



Welcome to **Gold Standard Coaching**

Gold Standard Coaching will provide quality live education and consulting services to schools, teams, leagues and organizations tailored to the needs of their coaches, athletes, parents, and administrators in order to help you maximize the sports-based development and performance for all who are involved - at an affordable cost.

What does **Gold Standard Coaching** offer?

INDIVIDUAL TALKS/SEMINARS

- Coaches
- Student-Athletes
- Parents
- Administrators



ONGOING YEAR-ROUND SPORTS CULTURE CONSULTING

- Self-studies, focus group meetings, and assessments
- Regular site visits, observations, evaluations
- Mentoring, Coach-Parent Collaborations, Conflict Resolution
- Performance Enhancement Coaching
- Scheduled student-athlete leadership meetings
- Feedback individualized for each organization, school, program, team, or coach.

Why **Gold Standard Coaching** ?

We possess expert knowledge of athletic skills, coaching techniques and appropriate strategies and the progression which they should be taught. Gold Standard Coaching can assist in rapid programmatic improvement through research-based techniques that help the collective growth of the individuals, the effective use of their talents, and develop successful player/coach relationships with Coach-Parent Partnerships that help you take the appropriate steps in developing unity within the program from top to bottom.

"Ray Lokar is a fantastic Double-Goal coach. He wins on the scoreboard while using sports to teach life lessons to his players. Ray Lokar knows a lot about coaching ... every time I talk to Ray I learn something new about coaching"

- - Jim Thompson - Founder and Executive Director, Positive Coaching Alliance

Ray Lokar
(909) 542-TALK ; (909)542 - 8255
@CoachLok
goldstandardcoaching.com



Let **Gold Standard Coaching** provide that little bit extra?

- **Coaches** will get some of the best training possible to Maximize Player Performance, Build Positive Character Attributes, and Have More Fun with their teams while preparing to W.I.N. by concentrating on What's Important Now !
- **Parents** will learn to counter their instincts and take steps to Improving the Entire Sports Experience for their children and maintain great lifelong relationships.
- **Administrators** will be presented ways to establish an environment where everyone involved can flourish and be the best that they can be.
- **Student-Athletes** will learn to prepare for competition, represent themselves, their school or program, work in the best interest of the team and evaluate their performance through their improvement in this Laboratory for Life we call sports.

Check Out **Gold Standard Coaching** Pricing Packages

Use Gold Standard Coaching for your next Clinic, In-Service, Guest Speaker, Keynote,
...or set up an entire series.

PLATINUM PACKAGES

- The Cycle - \$1400 (Four Solo Seminars)
- Triple Header - \$1100 (Three Solo Seminars)
- Double Header - \$800 (Two Solo Seminars)
- Mini-Series - \$600 (Three Pep Talks/same day)
- Solo - \$500 (up to a 2 hour Seminar)
- Zoom Special \$200 (Any One 1hr Online Seminar)
- *Year-Long Consulting (Call about our Flex-Pricing Program)



*each presentation is original, sport-specific, tailored to individual needs not affiliated with any other organization or educational institution and can be presented to Administrators, Coaches, Players, and Parents.

Set your program apart from the rest
Call Gold Standard Coaching NOW!
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Gold Standard Coaching Consulting Combos

Presentation of live talks on Gold Standard Coaching, Gold Standard Teammates, Gold Standard Parents, Gold Standard Program and ongoing, year-round Sport-Culture Consulting with assistance in any conflict resolutions

BRONZE	SILVER	GOLD
Initial Consultation	Initial Consultation	Initial Consultation
Administration	Administration	Administration
Coaches	Coaches	Coaches
Parents	Parents	Parents
Players	Players	Players
Climate Survey	Climate Survey	Climate Survey
	Focus Group Meetings	Focus Group Meetings
	Assessments	Assessments
	Progress Report	Site Visits
		Practice Observations
		Evaluations/Mentoring
		Conflict Resolution Assistance
		Student-Athlete Forums
		Performance Enhancement
*Flex-pricing is set to match your budget at your individual school or organization with multi-school & year discounts		
\$ = Lower Level Head Coach Stipend	\$ = Top Varsity Assistant Stipend	\$ = Varsity Head Coach Stipend

