

S.B. 8

# TEXAS HIGH SCHOOL COACHES ASSOCIATION



## PROFESSIONAL DEVELOPMENT CERTIFICATION PROGRAM

# CONTINUING PROFESSIONAL DEVELOPMENT CERTIFICATION PROCEDURES

The Texas High School Coaches Association, through our Professional Development Cooperative (PDC), is continuing to develop and implement the ongoing program of continuing education that is designed to help coaches at all competitive and organizational levels, with an emphasis on coaches of secondary schools who are actively engaged in or directly associated with coaching sports in Texas. The aim of this program is to keep our coaches abreast of up-to-date information on key and essential topical matters relating to the health and safety issues affecting our student athletes today. Also through this program, we will work to keep our coaches current on their C.P.R. and First Aid Certification.

The THSCA Continuing Professional Development Certification is designed to have coaches participate on a voluntary basis, renewing their certification every 2 years.

## BASIC QUALIFICATIONS

- Must have an undergraduate bachelor's degree
- Must be a member of the THSCA in good standing

## REQUIREMENTS FOR CERTIFICATION

- Earn at least 8 hours of credit by attending PDC lectures at the THSCA Annual Coaching School. (Or view approved DVD's of Annual Coaching School PDC Lectures purchased by your school district.)
- Current C.P.R. & A.E.D. Certification
- Current First Aid Certification
- Re-certification will be required every two years.

## PROCEDURES OF APPLICATION FOR THSCA CONTINUING PROFESSIONAL DEVELOPMENT CERTIFICATION

Coach must fill out official THSCA Continuing Professional Development application and submit it with the following:

- Copy of current CPR/AED Certification
- Copy of current American Red Cross First Aid Certification
- Certificates of attendance for 8 hours of approved PDC lectures. (You must submit the original certificate of attendance - no copies will be accepted!). If viewing DVDs purchased by your campus, your AD, principal or superintendent must submit letter of certification of the lectures you attended. Those materials will be included when the DVDs are purchased.

Coaches will pick up their validated Certificate of Attendance after every PDC Lecture. This will be your only copy. You must send the original certificate of attendance to the THSCA for certification, along with the other materials requested. We will not accept copies of the certificate of attendance. **Lost certificates will not be replaced. It's up to you to hang on to them. If viewed on campus, your AD or appointed administrator will send us a letter of participation listing all who attended each lecture.**

Please contact the THSCA at (512) 392-3741 with any questions. We hope you will take advantage of this opportunity. Remember, this program started with the 2005 Coaching School, so you will have an opportunity to complete certification before the school year ends.

# Texas High School Coaches' Association

## Professional Development Certification Application

Applicant's Name \_\_\_\_\_ Membership # \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

School \_\_\_\_\_ Phone: \_\_\_\_\_

Undergraduate degree \_\_\_\_\_ University \_\_\_\_\_

Graduate degree (if applicable) \_\_\_\_\_ University \_\_\_\_\_

Please check the certificates of attendance your are submitting:

### 2006 Lectures

(Check CS if you attended lecture at Coaching School. Check DVD if viewed lecture on your campus)

CS DVD

- Capt. George Corbari - *Mindset for Success: Improving the Mental Skills and Performance of Athletes*
- Dr. Timothy Palomero - *Managing Asthma in Athletics*
- Dr. Paul Saenz - *Update on Concussions & UIL Requirements*
- Jon Almquist - *Prevention & Emergency Readiness for Heat Illness Scenarios*
- Ronny Flowers & Curt Thompson - *Proper Fitting & Care of Protective Equipment*
- Dr. Paul Saenz - *Staph & Other Infections in the Field House*
- Dr. Timothy Palomera - *Cardiac Issues in Athletics*
- Dr. Bud Curtis - *On-the-Field Emergencies from Lightning to Neck Injuries*
- Dr. David Schmidt - *ACL Tears; Exercise; Prevention & Bracing*
- Dr. Richard Steffen - *Steroid Abuse & Update on Drug Testing*
- Dr. Jim Peterson - *Managing Lower Back Pain*
- Capt. George Corbari - *Effective Goal Setting: Making Dreams a Reality Through a Systematic Approach*

