

# SIMPSON UNIVERSITY COACHING SEMINAR

Saturday, April 22<sup>nd</sup>, 2006

LaBaume Rudat Rm# 202

9-5pm (Lunch included)



## CIF/ NFHS Coaching Principles Course

### Required Course for all Coaches:

The Coaching Principles Course is required for ALL COACHES BY DECEMBER 31, 2008. (This includes On-Campus Coaches, Off-Campus Coaches, and Volunteer Coaches).

### Course Includes:

**Principles of Coaching** — helps each coach develop their own coaching philosophy, coaching objectives, and styles of coaching. It also asks them to assess these objectives in hopes of answering the question: Do your coaching principles benefit student-athletes?

**Principles of Behavior** — explores different sport psychological principles to help create better coaches. This chapter offers recommendations of how to skillfully communicate and motivate student-athletes.

**Principles of Teaching** — is used to reiterate the right philosophy, motivation and communication skills in teaching the tactical and technical skills of your sport. It is a review of how to provide an understanding that gives the athletes a real understanding of each skill.

**Principles of Physical Training** — or the art and science of persuading your athletes' bodies to meet the demands of their sport. Some topics covered in this section are training basics and training for energy fitness.

**Principles of Management** — is one of the most important in terms of the coach's legal responsibilities. This section emphasizes the seven team management functions you need as a coach. Other topics covered are how to fulfill your legal duties in managing the risks of student-athletes and reducing your risk of litigation.

**Coaching for Character** — Incorporating character education through coaching can help give young people beliefs and behaviors while playing sports. Coaching for Character has been defined as teaching young people the knowledge and attitude to become fair and good people.

**Coaching for Diverse Athletes** — Today, kids of all different backgrounds are able to participate in sports. Because of this growth coaches need to be prepared to coach players who have differing needs such as physical, mental, medical, social and cultural.

**Performance Enhancing Drugs** — As a coach you want to make sure to promote a healthy lifestyle so that your athletes can be fueled properly and have the energy to perform at their best. Promoting a healthy balanced diet can eliminate the need for nutritional supplements.

### Course Description

The instructor is Dan Swagerty from Champion Christian School.

The course is 8 hours. Participants will receive the text entitled *Successful Coaching*.

Participants need to pass the CIF and ASEP Tests. The seminar is offered on a first-come first-served basis. The class is limited to 60. Cost is \$120.00 with lunch included. *Checks or Credit Cards are accepted.* No Refunds. If you are unable to attend you may allow someone else to take your place. If you have any questions, please contact the Athletic Department at (530)226-4703.

### Coaching Principles Class

Registration Form

Duplicate Form as Needed

Name \_\_\_\_\_ Phone: \_\_\_\_\_

School \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Credit Card: [MC][Visa][Am. Exp.] \_\_\_\_\_ Exp. \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

Cost \$120.00 – Lunch included. NO REFUNDS. If you're unable to attend you may allow someone else to take your place with a signed permission note from you. Checks are to be made out to Simpson University.

Return this form and check to:

Simpson University, Athletic Department, Attn: Mark Pettengill  
(530) 226-4703, 2211 College View Drive, Redding, CA 96003