

## MHSAA COACHES ADVANCEMENT PROGRAM INFORMATION

The MHSAA Coaches Advancement Program is a practical, effective and inexpensive way to provide in-service training to new and veteran coaches of all sports. This program can be made as convenient as possible for the coaches in your school, district, ISD or conference. Each level of CAP includes a minimum of six hours of instruction which is most often presented in a seven-hour period of time (including breaks and lunch). The following includes information regarding each of the CAP modules:

### CAP 1

1. **MHSAA: Coaches Make the Difference** – Recognize the qualities of leadership needed in educational athletics and understand the meaning and application of the rules.
2. **Effective Instruction: The Coach as Teacher** – Understand the principles of instruction, planning, and assessment while specifying learning objective for knowledge, attitudes, skills and fitness capacities.
3. **Managing Risk/Sports Medicine** – Understand the care of common sports injuries and maintain appropriate records in an emergency situation.

### CAP 2

1. **Effective Communication** – Build credibility by gaining the trust of your team and make a long-time commitment to effective communication.
2. **Legal Responsibilities** – Review duties of visibility and attentiveness while communicating essential principles and warnings.
3. **Psychology of Coaching** – Understand motivation and why youth participate in sports while developing methods for setting a motivational practice climate.

### CAP 3

1. **Additional Coaching Responsibilities: Becoming Aware of Your Many Resources** – Recognize the importance of keeping good records, effective communication and fiscal management.
2. **Effectively Working with Parents** – Recognize and understand the coach's role in working with parents while involving parents within the program.
3. **The Coach as Performer** – Learn strategies to use in your daily life in order to prevent coaching stress and burnout.

### CAP 4

1. **Understanding Athlete Development** – Recognize how adolescent athletes learn sport skills, and developmental differences that affect teaching.
2. **Strength and Conditioning: Designing Your Program** – Understand interactive techniques and practices in strength and conditioning.
3. **Preparing for Success** – Develop a competition preparation plan while determining optimal readiness.

### CAP 5

1. **Peak Health & Performance** – Recognize the health of the athlete as the number one priority.
2. **Controlling Emotions in Pressure Situations** – Develop controlled responses and coping strategies for your athletes.
3. **Resolving Conflicts in Athletics** – Learn steps to fair conflict resolution while understanding the conflict that may occur in sports.

### CAP 6-8

**Current Issues and Topics in Educational Athletics** – Recognize the importance of a coaching philosophy and include the tenets of respect, responsibility, integrity, servant leadership and sportsmanship within your program.