



THE CONNECTICUT INTERSCHOLASTIC ATHLETIC
CONFERENCE
30 REALTY DRIVE
CHESHIRE, CT 06410

Non-Profit Org
U.S. Postage Paid
Cheshire, CT
Permit No. 90

Future Coaches Academy

Cheshire CT -- December, 2005

THE CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE **Future Coaches Academy**



an investment in youth and sport

■ What is the Future Coaches Academy?

The FCA is a two-day program which provides training and education to new or inexperienced coaches. The objectives of the FCA are:

- To present information on team organization and management as well as the dynamics involved when working with groups;
- To identify the key elements in successfully working with individual student-athletes, with special emphasis on positive coaching. Laws of learning coupled with essential components of sports psychology will be employed as part of this learning;
- To provide opportunities for discussing important case studies related to middle school and high school athletics, and to provide opportunities for discussion on the various topics previously taught;
- To provide accurate information to future coaches concerning key CIAC rules and regulations pertaining specifically to coaches.

■ Who should attend?

The FCA is designed for new and aspiring coaches, irrespective of the level at which their efforts will be directed. There is no age limit and no specific criteria for enrollment. The only requirement is an interest in becoming a coach or a desire to enhance one's knowledge of the coaching profession.

■ General description

The training will be divided into four segments. The first session of day one will be devoted to understanding the CIAC Rules and Regulations and the structure of that body. The second session will concentrate on team organization and management. The second day's morning session will cover the important topics of individual and team psychology. The afternoon session will be devoted to case studies as well as questions and answers related to the topics.

■ Cost

The cost per participant will be \$85. Lunch will be provided both days.

■ Benefits

Participants will receive a certificate of course completion at the end of the second day. School systems will be notified of participation as requested by the enrollees. If applicable, successful completion of the course will count toward the continuing education requirements needed for coaching re-certification. The most important benefits will be the coaching knowledge gained from the Academy and the subsequent confidence participants will have as they begin or continue in a coaching career.

■ When and Where?

The Academy will be held at the CIAC office on **December 27-28, 2005** from 8:00 a.m.-2:00 p.m. The CIAC office is located at 30 Realty Drive, Cheshire, CT (for directions, visit www.casciac.org/directions.shtml). Enrollment will be limited to 20 individuals.

■ Topics addressed

Day One:

First Session

CIAC Rules and Regulations • student eligibility • hazing • sexual harassment • liability

Second Session

Team organization and management

Day Two:

Morning Session

Sport Psychology • player and team dynamics

Afternoon Session

Practical case studies • Questions and Answers

Additional topics to be covered:

Coaching language • coaching styles • current trends in training (e.g. functional training, periodization) • intern/volunteer limitations • athletics venues as extensions of the school classroom • CPR/first-aid • observation of successful coaches • handbooks (student-athlete, parent and coaches) • program organization (including pre-game preparation, post-game duties) • sport psychology - adolescent mentality and maturity • Thorndike's Laws of Learning and other relevant learning theories • substance use and abuse • physical examinations • medical forms • press relations • how to interview, write applications, etc. • coaching styles

REGISTRATION

CIAC FUTURE COACHES ACADEMY



NAME _____

STREET ADDRESS _____

CITY _____

STATE _____

ZIP _____

SCHOOL AFFILIATION (IF APPLICABLE) _____

TELEPHONE NUMBER _____

SS# (FOR CEUS ONLY) _____

E-MAIL ADDRESS _____

DECEMBER 27 & DECEMBER 28, 2005

8:00 A.M. - 2:00 P.M. / REGISTRATION: 7:30 A.M.

MEALS WILL BE PROVIDED

PAYMENT INFORMATION:

Check one of the following

Check enclosed (make payable to CAS)

PO # _____

Visa

Master Card

Card Number: _____

Expiration Date: _____

Signature: _____

Mail registration and payment to:

CIAC Coaches Academy
30 Realty Drive
Cheshire, CT 06410