



COACHING RESOURCES

Below are several resources for the Athletic Coach to meet the mandated requirements to coach students in the Eureka Union School District. Keep in mind, this is only a partial list, and by no means not the only options available to you.

Competency Area #1

(Care and prevention of athletic injuries, basic first aid, and emergency procedures)

<p>Must hold:</p> <ul style="list-style-type: none"> ● First Aid and CPR (CPR must have the skills portion to work with students) ● Sudden Cardiac Arrest (SCA) ● Concussion in Sports Training (annually) 	<p>Options:</p> <ul style="list-style-type: none"> ● American Red Cross (quickest) ● Attend a course through a College/University ● SCA and Concussion Training http://nfhslearn.com/users/sign_up
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Competency Area #2

(Coaching theory & techniques in the sport being coached)

<p>Must meet 1 requirement:</p> <ul style="list-style-type: none"> ● Completion of college course in coaching theory/techniques; ● Completion of in-service programs arranged by the school district or County office; ● Prior service as a student coach or assistant coach in the sport; ● Prior coaching in community youth athletic programs in the sport; or ● Prior coaching in organized competitive athletics at high school or above in the sport. 	<p>Options:</p> <ul style="list-style-type: none"> ● Share your prior coaching experience (even Assistant Coach) ● Attend a course through college ● Enroll in Double-Goal Coach certification (through PCA) ● Training through: https://www.nays.org/nyscaonline/preview/ ● Training through: https://www.nfhs.org/nfhs-for-you/coaches
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Competency Area #3

(Rules and regulations in the athletic activity being coached)

<p>Must meet this requirement:</p> <ul style="list-style-type: none">• Knowledge of the rules/regulations pertaining to sport and the league rules.	<p>Options:</p> <ul style="list-style-type: none">• Proof of workshop through- https://www.nays.org/nyscaonline/preview/• Proof of workshop through- https://www.nfhs.org/nfhs-for-you/coaches
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Competency Area #4

(Child/adolescent psychology appropriate for grade level of the involved sports activity)

<p>Must meet 1 requirement:</p> <ul style="list-style-type: none">• Completion of college course in child psychology (elementary)& adolescent/sports psychology (secondary);• Completion of seminar/workshop on human growth & development of youth; or• Prior active involvement with youth in school/community sports programs.	<p>Options:</p> <ul style="list-style-type: none">• Attend a college course• Training through- https://www.nays.org/nyscaonline/preview/• Training through- https://www.nfhs.org/nfhs-for-you/coaches
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Helpful resources throughout your coaching experience:

- ★ Positive Coaching Alliance (PCA)
<https://www.positivecoach.org/chapters/sacramento/>
- ★ National Alliance for Youth Sports (NAYS)
<https://www.nays.org/>
- ★ National Federation of State High School Associations (NFHS)
<https://www.nfhs.org/>