

Using ProStar Coach with the Missouri State University Softball Team

A Case Study

By Holly Hesse, Head Softball Coach

MY CHALLENGE

I'm committed to helping our student-athletes achieve success in all aspects of their lives. I was doing approximately 15 classroom sessions each year with the team on topics such as clear communication, constructive conflict, leadership, commitment, sportsmanship, and accountability.

I needed a tool that reinforced these topics and gave players the opportunity to practice them on and off the field.



I learned about an online learning and coaching program, ProStar Coach, that would enable our student-athletes to learn on their own time and at their own pace. Since this generation is accustomed to using technology for learning, an online system was appealing.

WHAT MADE ME SAY YES TO PROSTAR COACH

We could “flip the classroom.”

We can use ProStar Coach to teach the concepts through videos, articles, quotes, and exercises and then have short follow up sessions at practice. It cuts down on the amount of practice time we use for classroom time. And the content includes many of the concepts we teach our athletes to be successful in the classroom, in competition and in life. We can stay with a theme all week and do something every day to learn it at a deeper level.

We could customize the program.

I can add custom content, so when I find a video or article I want to share with the team it is stored and viewed in one place.

OUR RESULTS

Academic Performance

In our first year of using ProStar Coach we had our highest team GPA ever at **3.50**. This past semester we surpassed that with a **3.57** GPA, the highest of all teams on campus!

Team Performance

We finished 2nd in the MVC Regular-Season and 2nd in the MVC Tournament.

I strongly believe that ProStar Coach is part of our success formula in developing student-athletes on all levels: physical, mental, emotional, moral and social. The program is now an integral part of our success formula in the classroom and on the field of competition.



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