#### Must have the following:

- Copy of current American Red Cross First Aid Certification
- Copy of current current CPR/AED Certification

### 2005 Lectures & Meetings

CS DVD

- Managing Asthma in Athletics*
- The Hazards of Steroids*
- Staph and Other Infections*
- Conflict Resolutions: Optimizing Parent/Coaching/Player Conflicts*
- ABC's of On-the-Field Management of the Neck Injured Athlete*
- Exercise & Sudden Death in Young Athletes*
- Preventing/Treating Lower Back Injuries*
- Managing the Obese/Diabetic Athlete*
- Practical Info about Concussions & UIL Recommendations*
- The Coaches Checklist for Optimizing Safety and Performance*
- Steroids "Too Big, Too Soon": Signs & Symptoms of Performance Enhancing Drugs*

- Copy of current American Red Cross First Aid Certification
- Copy of current CPR/AED Certification

You must earn 8 hours of credit over a two-year period by attending PDC lectures and meetings of your choice. Upon completion of the **FULL 8 hours of credit**, please complete this form and send it to the THSCA along with the **ORIGINAL** certificates of attendance that you obtained at the lectures, or **certification of attendance from your athletic director if viewing the DVDs on campus**. We also need copies of your CPR and First Aid Certification. **DO NOT SEND THESE MATERIALS UNTIL YOU HAVE COMPLETED THE FULL 8 HOURS OF CREDIT**. Once you have met the requirements and the THSCA has received all of your original documents, you will receive a certificate from the Texas High School Coaches Association. Re-certification will be required every two years.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

THSCA Use Only

**THSCA Professional Development Cooperative (PDC) Program**  
**2006 THSCA Coaching School**  
**Austin, Texas**

**SUNDAY - JULY 30, 2006**

4:00 – 5:00 p.m. Cpt. George Corbari, USMA-West Point  
"Mindset for Success: Improving the Mental Skills & Performance of Athletes"

**MONDAY - JULY 31, 2006**

9:00 – 10:00 a.m. Dr. Timothy Palomera, M.D.  
"Managing Asthma in Athletes"

10:00 – 11:00 a.m. Dr. Paul Saenz, M.D.  
"Update on Concussions & UIL Recommendations"

11:00 – 12:00 noon Jon Almquest, VATL, ATC  
"Prevention & Emergency Readiness For Heat Illness Scenarios"

Noon – 1:00 p.m. Ronny Flowers & Kurt Thompson  
"Proper Football Equipment Fitting to Insure Safety"

1:00 – 2:00 p.m. Dr. Paul Saenz, M.D.  
"Staph & Other Infections in the Field House"

2:00 – 3:00 p.m. Dr. Timothy Palomera, M.D.  
"Cardiac Issues in Athletics"

**TUESDAY – AUGUST 1, 2006**

8:00 – 9:00 A.M. Dr. Jim Peterson, Ph.D.  
"Managing Low Back Pain"

9:00 – 10:00 a.m. Dr. Bud Curtis, M.D.  
"On the Field Emergencies From Lightning to Neck Injuries"

10:00 – 10:50 a.m. Dr. Richard T. Steffen, M.D.  
"Steroid Abuse & Update on Drug Testing"

1:00 – 2:00 p.m. Dr. David Schmidt  
"A.C.L. Tears; Exercise; Prevention and Bracing."

2:00 – 3:00 p.m. Dr. Richard T. Steffen, M.D.  
"Steroid Abuse & Update on Drug Testing"

**WEDNESDAY – AUGUST 2, 2006**

9:00 – 9:45 a.m. Cpt. George Corbari, USMA-West Point  
"Effecting Goal Setting: Making Dreams a Reality Through a Systematic Approach"

# Professional Development Cooperative (PDC) Program 2005

## MONDAY, JULY 25, 2005

9:00 – 10:00 a.m. Tim Palomera, M.D.  
"Managing Asthma in Athletics"

10:00 - 11:00 a.m. David Schmidt, M.D.  
"The Hazards of Steroids"

11:00 – 12:00 Noon Paul Saenz, M.D.  
"Staph and Other Infections in the Field House"

