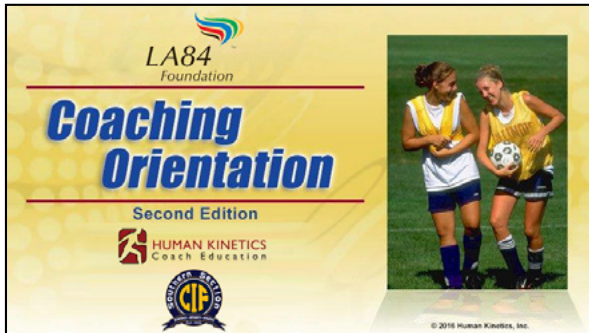




Improve your performance as a coach



LA84 Foundation's CIF Coaching Orientation 2E
Southern Section Online Course
\$38.00 (retail)

Coaches save more than 50%!

Through funding provided by the LA84 Foundation, **the first 125 coaches** in the CIF Southern Section over the course of this school year can purchase the course at the **discounted price of \$18** (a \$20 savings). Be sure to use **Promo Code Q261** when placing your order. See reverse side for ordering information.

The **LA84 Foundation** and **Human Kinetics Coach Education** in conjunction with the **California Interscholastic Federation (CIF)** are pleased to offer online training for high school coaches in the **CIF Southern Section**.

LA84 Foundation's CIF Coaching Orientation online course instructs coaches on general coaching principles, sport first aid, and sport-specific technical and tactical skills. The course also includes a unit devoted to CIF-specific information on policies, procedures, rules, and reporting. **The CIF and the California Department of Education have reviewed the course and recognize it as meeting California coaching education requirements.**

LA84 Foundation's CIF Coaching Orientation is designed to help coaches:

- Develop a personal coaching philosophy and coaching objectives.
- Evaluate and improve communication and motivational skills.
- Build character and team chemistry and manage athletes' behavior using positive discipline and team rules.
- Work effectively with administrators, officials, parents, and the media.
- Create plans for teaching technical and tactical skills, and be able to teach and practice these skills.
- Recognize legal responsibilities related to managing risk.
- Ensure the safety of athletes, including working with members of the athletic health care team, handling medical and weather emergencies, providing safe athletic facilities and equipment, and coordinating physical exams and medical records.
- Develop instructional plans for the season and for individual practices.
- Understand CIF-specific requirements on policies, procedures, rules, and reporting.

The course averages four to six hours to complete. Coaches conclude the course with two online tests, one for the course and another for the CIF-specific unit, and receive results immediately after submitting their tests. A certificate of course completion is printable from the Human Kinetics Coach Education Center website.



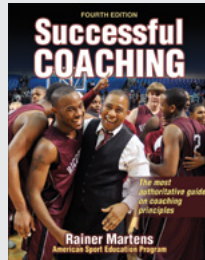
How to purchase LA84 Foundation's CIF Coaching Orientation Course

To purchase your course, follow these simple steps:

1. Visit **CoachEducation.HumanKinetics.com**;
2. Click on the "organizations" tab on the home page and select "CIF Southern Section" from the alphabetical list of organizations;
3. Click on *LA84 Foundation's CIF Coaching Orientation* online course at the bottom of the page;
4. Create your account and affiliate with your organization;
5. Click Add to Cart;
6. Enter **Promo Code Q261** on the shopping cart page to receive your \$20 discount (This offer is only available to the first 125 coaches who purchase during the school year);
7. Proceed through the checkout process.

To access your course, follow the steps contained in your "Access your online course" email that you'll receive after making your purchase.

Other online courses available from Human Kinetics Coach Education

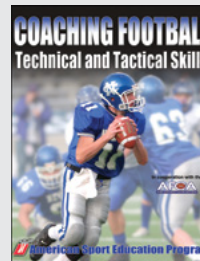


Coaching Principles



Sport First Aid

Become a certified instructor and teach these courses to your coaches in the classroom setting. There's no cost to you! Contact [Merry Blakey](#) for more information.



Improve skills with our advanced sport-specific online courses for baseball, basketball, cheerleading, football, golf, soccer, softball, strength and conditioning, swimming, tennis, track and field, volleyball, and wrestling.

Sport safety courses from Sport Safety International



For more information, contact:



Merry Blakey
Director of Partnerships
800-747-5698, ext. 7724
MerryB@hkusa.com



CIF Southern Section
Contact: Thom Simmons
Assistant Commissioner
562-493-9500
ThomS@cifss.org

