

Coaching Education

Marin County Athletic League 2019 -2020

The Marin County Athletic League and the CIF requires that all persons who coach must have attended and passed a Coaching Education course. The league offers Coaching Education courses to their coaches based on the text of the **AMERICAN SPORTS EDUCATION PROGRAM** "Successful Coaching" and materials from the **CALIFORNIA INTERSCHOLASTIC FEDERATION**. Coaches who pass the **ASEP** and **CIF** tests will receive a lifetime diploma from ASEP. Coaches who attend the Sports First Aid & CPR course will receive a 2-year certification.

MCAL member schools pay the registration fee for the MCAL coaches. Coaches from outside of the MCAL are invited to join the MCAL classes. The fee for coaches outside of the MCAL is \$100.00 for the Coaching Education course and \$25.00 for the First Aid & CPR course. The fees cover text, instructor, initial testing, certification, and lunch.

All courses are held at: **Marin Catholic High School Library (upper parking lot)**
675 Sir Francis Drake Blvd.
Kentfield, California 94904

THE COACHING PRINCIPLES COURSE covers coaching philosophy, coaching styles, communication, motivation, setting goals, season planning, teaching sports skills, off-season training, risk management, self-management, and team management. The course is offered three times a year.

Dates offered... register for one only... PRE-REGISTRATION NEEDED

Saturday, AUGUST 10, 2019 Saturday, NOVEMBER 2, 2019 Saturday, FEBRUARY 8, 2020
The Saturday course starts at 7:45 and ends at 4:30. Lunch is included

THE SPORTS FIRST AID & CPR course covers basic sports first aid and a 2-year CPR certification. The course is offered three times a year. **NO PRE-REGISTRATION NEEDED FOR FIRST AID AND CPR.....**

Dates offered... NO PRE-REGISTRATION NEEDED FOR FIRST AID CPR

Sunday, AUGUST 11, 2019 Sunday, NOVEMBER 3, 2019 Sunday, FEBRUARY 9, 2020
The Sunday course starts at 7:45 and ends at 11:45

****PRE-REGISTRATION IS REQUIRED FOR THE Coaching Principles Class...DROP IN IS OK FOR THE CPR Class...**

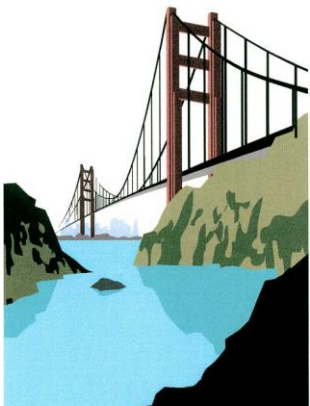
To register for classes, please visit our website at MCALsports.org and fill out the required registration form and E-MAIL, MAIL or FAX to the MCAL office at the numbers below.

For more information contact: MARIN COUNTY ATHLETIC LEAGUE OFFICE

Rich Woodall, Program Coordinator
333 Doherty Drive
Larkspur, California 94939

Phone number: 415-924-4424 FAX 415-924-6430 Email mcall@marinschools.org Website MCALsports.org

REQUIRED REGISTRATION FOR SATURDAY COACHING EDUCATION CLASS



Marin County Athletic League

Susie Woodall, Commissioner
Rich Woodall, Asst. Commissioner & Program Coordinator
333 Doherty Drive Larkspur, CA. 94939
415-924-4424 mcal1@marinschools.org 415-924-6430 (fax)

PLEASE PRINT OUT, FILL IN, AND EMAIL, MAIL OR FAX TO THE NUMBER ABOVE

REGISTRATION FORM COACHING

PRINCIPLES COURSE

ALL AREAS MUST BE FILLED IN....(**Please print clearly**)

NAME: _____

ADDRESS: _____

TELEPHONE: Home _____ Cell: _____

EMAIL ADDRESS: _____

ASEP NUMBER:

THIS NUMBER WILL BE GIVEN TO YOU THE DAY OF THE COURSE

SCHOOL WHERE YOU COACH: _____

SPORT & LEVEL: _____

DATE ATTENDING * (Please circle one): AUGUST 10TH NOVEMBER 2ND FEBRUARY 8TH
Marin Catholic High School Library (upper parking lot) 7:45 to 4:30

LUNCH IS PROVIDED PLEASE NOTE WHICH KIND OF SANDWICH YOU WOULD LIKE:
_____-TURKEY_____- TURKEY W/AVACADO_____- HAM_____- ROAST BEEF_____- VEGGIE

QUESTIONS PLEASE CONTACT: Rich Woodall, Program coordinator

*Please be considerate of others...if your plans change and you cannot attend the class please notify the MCAL Office 48hrs in advance so someone can fill your reserved spot. Failure to do so results in a \$50 charge.