



CAPITAL CHRISTIAN SCHOOL

Athletic Department

Coaches Hiring Packet

Updated September 2020

Thank you for your interest in coaching at Capital Christian School. We understand the lifelong impact a coach can make on their team. With this great responsibility, we require all our coaches to fulfill the following requirements.

Aaron Garcia

Athletic Director

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Packet Contents:

- 1. Updated Resume**
- 2. Personal / Emergency Contact Form**
- 3. Signed CIF Code Ethics**
- 4. REQUIRED COACHING COURSE AND CERTIFICATIONS**
 - a. NFHS Fundamentals of Coaching Class (Only need once)**
 - b. First Aid training**
 - c. CPR training**
 - d. NFHS Sudden Cardiac Arrest Class (Must be renewed again when CPR and First Aid are renewed)**
 - e. NFHS Concussion Class (Must be renewed again when CPR and First Aid are renewed)**
 - f. NFHS Heat Illness Class (Must be renewed again when CPR and First Aid are renewed)**
- 5. Bio Sheet for Website**



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Personal Info / Emergency Contact

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Full Name: _____

Home Address: _____

Mobile Number: _____

Home Phone Number _____

Email address (write clearly) : _____

Birthday: _____

Spouse's name (if applicable): _____

Spouse's Mobile Number (if applicable): _____

Children's names (if applicable): _____

WHO DO WE CONTACT IN CASE OF EMERGENCY (FULL NAME) _____

Emergency Contact mobile phone number: _____

SECONDARY EMERGENCY CONTACT NAME: _____

Secondary Emergency Contact mobile phone number: _____

Code of Ethics – Coaches

A copy of this form must be kept on file in the Athletic Administrator's at the local high school.

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra- curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context and in accordance with Title V of the California Administrative Code of Ethics is presented.

1. The Code of Conduct in the Sac-Joaquin Section Bylaws shall be the Code of Conduct for each league in the Section, unless the respective leagues adopt another, which is approved by the Board of Managers.
2. Each school should teach interpretations of the Code of Conduct to students.
3. The host school principal or his designee, other than the coach, shall be in attendance at all spectator sports. The visiting school principal or designees, other than the coach, should attend contests as discretion determines. (Discretion shall be influenced by rivalries, size of anticipated crowds and previous problems.)
4. Each coach, principal and other school employee shall abide by the following regulations:
 - a. To make no demonstrations himself, which will encourage unfavorable reactions on the part of his/her players or spectators or permit any such demonstration on the part of his/her players;
 - b. To require his players to accept all decisions by the officials without question; with the exception that the captain may make reasonable protest after he has requested a time-out for that purpose;
 - c. To limit protests of captains and coaches to decisions involving interpretations of rules;
 - d. To encourage the coaches and the players to make a positive effort to assist in controlling the conduct of the school's spectators;
 - e. To voice no public criticism of the officials;
 - f. To make no unfavorable comments regarding officials or officiating to the media;
 - g. To do everything possible to prevent the press and radio from commenting unfavorably of the officials or the officiating.
5. The home school shall provide adequate security to ensure safety at all contests.
6. Schools shall deny entrance to school athletic events to all spectators who persist in baiting the officials.
7. Each school shall make a determined effort to build a better pattern of sportsmanship through advertising, news stories, on the loud speaker and in the printed game programs.
8. Each school shall endeavor to train yell and song leaders in attitudes and methods of good sportsmanship and crowd control.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating coaches agree that he/she will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 503.I).

By signing below, I agree to only provide non-muscle building, nutritional supplements to student athletes. (State Rule 22.B.12)

Printed Name of Coach

School

Signature of Coach

Date



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Coaching Certifications

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The following courses are **required** for all coaches at Capital Christian High School (Paid and Volunteer). Some of these courses have a cost. The school will NOT reimburse coaches for these costs.

1. **FUNDAMENTALS OF COACHING (must only take once at any school)**

This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools. Please check with your state association to see if this course complies with your state requirements.

- Click on link to take required Fundamentals of Coaching Course: - **\$50.00**
- <https://nfhslearn.com/courses/61026/fundamentals-of-coaching>

2. **FIRST AID, HEALTH AND SAFETY FOR COACHES (must always be certified)**

This First Aid, Health and Safety For Coaches course, brought to you by the National Federation of State High School Associations and the American Red Cross, is designed to provide an overview of first aid and the best practices for many first aid situations. The skills taught in this course do not replace professional medical help but offer guidelines and techniques for temporary assistance until advanced medical help arrives.

- Click on link to take required First Aid, Health and Safety Course: - **\$45.00**
- <https://nfhslearn.com/courses/26/first-aid-health-and-safety>

3. **CPR/AED COURSE (must always be certified in both areas)**

CPR, or **Cardiopulmonary Resuscitation**, is a series of techniques that are designed to restore a heartbeat to those who have drowned, experienced a stroke or cardiac arrest, or had a heart attack. Since these life-or-death situations require fast action, having an in-depth understanding of the techniques is essential. Automated External Defibrillator training (AED) is the other component of the comprehensive online course offered through National CPR Foundation.

- Click on link to take required CPR / AED: - **\$12.95**
- <https://www.nationalcprfoundation.com/courses/standard-cpr-aed/>

4. **SUDDEN CARDIAC ARREST (must be taken every time CPR and First Aid are updated)**

Sudden Cardiac Arrest is the number one cause of death in the United States for student athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood. With content developed by Simon's Fund, this course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest.

- Click on link to take required Sudden Cardiac Arrest Course: - **FREE**
- <https://nfhslearn.com/courses/61032/sudden-cardiac-arrest>

5. **CONCUSSION IN SPORTS (must be taken every time CPR and First Aid are updated)**

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion.

- Click on link to take required Concussion in Sports Course: - **FREE**
- <https://nfhslearn.com/courses/61064/concussion-in-sports>

6. **HEAT ILLNESS PREVENTION (must be taken every time CPR and First Aid are updated)**

Exertional Heat Stroke is the leading cause of preventable death in high school athletics. To help you minimize the risk of heat illness at your school, this course has designed to provide the fundamentals of a strong heat acclimatization plan and guidelines for limiting activities to account for changing environmental conditions and other contributing risk factors. It highlights the importance of an appropriate hydration plan and establishing an Emergency Action Plan in case of a suspected exertional heat stroke.

- Click on link to take required Heat Illness Course: - **FREE**
- <https://nfhslearn.com/courses/61140/heat-illness-prevention>



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PLEASE FILL OUT ALL OF THE INFORMATION BELOW AS ACCURATE AS POSSIBLE:

Full Name: _____

H.S. and Graduation Date: _____

Where you live (city): _____

Coaching Experience (years): _____

Sport/s coached @ CCS : _____

Coaching Level:: _____

University Attended / Degree Attained: _____

Sport Playing Experience / Years / Accomplishments in Sport: _____

Other Accomplishments outside of Sport: _____

Teaching Job @ CCS or Outside Job: _____

Family (single, wife, children, etc.): _____

Hobbies: _____

Coaching Philosophy: _____
