

## **A.S.E.P.**

# **AMERICAN SPORT EDUCATION PROGRAM**

As per the CYO Sports Manual on page 30, D Coach Certification:

“CYO and the National Federation of State High School Associations selected the American Sport Education Program’s (ASEP) Leader Level Sport-Coach courses as their coaching education program. CYO and ASEP help coaches at all levels provide safe, high quality sport experiences for their athletes.

ALL coaches (including Head, Assistants and Interns) are to be certified through the ASEP program no later than the first available class after they begin their coaching duties. There is no test associated with this level of training. CYO club athletic directors will be supplied with a list of their ASEP certified coaches prior to each available class.

ASEP courses are taught from August through April. These courses last approximately 3 hours. You may sign up with the CYO office by calling 503/231-9484. Dates and locations for courses are listed in the calendar section of the website.

**PLEASE CHECK THE CALENDAR OFTEN FOR CHANGES AND UPDATES AS LOCATIONS SOMETIMES BECOME UNAVAILABLE.**

How the ASEP course works:

- Please bring a pen!
- Your Athletic Director will receive an email prior to each ASEP course that will inform him/her of which coaches need to be certified.
- Check with your Athletic Director to verify if you need to take the course.
- Double-check the calendar to confirm the location for each class.
- Your CYO Club will be billed for this workshop; you do not need to bring payment.
- Once at the location, there will be a sign-in sheet that you must fill out. (This proves that you attended the class and this is how we print the ASEP certificates).
- You will need to pick up a blank envelope and a workbook.
- Print clearly your name and address on the envelope and hand to the instructor at the end of the course.
- Within a week or so of completing your training you should receive a letter and certificate of completion allowing you to coach with CYO.

Notes:

You should keep your certificate in a safe place in case you need to prove to CYO that you are a certified coach you will have it available.

At Championships for each sport you will be checked for certification and a possible forfeit will be in question if you fail to attend the ASEP course as is required per your contract.