

PAL Guidelines for Coaching Certification Process

NEW (!) for 2010-2011

The PAL has adopted a multi-year certification process for member coaches. While coaches are still REQUIRED to be certified, the process beginning this school year (2010/2011) allows a longer certification for the various options available.

All PAL coaches are required to provide evidence of coaching certification (training, education, duties, etc.) on the craft of coaching. The PAL now provides for three different programs that a coach can receive certification with multi year recognition. The PAL will **not** reimburse a coach for their required certification process.

1) **Positive Coaching Alliance** - an online course similar in nature to previous programs offered through the PAL. The difference is that we have eliminated the need for large group presentations. Each PAL school will establish a contract with the PCA for the desired number of online courses (these can be added to) as part of this new contract. Coaches will be required to log-on to the PCA site, designate the PAL as their affiliate program and complete the selected PCA Coaching program. Instead of a one year certification, the PAL is providing a two (2) year clearance/certification with this new online program. The cost of this program is \$15 and is paid by the school which can either charge the coach or cover this cost. Completion of this certification will also enroll the coach on a PCA certification list that will be monitored by the PAL and can be verified online without the need for cards.

2) **Catholic Coaching Certification** through the American Sports Education Program (ASEP.) Online course called Catholic Coaching Essentials (\$19.95) with a three year certification. An additional year (four year certification total) can be included if a coach completes a sport specific program (\$9.95) **if** it is available (not all PAL sports are offered on this site.) This certification program will be affiliated with the Sacramento Diocese / PAL and will be up and running within the next week.

3) **National Coaching Certification** - High School level certification with lifetime certification.

- Provided through:
- 1) ASEP (see above)
 - 2) National Federation of State High School Associations (NFHS)

These coaching certification programs are offered in compliance with the PAL requisite for coaching training and preparation for coaching, training and working with the youth in the Parochial Athletic League. Coaches are encouraged to evaluate their own coaching aspirations and desires before selecting one of these certification programs. Each is unique and especially helpful in preparing for the tremendous responsibility for the care and direction of our youth program.