

# THE NFHS SPIRIT COACHES EDUCATION PROGRAM



## LEADING THE WAY FOR SPIRIT COACHES!

### PROFESSIONAL EDUCATION FOR PROFESSIONAL SPIRIT COACHES –

Whether new or experienced, spirit coaches today need technical knowledge of their sport/activity as well as professional coaching education to excel. It is simply not enough to have been a cheerleader or dancer; coaches need education in coaching techniques to lead, mentor and impart positive aspects of spirit activities in addition to teaching skills.



## BronzeLevel

**COACHING PRINCIPLES** – This course provides the essential education for those entering the coaching profession and features new chapters on character education, coaching diverse athletes, managing problem behaviors in athletes, and drugs and sports. Developed by the American Sport Education Program (ASEP), this course covers principles in five main areas: coaching, behavior, teaching, physical training and management. This eight-hour course costs approximately \$100 and will be available online in February of 2004.

**SPORT FIRST AID** – What coaches don't know about injury prevention, evaluation and treatment could become a liability to their school and district. With this course, developed by ASEP, coaches receive updated information on preventing, evaluating and responding to more than 130 athletic injuries, from blisters to head and spine injuries. This four-hour course costs approximately \$100 and will be available online in February of 2004. All spirit coaches who take Sport First Aid must also complete CPR training and show proof of a CPR certification.

**AACCA SAFETY CERTIFICATION** – The American Association of Cheerleading Coaches and Advisors (AACCA) has teamed with the NFHS to provide its outstanding safety certification course for cheer and dance coaches. The course focuses on performance readiness, skill progressions and medical and legal responsibilities in cheerleading. This five-hour course costs \$75, which includes the \$20 safety manual.

**PARTNER STUNT PROGRESSIONS** – This three-hour course focuses on teaching intermediate to advanced stunts in a safe, progressive manner. Lead-up skills, stunt bio-mechanics and spotting specifics are also covered in both classroom and "hands-on" settings. A three-hour course is also planned for dance coaches entitled "Dance Technique." This course focuses on teaching dance coaches basic dance technique, dance terminology, and style in a safe, progressive manner. The cost for either course is approximately \$50, which includes the workbook and a test.

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**MOTIONS, JUMPS, AND TUMBLING** – This three-hour course will consist of three important elements of cheerleading: motions, jumps and tumbling. The motion workshop will detail correct motion placement and offer coaching techniques for improving sharpness and synchronization. The jumps section will cover proper conditioning and technique for the most common cheerleading jumps. The tumbling portion will provide information on tumbling progressions and spotting techniques for the basic tumbling elements found in cheerleading. This course will cost approximately \$50.

# SPIRIT



*In partnership with ASEP and developed and administered in association with UCA and AACCA*

For more information on the NFHS Spirit Coaches Education Program, contact the NFHS at (317) 972-6900 or visit the NFHS Web site at <[www.nfhs.org](http://www.nfhs.org)>.