

Continuing Education for Special Olympics Coaches

Coaches must achieve the beginning certification level within four years upon entering Special Olympics to become a coach. In order to maintain and/or upgrade coach certification, a coach continues approved coach education. Each coach upgrades knowledge and experience at least once every four years. Additional approved courses are listed below:

- American Sport Education Program (ASEP)
- First-Aid and Cardiopulmonary Resuscitation (CPR) Course
- Officials Training; Rules Updates
- National Governing Body Courses; other sport organizations' coaching courses
- Positive Coaching Alliance–Double Goal
- Games Management Course
- Other Special Olympics headquarters-approved courses

ASEP Online Re-certification Courses Offer Unparalleled Convenience



Special Olympics North America is pleased to partner with the ASEP to offer Special Olympics coaches online courses to maintain their certification. These

sport-specific *Coaching Youth [Sport]* e-courses are available for basketball, soccer, softball, tennis, and volleyball. SONA coaches who have completed SONA's *General Orientation* and *Skills* or *Coaching Special Olympics Athletes Courses* may take ASEP's online *Coaching Youth [Sport]* courses to maintain or upgrade certification in their respective sports.

To purchase ASEP's *Coaching Youth [Sport]* online courses via credit card visit www.specialolympics.org and click on "Coach." From there, select "Online Training" from the menu on the left. The registration fee is \$30 per course, which includes access to the online course, as well as a copy of both the *Coaching Youth [Sport]* book and *Coaching Youth [Sport]* video. You'll receive these materials in the mail a few days after you register for the course.

As you progress through the course, you'll be prompted to read sections of the book and view parts of the video, providing an interactive learning environment. The book and video are yours to keep, serving as reference materials for seasons to come. After completing the course, you'll take a 30-question online exam (a score of 80% is considered passing) and be sent a certificate of completion.

Each course includes units on general coaching principles, practice and game-day planning, safety and sport first aid, and sport-specific techniques and tactics. Each course takes approximately eight hours to complete. The courses include these components:

- Essential communication and motivation skills and how to develop a positive coaching philosophy
- How to ensure safe play, establish safety plans, and provide basic injury treatment
- Principles of teaching sports skills and guidelines for practice and game planning
- Step-by-step instructions on how to teach the skills and tactics of the sport you coach

State programs in Special Olympics North America may choose to purchase *Coaching Youth [Sport]* course packets in bulk to distribute to coaches in their state. State programs wishing to order course packets in this manner should call ASEP at **800-747-5698**. Please cite the code **G251** when placing your order to ensure you receive the discounted course price of \$30 each. A minimum of 10 course packets is required for each bulk purchase order (can be a combination of any of the courses listed below). Payment is by credit card or invoice. If by invoice and your state does not currently have an account with ASEP, please submit a credit application with your first order. The application can be found at www.asep.com. E-courses available to Special Olympics North America coaches are:

- Coaching Youth Basketball • ISBN: 0-7360-5592-4
- Coaching Youth Soccer • ISBN: 0-7360-5593-2
- Coaching Youth Softball • ISBN: 0-7360-5594-0
- Coaching Youth Tennis • ISBN: 0-7360-5595-9
- Coaching Youth Volleyball • ISBN: 0-7360-5596-7

The American Sport Education Program (ASEP) has been developing and delivering coaches education courses since 1981. As the nation's number-one coaching education program, ASEP works with national, state, and local youth sport organizations to develop educational programs for coaches, officials, administrators, and parents. These programs incorporate ASEP's philosophy of **Athletes First...Winning Second.**

