



CAPITAL CHRISTIAN SCHOOL
Athletic Department
Personal Info / Emergency Contact

Updated September 2020

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: _____



3/5/6/1622/

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The following courses are **required** for all coaches at DSLWDOULVWLDQ 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 EHDWLQJ DQG SPSLQJ EORRG ILWFRQWHQW GHYHORSHG ELPDQV DQG WLVFRUHVHLOOHOSR HDUQDQG GUHFRJQLHWH DUQLQJ 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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Bio for Website

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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: _____

