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June 1, 2013

To: Sherm Sylling, Executive Secretary  
NDHSAA Board Members

This letter is written to request a waiver from the requirement to use National Federation of State High School Associations courses for coaches certification in Concussion Management for those coaches who attend live, face-to-face sessions with similar learning outcomes and time requirements.

Mid-Dakota Education Cooperative (MDEC) would like to offer a two-day North Dakota Coaching workshop in conjunction with Trinity Sports Medicine, Community Ambulance, and Minot State University, in which coaches would receive certified training in the use of AED, CPR, First Aid, and Concussion Management. Further, coaches would engage in presentations and activities discussing the role of the coach in regards to management, communication, conditioning, and teaching. Finally, with the understanding that education is the most desirable outcome of interscholastic athletics, coaches will leave with a plan for continuous improvement.

It is our intention to offer a course for coaches who may require or desire a more personalized and real-time education. Please consider this request as another opportunity for our many coaches to become a certified coach and continue the long legacy of interscholastic athletics in the state of North Dakota.

Sincerely,

Luke Schaefer

## Course Name

Meeting the needs of students in extra-curricular sporting events

## Course Description

Students will engage in lecture, discussion, and small-group work to acquire new knowledge and skills related to the fundamentals of coaching, concussion recognition and management, and CPR/First Aid/AED.

## Student Outcomes

1. Students will gain knowledge in the fundamentals of coaching student-athletes
2. Students will gain knowledge of recognizing symptoms of a concussion and following a concussion management plan
3. Students will gain skills in the use of CPR, First Aid, and AED

## Assessment

Students will create a plan for continuous improvement in these three areas.

## Day One

- 8:30-10:30 First Aid
- 10:30-11:30 AED
- 11:30-12:30 Lunch
- 12:30-2:00 CPR
- 2:00-3:00 Skills Demonstration and Challenge
- 2:30-4:00 Fundamental of Coaching general session

## Day Two

- 8:30- 12:00 Concurrent sessions
  - o Breakout Sessions (Developing practice plans; working with difficult parents; working with “uncoachable” student athletes; planning for the off-season; Legal and liability issues; CPR/1<sup>st</sup> Aid/AED Challenge)
- 12:00-1:00 Lunch
- 1:00-3:30 Concussion Recognition and Management
- 3:30-4:00 NCAA Admission and Visitation Updates

Students who do not need credit and/or certification must take CPR/1<sup>st</sup> Aid/AED Challenge Breakout session

## Partners

Kevin Harmon – Asst VP Enrollment Services – MSU

Presenters – Fundamentals of Coaching, Developing Practice Plans, Working with Difficult Parents, Working with “Uncoachable Student-Athletes, Planning for the Off-Season

Trinity Sports Medicine

Community Ambulance Service of Minot