

Coaches Advancement Program Schedule

Online registration and schedule available under Education at MHSAA.com (look for the CAP logo). Please check schedule periodically for additions and/or cancellations.

CAP 1:

Sat, March 4, 2017—Highland Park Recreation Center (9am-4pm)
Sat, March 4, 2017—Ann Arbor Huron HS (9am-4pm)
Sat, March 11, 2017—East Jordan HS (8am-3pm)
Sat, March 11, 2017—Adrian HS (9am-4pm)
Sat, March 11, 2017—Warren Fitzgerald HS (9am-4pm)
Sat, March 18, 2017—Grand Traverse Resort (9am-4pm)
Sat, March 25, 2017—Flint Kearsley HS (9am-4pm)
Sat, March 25, 2017—East Grand Rapids HS (9am-4pm)
Sat, April 1, 2017—MHSAA (9am-4pm)
Sun, April 2, 2017—MHSAA (9am-4pm)
Sat, April 8, 2017—MHSAA (9am-4pm)
Sat, April 8, 2017—Gaylord HS (9am-4pm)
Sun, April 9, 2017—MHSAA (9am-4pm)
Sat, May 6, 2017—MHSAA (9am-4pm)

CAP 2:

Sat, February 18, 2017—Pontiac Notre Dame Prep (9am-4pm)
Sat, March 4, 2017—Highland Park Recreation Center (9am-4pm)
Sat, March 4, 2017—Ann Arbor Huron HS (9am-4pm)
Sat, March 11, 2017—East Jordan HS (8am-3pm)
Sat, March 11, 2017—Adrian HS (9am-4pm)
Sat, March 11, 2017—Warren Fitzgerald HS (9am-4pm)
Sat, March 18, 2017—Grand Traverse Resort (9am-4pm)
Sat, March 25, 2017—Flint Kearsley HS (9am-4pm)
Sat, March 25, 2017—East Grand Rapids HS (9am-4pm)
Sat, April 1, 2017—MHSAA (9am-4pm)
Sun, April 2, 2017—MHSAA (9am-4pm)
Sat, April 8, 2017—MHSAA (9am-4pm)
Sat, April 8, 2017—Gaylord HS (9am-4pm)
Sun, April 9, 2017—MHSAA (9am-4pm)
Sat, May 6, 2017—MHSAA (9am-4pm)
Sun, October 22, 2017—Metro Detroit Bowling Ctr (9am-4pm)

CAP 3:

Sat, February 18, 2017—Pontiac Notre Dame Prep (9am-4pm)
Sat, March 11, 2017—East Jordan HS (8am-3pm)
Sat, March 25, 2017—East Grand Rapids HS (9am-4pm)
Sat, April 8, 2017—Gaylord HS (9am-4pm)

CAP 4:

Sat, February 18, 2017—Pontiac Notre Dame Prep (9am-4pm)
Sat, March 11, 2017—Warren Fitzgerald HS (9am-4pm)
Sat, March 25, 2017—East Grand Rapids HS (9am-4pm)

CAP 5:

Sat, May 6, 2017—MHSAA (9am-4pm)

CAP 6:

“Leaders are obligated to bring out the best in their people. Most people will not reach their objectives unless you encourage them to take risks. You have to lead them out of their comfort zones. There is nothing more satisfying than knowing you have helped someone do the impossible. If you don’t ask much from your team, you’ll never scratch their potential.”

— Lou Holtz



WHAT THE COACHES ARE SAYING:

- “Thank you for reinforcing that no kid is expendable.”
- “I received many new ideas to implement into practice and for the entire season—thank you! More than I expected.”
- “Looking forward to the next CAP sessions.”
- “Dynamic! Knowledgeable! Thanks so much!”
- “This program exceeded my expectations! The presenters were exciting, enthusiastic, inclusive of all participants and gave just the right mix of theory and personal experience to keep the presentation interesting and fast-paced. Thank you for a practical, professional look at coaching. I encourage all coaches and athletic administrators to attend.”

