



## MEMPHIS GRIZZLIES FOUNDATION

### **GrizzFit Lessons Learned:**

- Invest in program shirts
- 1:7 coach to kid ratio
- Invest in your coaching staff; stipend coach time to meet the expectations you set
- Include make-up data collection dates in program schedule
- Coach socials help to build chemistry and comradery amongst your staff
- Access/availability to space often times dictates your schedule
- Have a weather contingency plan (or two!)
- Coaches with prior experience working with kids makes a huge difference
- Provide training for all involved parties: school, coaches, gym staff, etc.