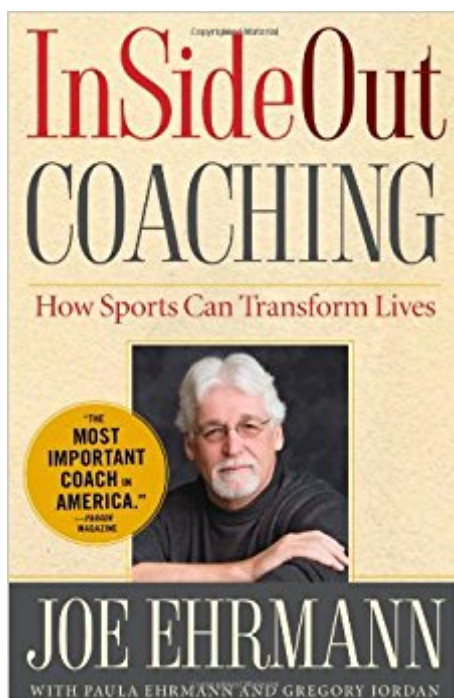


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# InSideOut Coaching: How Sports Can Transform Lives



## Synopsis

In this inspirational yet practical book, the man Parade called "the most important coach in America," subject of the national bestseller *Season of Life*, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. *InSideOut Coaching* explains how to become a transformational coach. Coaches first have to "go inside" and articulate their reasons for coaching. Only those who have taken the *InSideOut* journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports. He describes his own *InSideOut* experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann's message and learn how to make sports a life-changing experience.

## Book Information

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## Customer Reviews

• Joe Ehrmann has a great message 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, author of Quiet Strength • 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.

• "Baseball Hall of Famer Cal Ripken, Jr. • Joe Ehrmann's message is inspiring, educational and eye-opening. He is an inspiration to me.

• "Jay Wright, Head Men's Basketball Coach, Villanova University • 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 • This is a must read for all coaches, athletic directors, and parents.

• "Dr. Jeanette Boxill, Ph. D., Director, Parr Center for Ethics, University of North Carolina

Joe Ehrmann is a former NFL player, named to the All-Century and All-American football teams at Syracuse University (where he also lettered in lacrosse), former Baltimore Colts "Man of the Year" award winner, also named "Man of the Year" by the Frederick Douglass Society and the National Fatherhood Initiative, and co-founder (with his wife, Paula) of Building Men and Women for Others, Inc and Coach for America. He lives in Baltimore, MD.

I have been a fan of Joe Ehrmann's since I bought my first copy of Season of Life. I read an excerpt in PARADE magazine in October of 2004 and purchased it as a christmas gift for my oldest son. I started to read it that day and could not stop. It could not have come into our lives at a better time as Mitchell had a big disagreement with his father and it said EVERYTHING I would have said if I was his father. So buying this book was a no brainer for me. The first 33 pages alone helped me handle a situation with my youngest son the day after I read them. I have shared it with many people in the last month or so as I realized you can be a transactional or a transformational coach, boss, and/or parent. Joe absolutely has the right mentality for being just a plain good person.

If you love coaching and believe you are called to coach to make a difference in people's lives this

book is a must read. This is the only book I've ever read that I completed cover to cover and picked it up the next day and started re-reading it. I've read the book 3 times now. Whenever I feel like my coaching is getting off course, I go back to this book to refocus on why I'm coaching. I'm a head high school volleyball coach and I have given this book to all my assistant coaches to read. Each of them have read it and it has had a huge impact on their coaching. This book is part of the DNA and culture of our program.

I thought I would read one more book on "how to coach little Johnny" to become a super star. This book helps all of us teach Johnny and Jane what real "winning" looks like. It is a LEADERSHIP book as well taught as any Jack Welch has written. In fact every leader in the USA should read this book. I have bought some and will give them to all the leaders, coaches and business owners I know. This book is a road map built on INTEGRITY, personal growth and pure motivations for coaches and leaders to understand a call for a higher understanding of what winning should and can be. I applaud Mr. Ehrmann for his honesty and his vision for our youth. As a woman, I applaud his heart and his unbreakable fortitude. I picked it up and could not put it down....

Loved the book and its very important message. Just bought two more copies to share with coaching friends! Joe Hermann's book is one that I wish I had read many years ago... and one that thousands of coaches (and the athletes they impact) will benefit from. A truly impactful coaching philosophy that I encourage you to discover and adopt...

This is a great book whether you are a youth sports coach (I am) or (and perhaps more importantly) a parent of a youth athlete (I have 3 athletes 16, 14 and 8). It reads like a story with the content and lesson plan of a text book. In other words you won't put it down and you can understand and implement all of the ideas. My wife is reading it now and a teammate of my eldest recommended it to me. If you have kids playing recreational and competitive sports in grade school through high school this is a MUST read. Especially if they aspire to play at the next level. I believe the insights in this book are going to positively change coaching and more importantly the results and impact of youth sports forever. Definitely the best \$10.99 that I have spent on my kids and my kindle for iPad in the last 2 years.

It's that good. Applied to coaching parenting and other real life situations!

Joe Erhmann has hit the long ball with this epic narrative, as an initial quick perusal very soon became a page-turner. Drawing from his extensive experiences as a player of various sports and at all levels as well as years of coaching, this semi autobiography relates how involvement in sports can be positively transformative for the participants if performed in an environment that allows the players to grow and mature, i.e., build character. This environment must be created by the coach(s) and then nurtured and sustained throughout the player's active sports career. InsideOut Coaching provides the blueprint (the system) for coaches to achieve this transformative condition in sports through numerous analogies, personal anecdotes and intellectually solid empirically derived data as well as other referenced sources. Joe's treatise emphatically states that the coach's role becomes vitally important during the transformation years of a boy (girl) to a man (woman). The explanation of these phenomena however, makes this book useful to anyone who works with youth and is even of personal benefit for those who lead a reflective life.

Every once and a while, we discover something of lasting value that changes who we are and what we want to accomplish while we're here. This book has that ability... it helps us change how we view sports in America. It has the potential to build character in individual people, who then use their skills to build the communities they live in, which improves the country we love, and leads to a better world. There are several important elements within the pages of the book, including contracts between coaches, between athletes, and between parents. These agreements outline what each group expects of their peers...the standards we should hold each other to if we want to see children become better men and women. It offers great support to those coaches who view their job as to transform the lives of the athletes they work with...to prepare them for success in life, not just during a game on a Friday night. Coaches have the unique opportunity to shape the future of our country and those who practice transformational coaching (fully described in the book) need to be encouraged. This is one of the most important books on my shelf.

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