



coaching education

Marin County Athletic League

2009-2010

The Marin County Athletic League and the CIF requires that all persons who coach must have attended and passed a coaching 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 Sports First Aid & CPR course will receive a 2-year certification.

MCAL member schools pay the registration fee for MCAL coaches. Coaches from outside of the MCAL are invited to join the MCAL classes. The fee for coaches outside the MCAL is \$100 for Saturday only, \$25 for Sunday only. The fees cover text, instruction, initial testing and certification.

All courses are held at: **Marin Catholic High School Library**
675 Sir Francis Drake Blvd.
Kentfield, Ca. 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 during the school year:

August 15th, November 7th, February 6th The Saturday course starts at 7:45 and ends at 4:45. Lunch is included.

The Sports First Aid & C.P.R. Course covers first aid specific to sports injuries and a 2-year CPR certification. The course is offered three times during the school year:

August 16th, November 8th, February 7th

The Sunday course starts at 7:45 and ends at 11:45.

**PRE-REGISTRATION IS REQUIRED FOR
SATURDAY CLASS...drop in OK for Sunday.**

To register for classes, please visit our website @ MCALsports.org and fill out the required registration sheet and fax to MCAL office at the number below.

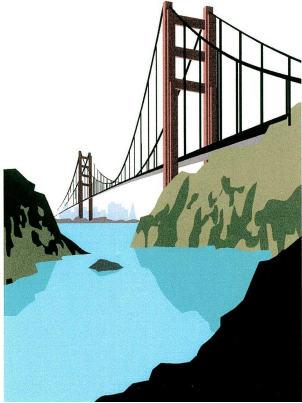
For more information contact the Marin County Athletic League Office
Rich Woodall, program coordinator

375 Doherty Drive
Larkspur, Ca. 94939

Phone: 415-924-4424 FAX: 415-924-6430

Email: mcal1@marin.k12.ca.us Website: MCALsports.org

Registration for Saturday class



Marin County Athletic League

Susie Woodall, Commissioner
375 Doherty Drive Larkspur, CA. 94939
415-924-4424 mcal@marin.k12.ca.us 415-924-6430 (fax)

Please print out, fill in and fax to the number above.

Registration Coaching Principles Course

All areas must be filled in

Name: _____

Address: _____

Telephone: ____ (____) _____

ASEP Number: _____

This will be given to you the day of the course.

School where you coach: _____

Sport & Level _____

Email address _____

Date Attending (please circle one): **August 15, November 7 OR February 6**
7:45-4:30 @ Marin Catholic Library

Lunch is provided, please note which kind of sandwich you would like:

_____ turkey; _____ turkey w/ avocado; _____ ham; _____ roast beef; _____ veggie

Questions: Contact Rich Woodall, program coordinator.

mcal1@marin.k12.ca.us