



## TRAINING BACKGROUND

Have you had any formal training as a coach? Yes No If yes, please describe (i.e., PE degree, courses, etc.). \_\_\_\_\_

Do you have a current: First aid card Yes No CPR card Yes No

Have you attended the following THPRD training clinics?

American Sport Education Program (ASEP) Yes No When? \_\_\_\_\_

Coaching Effectiveness Training (CET) Yes No When? \_\_\_\_\_

Parent Sport Orientation (PSO) Yes No When? \_\_\_\_\_

National Youth Sport Coaches Association (NYSCA) Yes No When? \_\_\_\_\_

Please rate your knowledge of the following topics with regard to this sport by circling the appropriate number.

**1** = Know very little about      **2** = Have reasonably good knowledge about      **3** = Know a great deal about

1	2	3	Basic technique	1	2	3	Organizing a practice
1	2	3	Advanced technique	1	2	3	Developing sportsmanship
1	2	3	Rules of the sport	1	2	3	Motivating youngsters
1	2	3	Strategy of the sport	1	2	3	Communication skills
1	2	3	Organizing a game	1	2	3	Warm-up, conditioning techniques
1	2	3	Athletic nutrition	1	2	3	Equipment knowledge & specifications
1	2	3	Working with parents	1	2	3	General principles for teaching skills
1	2	3	Injury prevention and treatment				

## REFERENCES

Please list the name, address and telephone number of two persons who know you sufficiently well to comment on your past coaching or your potential as a coach.

**NAME**

**DAY TELEPHONE**

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## CONSENT AGREEMENT

The Tualatin Hills Youth Sports Programs provide an enjoyable learning environment for youngsters' physical, social and personal development. The goal of the volunteer coach is to teach responsibility and commitment, develop sports skills, teach cooperation, develop a positive attitude towards authority, and to provide a fun and enriching experience. A coach assumes a role as teacher and carries out lesson plans which develop skills through progressive teaching, emphasize positive sports values and encourage a life long interest to participate.

By signing below, the volunteer coach agrees that: The position shall be for the current sport season; recognizes and agrees with all duties and responsibilities as established by THPRD; and agrees to use his/her best effort in executing the obligation of a coach for THPRD.

\_\_\_\_\_  
Applicant's Signature

\_\_\_\_\_  
Date

## INSURANCE INFORMATION

Thank you for volunteering your time with the Tualatin Hills Park & Recreation District. We are pleased that you have chosen the Park District and hope that the time you spend will be rewarding to you.

As a volunteer, you are **not** covered by the District's Worker's Compensation program. You are, therefore, urged to have your own health insurance in the event you are injured while performing your volunteer duties.

You **are** covered by the District's General Liability Fund, which will protect you in the event of property damage or accidental injury to the public as a result of your performance or volunteer duties **assigned by Tualatin Hills Park and Recreation District.**

**I HAVE READ AND UNDERSTAND THE PRECEDING INFORMATION ON VOLUNTEERS AND INSURANCE.**

\_\_\_\_\_  
Applicant's Signature

\_\_\_\_\_  
Signature of parent or guardian if under 18

