



Asalamalaikum! Hello! You've been asked to coach a team at MIST, but you are unfamiliar with the competition and the responsibilities of a coach. We hope that this sheet can answer all of your questions.

What is MIST?

MIST (Muslim Interscholastic Tournament) is a weekend-long tournament for high schoolers involving over **35 different competitions** split into six categories: Qur'an and Knowledge, Arts, Writing and Oratory, Brackets, Group Competitions and Sports.

Who are the coaches?

Over the past few years, we've learned that the most successful teams and the teams that have the most fun are the ones with coaches. **A coach is the glue that holds their high school team together.** You are responsible for motivating your students and creating team spirit. Additionally, you will be in charge of some logistics, like encouraging students to register, reminding them about deadlines, and arranging transportation and hotel accommodation if you are out of town.

How can I be an effective coach?

1. From the start, we recommend **appointing a boys and girls ambassador**: student representatives for your team that can help you connect with other students.
 - a. We can provide another sheet about the ambassador's responsibilities that you can share with your students.
2. Our Outreach team conducts **informational sessions about MIST**, and we can help you organize a virtual or in-person event to discuss the tournament.
 - a. We recommend that you get students' names and contact information and gauge their interest in specific competitions—**especially sports**. It's wise to build teams early.
3. Keep in contact with the Outreach team and your students. According to your schedule, try to organize small events or team meetings with your students and come up with **team**

chants, colors, jersey designs, and more. Building chemistry makes the competition more fun!

4. When registration begins, it's your responsibility, with the help of your ambassadors, to keep up with your students and **encourage them to sign up**. The Outreach team can always help if you're having trouble registering students.
 - a. Some competitions have **early submissions**, such as short film, which is judged and scored before the contest. It's helpful for a coach to check in with students and teams with early submissions to prevent them from procrastinating.
5. While the MIST organizers will **uphold our rules**, we urge you to review them with your team beforehand. Some rules include a dress code and restrictions on profanity.
6. **If you are out of town**, transportation and accommodation are your responsibility! Of course, don't hesitate to reach out to the MIST team. We will help you find affordable options close to the tournament.

F.A.Q.

- **Under construction**

If you have any more questions, please feel free to reach out to our Regional Directors and Outreach team:

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