

# Improve your performance as a coach



LA84 Foundation's CIF Coaching Orientation  
Online Course  
ASEP • 2010  
\$38.00 (retail)

**ACT NOW!** Thanks to funding provided by the LA84 Foundation, the **first 250 coaches** in the LA City Section can purchase the course at the **discounted price of \$18** (a \$20 savings)! Be sure to use **Promo Code G444** when placing your order. See reverse side for ordering information.

The **LA84 Foundation** and the **American Sport Education Program** in conjunction with the **California Interscholastic Federation** are pleased to offer an online training opportunity for high school coaches in the Los Angeles Unified School District. The **LA84 Foundation's CIF Coaching Orientation course** brings together material from the ASEP Coaching Principles, Sport First Aid, and Coaching Technical and Tactical Skills courses, and includes an entire unit covering CIF-specific information on policies, procedures, rules, and reporting. **The California Interscholastic Federation and the California Department of Education have reviewed this course and recognize it as meeting California coaching education requirements.**

LA84 Foundation's CIF Coaching Orientation is designed to help coaches

- Start to develop a personal coaching philosophy and coaching objectives.
- Recognize a coach's role in helping players develop good character.
- Evaluate and improve communication skills.
- Describe how to build team chemistry and manage athletes' behavior using positive discipline and team rules.
- Recognize how to work effectively with administrators, officials, parents, and the media.
- Recognize what motivates high school athletes, and explain how to integrate this knowledge with innovative approaches to learning in order to be an effective teacher.
- Create plans for teaching technical and tactical skills, and describe how to teach and practice these skills.
- Identify educational resources for learning about and keeping abreast of sport-specific skills and the latest technological advances in a sport.
- Recognize legal responsibilities related to managing risk.
- Explain responsibilities for ensuring the safety of athletes, including working with members of the athletic health care team, handling medical and weather emergencies, providing safe athletic facilities and equipment, and coordinating physical exams and medical records.
- Recognize a coach's role in promoting physical fitness with athletes.
- Develop instructional plans for the season and for individual practices.
- Understand CIF-specific requirements on policies, procedures, rules, and reporting.

The course averages four to six hours to complete. Coaches conclude the course with two online tests, one for the course and another for the CIF-specific unit, and receive results immediately after submitting their tests. A certificate of course completion is printable from the ASEP Web site.



Visit [www.ASEP.com/ASEP\\_content/org/LACS.cfm](http://www.ASEP.com/ASEP_content/org/LACS.cfm)

## How to purchase LA84 Foundation's CIF Coaching Orientation Course

To purchase your course, follow these simple steps:

1. Visit [www.ASEP.com/ASEP\\_content/org/LACS.cfm](http://www.ASEP.com/ASEP_content/org/LACS.cfm);
2. Click on LA84 Foundation's CIF Coaching Orientation online course text link in the table at the bottom of the page;
3. Click Add to Cart;
4. Create your account on the site;
5. Enter **Promo Code G444** on the shopping cart page to receive your **\$20 course discount** (this offer only available to first 250 who purchase the course!);
6. Proceed through the checkout process;
7. You will have immediate access to your course.



If you have questions or would like to learn more about the course, please contact Byron Clark at 1-800-747-5698, ext. 2423 or [ByronC@hkusa.com](mailto:ByronC@hkusa.com)

### About the Course Developers

**The American Sport Education Program** has been developing and delivering coaching education courses since 1981. As the nation's leading coaching education program, ASEP works with national, state, and local sport organizations to develop educational programs for coaches, officials, administrators, and parents. These programs incorporate ASEP's philosophy of "Athletes first, winning second."

**The California Interscholastic Federation** Coaching Education Program was developed to enhance the experience of student-athletes by assuring that their coaches meet a minimum level of professional training. The program provides strong, pragmatic and comprehensive instruction for coaches of interscholastic athletics in California that is consistent with the highest national standards as set by the California State Legislature, the California Department of Education, and the California Interscholastic Federation.

**LA84 Foundation's** mission is to serve youth through sport and to increase knowledge of sport and its impact on people's lives. LA84 Foundation supports a wide array of youth sports programming and awards grants to youth sport organizations within the eight southernmost counties of California. The organization also conducts youth sports and coaching education programs a number of which have become models for similar programs nationwide. It is a private, non-profit institution that has committed more than \$185 million to accomplish its mission since 1985. To date, two million boys and girls and more than 1,000 youth sport organizations throughout Southern California have benefited from the endowment.



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