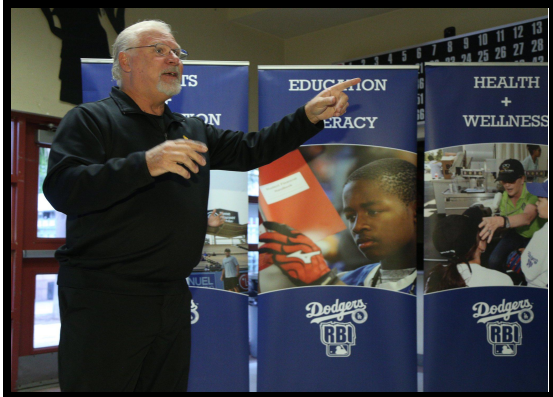
The Gold Standard is the most famous monetary system that ever existed. The standard unit of currency was kept at the value of a fixed quantity of gold. The term Gold Standard has come to mean the ideal model of excellence by which others are measured. Fix Standards. Stay Golden!

**Let Gold Standard Coaching help you
become that model of excellence.**

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Gold Standard Coaching Testimonials



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"You have helped me and the Newman Community become as we can and should be. We will forever be thankful." - Coach Fitz, AD-Newman High School

"When working with coaches you always want to be a resource to help them become better coaches. I am consistently trying to find programs that may provide an edge for our coaches. Trainers like Ray Lokar help provide that incremental improvement, making your staff just a little better than they were yesterday, grounded in principles that every NCAA program should reflect. He provides a framework for success that our coaches responded to and were able to incorporate into their intercollegiate programs." --John Planek, Athletic Director, Loyola University, Chicago



"Ray's presentation was engaging & inspiring. We look forward to the changes that will take place on our fields & courts this year as a result of this great opportunity."--Billy Fitzgerald, AD Isadore Newman High School, New Orleans (alma mater of Peyton and Eli Manning and subject of "Coach: Lessons on the Game of Life" by Michael Lewis)

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PURPOSE

To provide quality coach education, sports-parent preparation, and player performance enhancement at an affordable and flexible cost to fit any budget

Gold Standard Coaching will help:

- Players to have productive growth experiences in competition & life
- Parents to have reduced stress so they can enjoy the experience
- Coaches to develop tools to make both of those happen - AND keep their job
- Leaders to understand ways to serve all groups equitably

RAY LOKAR

Cell: (909)542-TALK

Email:

CoachLok@goldstandardcoaching.com



- Director of Gold Standard Coaching providing year-long Sport Culture Consulting, Administration Consultations, Coaches Chalk Talks, Parent Programs, And Student-Athlete Assemblies
- Long-time Southern California Senior Lead Trainer for the Positive Coaching Alliance, and presented hundreds of workshops for thousands of coaches, parents & athletes in over a dozen states and Canada
- Former Head Basketball Coach of the CIF Champions while at Bishop Amat High School
- Past-President of the Southern California Interscholastic Basketball Coaches Association
- Former High School & Middle School Athletic & Activities Director
- 40+ years as a coach of basketball, baseball, softball, football, volleyball, track & field
- Decades as a Youth Sports Organization Coach, Board Member, and President
- Author of “Creating A Culture of Confident Coachable Players” and “101 Basketball Tips” available at book outlets.
- His Youth Basketball and Baseball DVD series “The Fundamental Factory” & “Building an Effective Practice” are both available from ChampionshipProductions.com
- Coached his children Shawn, Heather, Brittany and Tyler throughout their participation in youth & high school sports & they all went on to compete at the collegiate level.