- 1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, choked or physically hurt by their partner.
- 1 in 4 teenage girls who have been in relationships reveal they have been pressured to perform oral sex or engage in intercourse.

Dating abuse doesn't have to be physical. It can include verbal and emotional abuse and controlling behaviors.

- More than 1 in 4 teenage girls in a relationship report enduring repeated verbal abuse.
- One-third or more of teens who have been in a relationship have been with a partner who frequently asked where they went and whom they were with.
- 1 in 4 teens who have been in a serious relationship say their boyfriend or girlfriend has tried to prevent them from spending time with friends or family; the same number have been pressured to only spend time with their partner.
- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend had threatened violence or self-harm if presented with a break-up.

As technologies like cell phones and social networking become the norm for communication, they can also be used to further abuse and control.

- One in three teens (30%) say they are text messaged 10, 20, or 30 times an hour by a partner inquiring where they are, what they're doing, or who they're with.
- 68% of teens say boyfriends/girlfriends sharing private or embarrassing pictures/videos on cell phones and computers is a serious problem.
- 71% of teens regard boyfriends/girlfriends spreading rumors about them on cell phones and social networking sites as a serious problem.

The Pledge To End Sexual Violence

Because...

I UNDERSTAND that violence toward women is primarily a male crime of power, and control...

Because...

I AM OUTRAGED that a rape occurs every forty seconds in this country and that over 1 million women will be physically and/or sexually abused and that 1 in 5 teenage dating relationships involves physical and/or sexual force.

CoachAmerica InSideOut Coaching

www.CoachforAmerica.com



Exercise #3: Coaching to End Dating Abuse

Directions

1. Read the Dating Abuse Statistics on the previous pages.
2. Share how dating abuse affect your players, school, community and team.
3. As a group, create and outline the ten minute lesson plan to increase your players' awareness and understanding of this topic. Keep in mind one or more of your players is either abusing or being abused in a dating relationship.
4. Create a reflective writing assignment for your players.

For further information go to loveisrespect.org

Coach FOR **America**[®]
Winning in Life is Everything