

# Fun or Run?

*Different coaches, different styles of reinforcement  
Which works best?*

No two coaches are the same. Each coach has their own techniques to teach and motivate their teams and responses to certain situations. Famous (or infamous) coach Bob Knight is known for his violent outbursts. Meanwhile, former Indianapolis Colts coach Tony Dungy is almost always found to be calm and collected.

In any sport, the coach sets the tone for every practice and game by the type of coaching strategy they implement. Some coaches yell, others pat players on the back – either way, the type of reinforcement a coach chooses has an effect on the players.

These characteristics are examples of reinforcement used to get a desired result from an athlete. There are four types of reinforcement: positive, negative, punishment and extinction.

Positive reinforcement is when compliments and praise is given for desirable behaviors.

On the other hand, negative reinforcement resembles the removal of consequences to try to eliminate actions that are not wanted.

Most of the time, punishment is thought to be synonymous with negative reinforcement even though they are two very different things. Punishment is creating consequences in an attempt to stop a behavior.

Lastly, extinction can be described as the elimination of something to stop a certain reaction.

Whereas positive and negative

reinforcement build up pleasing actions, punishment and extinction do the opposite.

Coaches more than likely exhibit all of these types of reinforcement at some point or another. Different players also need or like different techniques. Volleyball coach Kyle Neukam agrees.

“Some groups work harder and better with knowledge of their flaws, while others need constant positive motivation to become stronger people,” said Neukam.

Mainly, the volleyball coaching staff believes that the source of success is hard work and a “stubbornness to succeed”. However, more specific techniques change every year depending on how each player needs to be motivated; for example: positive encouragement or the threat of a not-so-fun practice.

“I just get really mad [when coaches yell]. Whenever they tell me in a calm manner what I messed up on, it’s a lot easier,” said senior Will Kimble.

However, other athletes respond better to alternative motivation.

“I react better when coaches yell at me because it scares me into playing better,” said sophomore Sophia Sears.

Current guidance director Jerry Stroud has played and coached many different sports. He has seen many different methods used by coaches.

Stroud is noticing a lot of importance being placed on physical conditioning like APE.

He makes a connection between the last time a Paoli game had to be stopped because of a severe Paoli player’s injury (football game at West Washington in 2007) and when a lot of stress began being placed on conditioning.

Preparation is key in Stroud’s opinion.

“I would never like to do anything in a game that we had not gone through a lot in practice. I believe in making situations more difficult in practice than in a game,” said Stroud.

Trust is a major part of sports: players trusting coaches and vice versa.

“When players trust coaches, they would go to the wall for them... those are the coaches that are successful,” said Stroud.

He also defines success as not only winning but instilling long-lasting benefits, like life-lessons. High school success is determined way down the road, like when faced with situations that were exposed to a person in high school.

A successful season can be a losing season but life lessons are still infused. However, when a team is losing and gaining nothing from the experience, it is a waste of time.

Personally, Stroud was a coach who preferred to be encouraging. He was very active, intense and involved.

Where many different methods work, the thing to keep in mind is how each individual player will react to the type of reinforcement.



**The numbers  
we think you  
need to know  
to really  
know sports.**

By Tyson Bostock  
Photos by Philip Durbin

Football  
Senior  
Brandon  
Hester  
years playin  
football:

**2**



Basketball  
Junior  
Alleigh  
Becht  
Basketball  
number:

**21**



Football  
Senior  
Devin  
Rutheford  
Varsity football  
starts:

**12**



Basketball  
Freshman  
Tanner  
Wroblewski  
Height:

**6'4"**



# Hard hits come with big consequences

Concussions are a huge issue in all contact sports. They are a growing issue and are forcing athletes to have to sit out, or in some cases, retire from their sport. A concussion occurs when taking a hard blow to the head. The brain is hit against the skull and it bruises. In some cases you lose memory and in some cases headaches and dizziness occur. Depending on how bad the concussion is determines when you are released back to the sport.

Recent hits in the NFL have lead to many players having concussions. Most players look to land the big hits on unsuspecting players. They throw their body at the other player and sometimes lead with their head. This is very dangerous for both players. Both players could receive concussions and have to take time out of their season to recover from the blow. On October 19 the NFL put a new rule in place that if a player hits helmet-to-helmet and injures a

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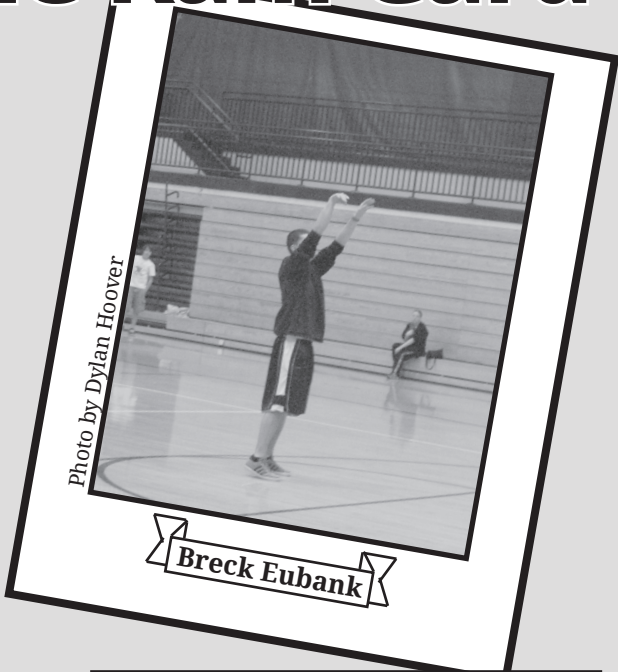
player, they could be fined a large sum of money and possibly suspended for a few games. It all depends on the severity of the hit. This rule was put in place to limit injuries.

The new rule was put into place after the hit Pittsburgh Steelers James Harrison had on Browns wide receiver Mohamed Massaquoi. Harrison hit Massaquoi helmet to helmet and gave him a concussion. Harrison was fined 75,000 dollars for this hit. Harrison was also fined when he had a late hit on Saints quarterback Drew Brees.

Although many thought the rule would completely ruin the NFL, it surprisingly had very little impact on the game. Of course you won't see as many bone crushing hits that you would earlier, but it hasn't stopped them. Instead of players lowering their head and putting both players in danger, they are forced to hit lower and be more cautious. This rule will hopefully put an end to unnecessary injuries.



# The Ram Card



**Breck Eubank Junior**

**Height:** 5' 11"  
**Weight:** 169 lbs.

**Position:** Forward

**Type of shooter:** Mid-range

**Number of years playing:** seven

**Favorite type of Shoe:** Adidas

**Shoe Size:** 10.5

**Fastest mile:** Under seven minutes

Ram Card by Dylan Hoover

**Grissom's Greens**

"Quality Organic Produce"

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Caleb Grissom • Owner & Operator

Happy Thanksgiving  
from the *Paolite* Staff!

Have a safe break starting November 25.