

SDHSAA COACHES EDUCATION PROGRAM

Why Coaches Education?

Interscholastic athletic programs in South Dakota are an extension of the classroom. Athletics have been valued in our society for teaching traditional American values such as competition (achievement, motivation), sportsmanship (ethical behavior), leadership and building character. Competition is highly valued because through competitive experiences in sports, young people can develop ethical behavior. They can learn a basic code of sportsmanship that transfers to a moral code for living. In competitive sports, where winning is a valued prize, opportunities for making moral decisions reflecting fairness, integrity and sense of ethics often occur.

The development of young people with quality leadership skills has always been an important goal of sport. Young people must understand that every member, regardless of skill or talent, has a role to play in a successful team effort. No one wins or loses alone. It takes skilled coaches to counteract a message popularized by the media that it is the “star” who makes a team successful.

At the heart of the high school sports experience is the quality of coaching provided to student athletes. A key element of having high quality coaching is ensuring that coaches have proper and ongoing training.

Young people will experience the positive outcomes of athletic participation only if they have a qualified coach. A well-qualified coach knows how to plan dynamic practice sessions, teaches sound fundamentals with good learning progressions, and plans training programs appropriate for the sport. Successful coaches communicate with their athletes effectively and understand the kind of positive motivational approaches that result in achievement. Athletes who receive good coaching will be injured less frequently. As a consequence, they will have more opportunities to experience the excitement and receive the positive values of athletic competition, while performing at their best possible level.

The SDHSAA Coaches Education Program

The initial goal of the South Dakota Coaches Education Program is to provide all new South Dakota high school coaches, regardless of their coaching position (head or assistant), with systematic, integrated and practical courses covering the following: basic coaching principles, training and nutrition principles, proper technique instruction, team and risk management practices, and basic sport first aid techniques.

The South Dakota High School Activities Association Coaches Education Requirement consists of the National Federation Fundamentals of Coaching and First Aid for Coaches courses or their approved equivalents. Equivalent programs or course work at an accredited college or university taken by prospective coaches will be accepted. Those people holding a coaching endorsement prior to the 2000-01 school year from the South Dakota Department of Education will continue to be qualified to coach in South Dakota High Schools. These coaches may however, take the courses for refresher purposes or for college renewal credit if they so desire.

Both courses will be offered on-line only. There will no longer be classroom style courses offered by the SDHSAA. To register for the on-line courses go to the SDHSAA website (www.sdhsaa.com) and click on Athletics, Coaches Education, course registration. This will take you directly to the NFHSlearn.com website. Course registration and payment of fees will be on-line. Course materials will be received from the National Federation.

Required course work must be completed prior to the individual beginning their coaching responsibilities.

The fee for the Fundamentals of Coaching course will be \$40.00. The fee for the First Aid for Coaches course will be \$45.00. Included in fee are course textbooks, DVD, course study guide, test processing and diploma.

COURSE DETAIL

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. Coaches will have one year from the date of purchase to review this course and all resources.

NFHS Fundamentals of Coaching consists of 5 Units

- Unit 1: Educational Athletics and the Role of the Coach
- Unit 2: The Coach as Manager
- Unit 3: The Coach and Interpersonal Skills
- Unit 4: The Coach and Physical Conditioning
- Unit 5: The Coach as a Teacher

About the Course

Developed with and for interscholastic teacher/coaches and athletic administrators
Developed to meet state association requirements for coaching
4 to 6 hours for online completion
Participants will have 365 days from the date of purchase to complete and review this course.

First Aid for Coaches

First Aid for Coaches, a component of Sports Safety Training, is a web-based course developed by the American Red Cross of Greater Indianapolis and supported by the United States Olympic Committee. The course teaches American Red Cross first aid in the context of sport and the prevention of sport-related injury. The participant will learn about becoming a more responsible coach and safely returning the athlete to play. This course must be completed within 90 days, you will have one year from the date of purchase to review course content.

First Aid for Coaches Consists of 6 Units

- Unit 1: Coaching Responsibilities and Injury Prevention
- Unit 2: Preventing Disease Transmission
- Unit 3: First Aid
- Unit 4: Breathing Emergencies
- Unit 5: Prevention and Care for Specific Injuries
- Unit 6: Sudden Illness

About the Course

Developed with and for interscholastic teacher/coaches and athletic administrators
3 to 4 hours for online completion
Participants will have up to 90 days to complete the course and 365 days from date of purchase to review the course materials
Participants are allowed 3 attempts to pass the test.