12:00 – 1:00 p.m. Jim Peterson, Ph.D.  
"Conflict Resolutions: Optimizing Parent/Coach/Player Conflicts"

1:00 – 2:00 p.m. Bud Curtis, M.D.  
"The ABC's of On-the-Field Management of Head/Neck Injured Athlete"

2:00 – 3:00 p.m. Hector Villasenor, M.D.  
"Exercise & Sudden Death in Young Athletes"

## TUESDAY, JULY 26, 2005

8:00 – 9:00 a.m. Jim Peterson, Ph.D.  
"Preventing/Treating Lower Back Injury"

9:00 – 10:00 a.m. Tim Palomera, M.D.  
"Managing the Obese/Diabetic Athlete"

10:00 – 10:50 a.m. Paul Saenz, M.D.  
"Practical Info about Concussions"

1:00 – 2:00 p.m. Leslie Bond, Ph.D.  
"Coaches Checklist for Optimizing Safety and Performance"

2:00 – 3:00 p.m. Michelle Deaver – Drug Enforcement Agency  
"Too Big, Too Soon: Signs and Symptoms of Performance Enhancing Drugs"

# Professional Development Cooperative (PDC) Program 2004

9:00 – 3:00 PM Monday & Tuesday

PDC Informational (Question & Answer) Booth # 587) in the Exhibit Area

Sponsored By Kelsey Research Foundation, Kelsey-Seybold Clinics & St. Luke's Episcopal Health System

## MONDAY, JULY 26, 2004

9:00 - 10:00 a.m. Allan Stockard, D.O., FAOASM,  
"Management of Concussions in Athletes – Update"

10:00 - 11:00 a.m. Randy Eichner, M.D.  
"Heat Stress in Training: An Update"

11:00 - Noon Bryan Cannon, M.D.  
"Automated Electrical Defibrillators (AED) and Sudden Cardiac Death During Exercise"

1:00 - 2:00 p.m. Robert Cortes, M.D.  
"Managing Asthma in Athletics"

2:00 - 3:00 p.m. Dale Pease, Ph.D. Professor  
"Sport Psychology – Motivating the High School Athlete"

## TUESDAY, JULY 27, 2004

9:00 – 10:00 a.m. Jim Davis,  
"Conflict Resolutions-Optimizing Parent/Coach Conflict"

10:00 - 11:00 a.m. Jim Peterson, Ph.D.  
"A Coaches Guide to the Risks of Taking Anabolic Steroids and Other Ergogenic Aids"

1:00 - 2:00 p.m. Roberta Anding, MS, RD/LD, CDE  
"Sports Nutrition for the High School Athlete"

# Professional Development Cooperative (PDC) Program 2003

10:00 a.m. – 3:00 p.m., Monday-Wednesday, (7/28 – 7/30)

PDC Informational (Question & Answer) Booth (# 670) in the Exhibit Area

## MONDAY, JULY 28, 2003

10:00 – 11:00 a.m. Edward Coyle, Ph.D.

"Optimal Nutrition to Recover from Training: Balancing Heat Stress and Dietary Supplements."

11:00 – 12:00 p.m. Jack Ransone, Ph.D., ATC,

"Hazardous Nutritional Supplements Used by Athletes."

12:00 – 1:00 p.m. Jack Ransone, Ph.D., ATC, Edward Coyle, Ph.D., Steve VanCamp, M.D.,

Jim Peterson, Ph.D., Jon Divine, M.D.

Panel Discussion/audience reaction to "Hazardous Nutritional Supplements Used by Athletes."

1:00 – 2:00 p.m. Steve VanCamp, M.D.

"Preventing Fatalities and Serious Injuries in Athletics."

2:00 – 3:00 pm Randy Eichner, M.D.

"Muscles, Athletes, Fluids, and Heat – Heat Stress and Training."

## TUESDAY, JULY 29, 2003

9:00 – 10:00 a.m. Bruce Brown

"Redefining the Term Athlete or How to Avoid Having a Jackass Farm" - Teaching Character in

10:00 – 10:50 a.m. Jim Peterson, Ph.D.,

"Preventing and Treating Low Back Injuries."

1:00 – 2:00 p.m. Tinker D. Murray, Ph.D. and Jon Divine, M.D.

