

# ATHLETES WITH HEARING LOSS

## TIPS FOR TRAINING & COACHING



1

### THEY NEED TO SEE YOU WHEN YOU SPEAK

*Athletes who wear hearing devices need to be front and center in a huddle or during instruction. They don't like to draw attention to themselves, so help out and remind them to step up front. Face them when you speak.*

2

### DISTANCE IS AN ISSUE

*Yelling to the outfield is hard for normal hearing athletes; it's impossible for deaf/hard of hearing athletes. Use a mini-mic, FM System or relay information through an assistant coach. Make sure the coach is positioned near them to relay info.*

3

### INFORM UMPIRES AND REFEREES

*It can be embarrassing to the athlete when they don't know a call or understand the umpire/referees call; make sure to give officials and opposing coaches a head's up.*

4

### USE HAND SIGNALS

*Not all athletes with hearing loss use sign language, however, everyone benefits from hand signals. In fact, the catcher giving a pitcher a hand signal originated when William Ellsworth Hoy was a deaf baseball player who needed signals in the late 1800's! USE HAND SIGNALS FOR ALL PLAYS and make sure the athlete sees you.*

5

### BE PATIENT - MENTAL FATIGUE IS REAL

*Not only do athletes with hearing loss deal with physical fatigue, but they also have to manage hearing/mental fatigue. Listening through loud crowds or cheering can be exhausting. Imagine being in a conference all day every day. That's the fatigue deaf/hoh athletes face daily.*

6

### REMEMBER THEY ARE OVERCOMERS

*Without a doubt, deaf/hoh athletes have overcome hearing loss to learn to HEAR. Many also choose spoken language, so they had to endure endless hours in speech therapy, special oral deaf programs and more to learn to talk and hear in a mainstream world. THIS IS A GIFT FOR YOU AS A COACH. Remind them that they are an overcomer when facing athletic challenges. Remind them that God gave them a story for a purpose and it's time they use their gift and fight hard for their teammates.*