

### **Coach Recertification**

Class A volunteers are mandated to recertify every three years, per Special Olympics International. In an effort to streamline this process, we are providing several online classes which will satisfy this need. Utilizing professional development courses offered through the National Federation of High Schools (NFHS), we have constructed a list of viable options which will assist our volunteers as they continue to develop their coaching skills. Some of these courses address general concerns in athletics today, while others take an in depth look at specific sports and common practices that are implemented by other professionals in the field. Furthering ones education is an effective way of staying abreast of new trends and developments within coaching.

### **Registration Process:**

1. Review and choose ONE of the courses below.
2. Email Tom Peyton ([peyton@nyso.org](mailto:peyton@nyso.org)) your preferred selection.
3. A link to your course will be sent to you within a few minutes.
4. Click the link, which will connect you to NFHSlearn.com.
5. Register your account by providing your email and a password of your choosing (1<sup>st</sup> time users). For return users, you will be asked to login.
6. Click the "My Courses" tab on the left hand side of the page.
7. Click the "Complete Course" tab to begin.
8. You do not have to complete the course in one sitting. When you log back in, you will be able to pick up right where you left off!
9. In order to receive credit for the course you must:
  - a. Complete within 30 days.
  - b. Take a screen shot or print the completion certificate (we do not receive an electronic notification of your completion).
10. Please email Ryan with any questions or concerns.

### **Core Courses**

#### **Creating a Safe and Respectful Environment**

Creating a Safe and Respectful Environment defines and provides recommendations for coaches in three specific areas; inappropriate relationships and behaviors, hazing, and bullying (including cyberbullying). This course educates coaches about their legal responsibility to provide a safe and respectful environment for the students in their care.

#### **Sports Nutrition**

Proper nutrition can optimize athletic performance. This course hosted by sports medicine specialist Dr. Mick Koester, can help your students be performing at their peak. As a coach, this course contains practical tips on how you can model and teach proper nutrition to your athletes.

## Sportsmanship

The NFHS developed this free course to give you a better understanding of sportsmanship, how it impacts the educational process and identifies your specific role in modeling it at all interscholastic athletic events. Insight is shared throughout the course from fans, players, parents, teacher-coaches and officials. This course will help provide schools a more positive game environment.

## Heat Illness Prevention

Exertional heat stroke is the leading cause of preventable death in high school athletics. Exertional heat stroke also results in thousands of emergency room visits and hospitalizations throughout the nation each year. This free course, brought to you by EAS Sports Nutrition, a division of Abbott Labs, is designed to give you the critical information you need to minimize the risk of exertional heat stroke among your athletes. The course presents seven fundamentals, which when followed, will minimize heat related illnesses of the students who participate.

## Sudden Cardiac Arrest

Sudden Cardiac Arrest is the number one cause of death in the United States for student athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood.

With content developed by Simon's Fund, this course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest. Also included are tips for what to do in the critical moments after an individual suddenly collapses in order to save their life.

## First Aid, Health And Safety For Coaches

This First Aid, Health and Safety For Coaches course, brought to you by the National Federation of State High School Associations and the American Red Cross, is designed to provide an overview of first aid and the best practices for many first aid situations. The skills taught in this course do not replace professional medical help but offer guidelines and techniques for temporary assistance until advanced medical help arrives.

American Red Cross certification is current for a period of two years from date of course completion (Please note your state association's effective period may differ).

## Teaching Sports Skills

Teaching Sports Skills, based on the National Standards for Sport Coaches, provides the teacher/coach with information needed for successful teaching methods. Successful coaching and successful teaching share many characteristics in their approaches and results. This course provides education for those individuals who have not had training in how to teach sports skills.

## Teaching and Modeling Behavior

This course, authored by Bruce Brown, Director of Proactive Coaching and a master clinician, helps teacher/coaches understand the importance of modeling appropriate behavior and promoting good sportsmanship. Coaches will understand how inappropriate behavior affects how they and their teams are perceived by students, fans, opposing teams, and officials. This course highlights the benefits of a proactive approach in teaching and modeling behavior, as well as specific approaches for rehearsing appropriate behavior and sportsmanship.

## Strength and Conditioning

Strength and Conditioning, developed by the National Strength and Conditioning Association in partnership with the NFHS, is designed for any individual who has responsibility for weight room supervision and conditioning programs. The course presents the principles of conditioning and includes in-depth explanations of best practices and more than 80 videos demonstrating proper techniques.

## Fundamentals of Coaching

This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools. Please check with your state association to see if this course complies with your state requirements.

### **Sport Specific Courses**

## Coaching Basketball

Hosted by Clark Kellogg of CBS Sports, this course includes content developed by 2009 USA Basketball Developmental Coach of the Year and 2013 USOC National Development COY, Don Showalter of Iowa. This course teaches basic and advanced skills in offense and defense; guides in developing a student-appropriate coaching philosophy and provides effective communication strategies. Many top college and professional coaches provide important "Coaching Wisdom" as a bonus feature.

## Coaching Golf

In partnership with the PGA of America, Coaching Golf teaches the rules and etiquette of the game, as well as fundamental techniques, including full swing, iron play, putting and effective practices. This course is hosted by Todd Anderson of Sea Island, Georgia, one of the top teaching golf professionals in America.

## Coaching Soccer

Coaching Soccer, developed by the National Soccer Coaches Association of America in partnership with the NFHS, provides a unique student-centered curriculum on essential soccer coaching techniques and methods for interscholastic teacher/coaches. This course also shares practical methods for increasing student participation through effective feedback and stress reduction.

## Coaching Softball

In this course, Mike Candrea, former head coach of the USA Softball Women's National team who has more than 30 years of experience coaching softball, explains the basic skills of throwing and catching, offensive skills, overview of each position's role, team defensive tactics, practice plan development, and additional coaching tips that coaches can use to teach and help improve their softball teams.

## Coaching Swimming

Coaching Swimming was developed by the NFHS and the National Interscholastic Swim Coaches Association of America (NISCA). This course teaches the basic skills of the four competitive strokes, and also includes starts, turns and finishes. It also provides material on how to best administer a successful swimming program.

## Coaching Track and Field

Coaching Track and Field, developed by USA Track and Field and the NFHS is hosted by decorated Olympic athletes Dan O'Brien and Hyleas Fountain. The course presents the fundamentals of running, jumping and throwing, as well as the importance of sound mechanics and how to teach these basic skills. After taking this course, you will be able to identify key points or stages of a skill, and use visual demonstrations with verbal cues to help participants execute a particular technique or skill. Members of USA Track and Field will receive a \$10 discount as an added benefit.

## Coaching Volleyball

Coaching Volleyball, developed by the NFHS in partnership with USA Volleyball and the American Volleyball Coaches Association, provides basic information about designing practice sessions, technical skills, rotational systems, serving and receiving organizational concepts, defensive systems, blocking options, team selections, and rules and match management. Video demonstration of all volleyball skills and drills are provided as an integral part of the course.