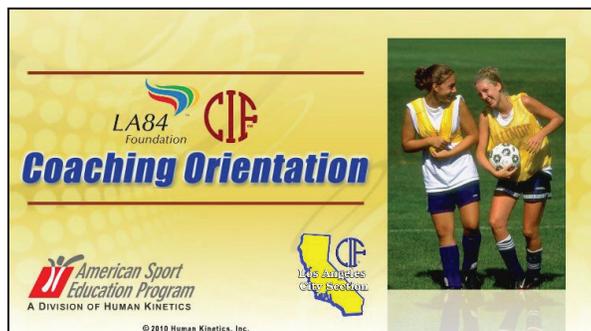


Improve your performance as a coach



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

ACT NOW AND SAVE!

Thanks to funding provided by the LA84 Foundation, the **first 400 coaches** in the CIF Los Angeles City Section over the course of this school year 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 **Human Kinetics Coach Education** in conjunction with the **California Interscholastic Federation (CIF)** are pleased to offer an online training opportunity for high school coaches in the **CIF Los Angeles City Section**. LA84 Foundation's **CIF Coaching Orientation** online course brings together material from the courses Coaching Principles, Sport First Aid, and Coaching Technical and Tactical Skills, and includes an entire unit covering CIF-specific information on policies, procedures, rules, and reporting. The CIF and the California Department of Education have reviewed the 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 Human Kinetics Coach Education Center website.

How to purchase LA84 Foundation's CIF Coaching Orientation Course

To purchase your course, follow these simple steps:

1. Visit www.HumanKineticsCoachEducationCenter.com;
2. Click on the "View Requirements" tab on the home page and select "CIF Los Angeles City Section" from the alphabetical list of organizations;
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 is only available to the first 400 coaches who purchase during the school year);
6. Proceed through the checkout process;
7. You will have immediate access to your course.

For more information, contact:



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Assistant Director, Coach Education
800-747-5698, ext. 2325
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CIF Los Angeles City Section
Contact: John Aguirre
Commissioner
818-767-0800
JAguirre@cif-la.org

About the Course Developers

Human Kinetics Coach Education has been developing and delivering coaching education courses since 1981. As the nation's leading coaching education program, Human Kinetics Coach Education works with national, state, and local sport organizations to develop educational programs for coaches, officials, administrators, and parents. These programs are based on an athlete-centered philosophy that places the developmental needs of athletes ahead of winning at all costs.

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. LA84 Foundation is a private, non-profit institution that also conducts youth sports and coaching education programs a number of which have become models for similar programs nationwide. More than 1,000 youth sport organizations throughout Southern California have benefited from the endowment.

