

## Coaches Advancement Program Schedule

### CAP 1:

Sat, September 27, 2008— Detroit University Prep (9am - 4pm)  
Fri, October 3, 2008—MHSAA (BCAM) (8am - 3pm)  
Fri, October 10, 2008—Marquette HS (8am - 3pm)  
Fri, October 10, 2008—MHSAA (CCCAM) (9am - 4pm)  
Sat, October 11, 2008—Oxford HS (8am - 3pm)  
Thurs, November 6, 2008—Amway Grand Plaza (10am - 5pm)  
**Sat, November 8, 2008—Mt Pleasant HS (9am - 4pm)**  
Fri, November 21, 2008—Amway Grand Plaza (10am - 5pm)  
Sat, January 24, 2009—MHSAA (9am - 4pm)  
Sat, February 7, 2009—MHSAA (9am - 4pm)

### CAP 2:

Fri, October 3, 2008—MHSAA (BCAM) (8am - 3pm)  
Sat, October 11, 2008—Marquette HS (9am - 4pm)  
Sun, October 12, 2008—MHSAA (CCCAM) (9am - 4pm)  
Fri, October 17, 2008—Sault Ste Marie (8am - 3pm)  
Sat, November 1, 2008— Detroit University Prep (9am - 4pm)  
Sat, November 8, 2008—Amway Grand Plaza (8am - 3pm)  
**Sat, November 8, 2008—Mt Pleasant HS (9am - 4pm)**  
Sun, November 23, 2008—Amway Grand Plaza (9am - 4pm)  
Sat, December 6, 2008—Bloomingtondale HS (9am - 4pm)  
Sat, January 24, 2009—MHSAA (9am - 4pm)  
Sat, February 7, 2009—MHSAA (9am - 4pm)  
Mon, February 16, 2009—Webberville HS (9am - 4pm)

### CAP 3:

Fri, October 3, 2008—MHSAA (BCAM) (8am - 3pm)  
Fri, October 10, 2008—Marquette HS (8am - 3pm)  
Sat, November 1, 2008—Fruitport HS (9am - 4pm)  
Sat, February 7, 2009—MHSAA (9am - 4pm)

### CAP 4:

Sat, October 11, 2008—Marquette HS (9am - 4pm)  
Sat, January 24, 2009—MHSAA (9am - 4pm)

### CAP 5:

Sat, February 7, 2009—MHSAA (9am - 4pm)

### CAP 6:

Sat, December 6, 2008—Hamilton HS (9am - 4pm)

**This schedule is also available on  
mhsaa.com. Please check periodically for  
additions and/or cancellations.**



*“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  
jvandermoere@mhsaa.com



**Michigan  
Wrestling Coaches  
Association  
will host CAP at  
Mt. Pleasant HS**

**CAP 1 and 2  
Saturday, November 8, 2008  
9:00 a.m.– 4:00 p.m.**

**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. The coverage is good for the year that the coach successfully completes the program and the following year.

**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 BOARD – CONTINUING EDUCATION UNITS:** State Board-Continuing Education Units (SB-CEUs) 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 a .6 SB-CEU.



**MHSAA Coaches Advancement Program (CAP)**

*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:

The Coach as Teacher

2 hrs:

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**

Teaching Technical and Tactical Skills  
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 Hour Conference**

Champions of Character

**MHSAA Coaches Advancement Program Registration Form—MWCA**

-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.  
-Payment must be received with registration form. Please make checks and money orders payable to MHSAA.  
-No refunds will be issued. Money paid can 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) \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

School ID: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(level) (date) (location)

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(level) (date) (location)

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(level) (date) (location)

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(level) (date) (location)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(level) (date) (location)

Years Coaching: \_\_\_\_\_ Faculty Member: Y N

Sport	Gender	Level
_____	_____	_____
_____	_____	_____
_____	_____	_____

Why are you attending this program? \_\_\_\_\_

\_\_\_\_\_

Please send registration and payment to MHSAA,  
1661 Ramblewood Dr, East Lansing, MI 48823.