Send registration form with payment to:

Jamie VanDerMoere
MHSAA
1661 Ramblewood Dr
East Lansing, MI 48823

Contact Jamie with any questions or concerns at:
517-332-5046
OR
cap@mhsaa.com

MHSAA Coaches Advancement Program

MHSAA Coaches Advancement Program Value Added Benefits

INSURANCE: Liability insurance coverage in the amount of \$1 million per occurrence. This protection extends to coaches’ performance of duties for the school team during the interscholastic season.

NEWSLETTER: *GamePlans* is an electronic newsletter that is sent six times a year to coaches who have successfully completed six hours of the Coaches Advancement Program. The *GamePlans* newsletter contains pertinent articles that will assist coaches in their daily planning. *GamePlans* also publishes a record of all coaches who have been certified through the MHSAA Coaches Advancement Program.

STATE CONTINUING EDUCATION CLOCK HOURS: State Continuing Education Clock Hours (SCECHs) are available to coaches and can be used for the renewal of selected certificates issued by the Michigan Department of Education. Coaches who complete a six-hour session are eligible to receive 6 SCECHs.

Schedule, registration and
general information





This program is unique in that it is interactive and requires open discussion and engagement of all participants. Coaches are the critical link in the educational process as they must promote the physical well being of athletes; encourage sportsmanship; effectively communicate with athletes and parents; and support the academic mission of the school. These efforts, coupled with additional insight of the development of skills, a plan of instruction, and an appreciation of the many administrative coaching responsibilities will continue to determine the quality of an athletic experience.

*Good coaches are positive;
Great coaches have positive passion.
Good coaches have strong beliefs;
Great coaches are believed.*

CAP 1

2.5 hrs:

6 Hours

Coaches Make the Difference:
MHSAA Philosophy and Regulations

1.5 hrs:

Effective Instruction:

2 hrs:

The Coach as Teacher

Sports Medicine and First Aid

CAP 2

2 hrs:

6 Hours

Effective Communication:
Characteristics of Coaches who are Great Communicators
Legal Responsibilities of Coaches
Psychology of Coaching

2 hrs:

2 hrs:

CAP 3

2.5 hrs:

6 Hours

Additional Coaching
Responsibilities: Becoming Aware of your Many Resources
Effectively Working with Parents
The Coach as Performer:
Managing Your Time and Energy Level

2 hrs:

1.5 hrs:

CAP 4

2 hrs:

6 Hours

Understanding Athlete Development
Preparing for Success
Strength and Conditioning:
Designing Your Program

1.5 hrs:

2.5 hrs:

CAP 5

2 hrs:

2 hrs:

2 hrs:

6 Hours

Healthy Living
Controlling Emotions
Resolving Conflicts in Athletics

CAP 6

6 hrs:

6 Hours

Hot Topics in Educational Athletics

MHSAA Coaches Advancement Program Registration Form

-Registration is \$60 *per level* and includes instruction, materials and refreshments.
-CAP Beginning Certification is achieved after completing CAP 1 and CAP 2; additional certification occurs after completion of subsequent levels.
-Registrations may be submitted by fax, email or online.
-Payment must be received prior to attending. Please make checks and money orders payable to MHSAA.
-No refunds will be issued. (Registration fee may be transferred to another program.)

Name: _____
(Print name exactly as you want it to appear on certificate)

Gender: F M Date of Birth: ____/____/____
(required for insurance)

Address: _____

City: _____ Zip: _____

Phone: (W) _____
(H) _____
(C) _____

Email: _____
(required)

School Affiliation: _____

Please list below only the course(s) for which you wish to register:

_____/_____/_____
(level) (date) (location)
_____/_____/_____
(level) (date) (location)
_____/_____/_____
(level) (date) (location)

Amount Enclosed: \$ _____

Years Coaching: _____ Faculty Member: Y N

Sport(s) you currently coach:

Level	Sport	Gender
V JV F MS	_____	B G
V JV F MS	_____	B G
V JV F MS	_____	B G

Why are you attending this program? _____

Please send registration and payment to MHSAA, 1661
Ramblewood Dr, East Lansing, MI 48823.
Fax: 517.332.4071 or email: cap@mhsaa.com