The Online Experience

- Available online 24 hours a day – at work or at home
- Start when you're ready and set your own pace for completion
- Take a break, log back on and pick up where you left off
- All testing and certification accomplished online
- A certificate of completion will be issued and may be printed online

2009-10 COACHING EDUCATION REQUIREMENTS

Position Held Previous to 2000-2001	*Coaching Endorsement from Dept. of Ed.	Presently Have Fundamentals of Coaching or Equivalent	Presently Have First Aid for Coaches or Equivalent	Course(s) Needed for 2009-2010
Head Coach	Yes (Certified Coach)	Yes	Yes	None
Ass't Coach	Yes (Certified Coach)	No	Yes	None to remain an Assistant Fundamentals of Coaching to Become a Head Coach
Head Coach	No (Authority to Act)	No	No	First Aid for Coaches & Fundamentals of Coaching
Ass't Coach	No (Authority to Act)	No	No	First Aid for Coaches & Fundamentals of Coaching
Head Coach	Yes (Lay Coach)	No	Yes	Fundamentals of Coaching
Ass't Coach	Yes (Lay Coach)	No	Yes	Fundamentals of Coaching

New Coach (Head or Ass't) Must have both First Aid for Coaches and Fundamentals of Coaching or their equivalents.

***Applicable to coaching endorsements from Dept. of Education previous to the 2000-01 school year.**

Volunteers If the volunteer is only serving as chaperone or driver no course work is required. However, if the volunteer is responsible for coaching specific skills related to a particular sport and will be in control of specific drills or parts of practice then both First Aid for Coaches and Fundamentals of Coaching are required.

Equivalent Defined:

Sports First Aid - Course in Care and Prevention of Athletic Injuries
Course in Red Cross First Aid
Sport First Aid (ASEP)

Coaching Principles - Any College Coaching Theory Course
Coaching Principles (ASEP)

Competitive Cheer and Competitive Dance - Coaching Education Requirements

Competitive Cheer

Head Coach Requirements

All coaches must have completed parts of the NFHS Spirit Coaches Education Program.

- View the online rules meeting annually
- Take and pass the online open book test annually
- AACCA safety certification
- Spirit Program Management
- First Aid for Coaches or its equivalent
(can be obtained online at www.nfhslearn.org)

Recommended: Complete one of the following technique courses:

- Partner Stunt Progressions I
- Motions, Jumps, and Tumbling.

It is recommended that assistant coaches meet the same qualifications as the head coach if they are directly responsible for a team of cheerleaders. If the assistant coach is under the direct supervision of the head coach, the coaching qualifications are not required (any additional education is always recommended).

Competitive Dance

Head Coach Requirements

All coaches must have completed parts of the NFHS Spirit Coaches Education Program.

- View the online rules meeting annually
- Take and pass the online open book test annually
- AACCA safety certification
- Spirit Program Management
- First Aid for Coaches or its equivalent
(can be obtained online at www.nfhslearn.org)

Recommended: Complete one of the following technique courses:

- Conditioning and Stretching for Dance,
- Dance Technique I.

It is recommended that assistant coaches meet the same qualifications as the head coach if they are directly responsible for a team of cheerleaders. If the assistant coach is under the direct supervision of the head coach, the coaching qualifications are not required (any additional education is always recommended).

Sideline Cheer - Coaching Education Requirements

Stunting

All coaches must have completed parts of the NFHS Spirit Coaches Education Program.

- View the online rules meeting annually
- Take and pass the online open book test annually
- AACCA safety certification
- Spirit Program Management
- First Aid for Coaches or its equivalent
(can be obtained online at www.nfhslearn.org)

If a qualified cheer coach and/or school approved supervisor is not in attendance at an activity, cheer teams **WILL NOT** be allowed to perform stunts.

It is recommended that assistant coaches meet the same qualifications as the head coach if they are directly responsible for a team of cheerleaders. If the assistant coach is under the direct supervision of the head coach, the coaching qualifications are not required (any additional education is always recommended).

Non-Stunting

All coaches must have completed parts of the NFHS Spirit Coaches Education Program.

- View the online rules meeting annually
- Take and pass the online open book test annually
- Spirit Program Management
- First Aid for Coaches or its equivalent
(can be obtained online at www.nfhslearn.org)

It is recommended that assistant coaches meet the same qualifications as the head coach if they are directly responsible for a team of cheerleaders. If the assistant coach is under the direct supervision of the head coach, the coaching qualifications are not required (any additional education is always recommended).