"Managing the Obese/Diabetic Athlete."

2:00 – 3:00 p.m. Bryan Bray

"Technology and How Coaches Can use it to Become Better Coaches and Build Winning Teams"

## WEDNESDAY, JULY 30, 2003

9:30 – 10:30 a.m. Don Newbury, Ph.D.,

"The Importance of Athletics in the Educational Process"

# Professional Development Cooperative (PDC) Program 2002

## MONDAY - JULY 29, 2002

10:00 – 11:00 a.m. Robert Murray, Ph.D.  
"Beating the Heat: Keeping Your Players Safe in the Dog Days of Summer"

Noon – 1:00 p.m. Jim Peterson, Ph.D.  
"How Coaches Can Improve Their Communication Skills"

1:00 – 2:00 p.m. Phil Sanger, M.D.  
"Managing Asthma in Athletes"

2:00 – 3:00 p.m. Robert Murray, Ph.D.  
"Beating the Heat: Keeping Your Players Safe in the Dog Days of Summer"

## TUESDAY - JULY 30, 2002

9:00 – 10:00 a.m. John Devine, M.D., President - Texas American College of Sports Medicine  
"Practical Information about Head Injuries" – Concussions

9:00 – 10:00 a.m. Jim Peterson, Ph.D.  
"Steroids – Making Sense out of Nonsense"

1:00 – 2:00 p.m. Robert Pankey, Ph.D.  
"Technology Support that Can Enhance Your Athletic Program."

## WEDNESDAY - JULY 31, 2002

10:00 – 11:00 a.m. Michael S. Sweeney, M.D. – Assoc. Prof. Of Surgery  
"Exercise and Sudden Death in Young Athletes"



**THSCA COACHING SCHOOL SPEAKERS**  
**TOPIC OF STEROIDS**  
**2002 – 2006**

<b>2002</b>	Dr. Jim Peterson	<i>“Steroids: Making Sense Out of Non-Sense”</i>
<b>2003</b>	Dr. Jack Ransone	<i>“Hazardous Nutritional Supplements Used by Athletes”</i>
<b>2003</b>	Panel Discussion with: Dr. Jack Ransone Dr. Ed Coyle Dr. Steve Van Camp Dr. Jon Devine Dr. Jim Peterson	<i>“Hazardous Nutritional Supplements Used by Athletes”</i>
<b>2004</b>	Dr. Jim Peterson	<i>“Anabolic Steroid Abuse in Sports”</i>
<b>2005</b>	Dr. David Schmidt	<i>“The Hazards of Steroids”</i>
<b>2005</b>	Michelle Deaver, (Drug Enforcement Agency)	<i>“Too Big, Too Soon: Signs &amp; Symptoms of Performance Enhanced Drugs”</i>
<b>2006</b>	Dr. Richard T. Steffen	<i>“Steroid Abuse &amp; Update on Drug Testing”</i>

## **Texas Coach Articles on Steroids**

**September 2003**

What you missed if you didn't make the sessions at coaching school. (Many Nutritional Supplements are harmful) by Jack Ransone

**May 2004**

Anabolic/Androgenic Steroid Use by Tinker Murry

**February 2005**

Steroid and Other Questionable Substances by Steven Van Camp

**November 2006**

Nutrition and the Young Athlete by Gene Power

**January 2007**

Health and Wellness Assessment by Tomas Green, Lauri Christenson, Michelle Hunnicutt, Jennifer Ludlam, Ben Orman



# Texas High School Coaches Association, Inc.

P.O. Drawer 1138 ☆ San Marcos 78667-1138 ☆ Organized in 1930 ☆ Telephone 512-392-3741 ☆ FAX 512-392-3762

Date

Dear Administrator:

Thank you for purchasing the 2005 DVD Collection of Professional Development Lectures. It is our sincere desire to assist coaches in keeping abreast of up-to-date information on key and essential topical matters relating to the health and safety issues affecting our student-athletes today. We will also work with our coaches through this program to keep them current on C.P.R. and First Aid Certification. We appreciate all your efforts to make that happen.

The THSCA Continuing Professional Development Certification is designed to have coaches participate on a voluntary basis, renewing their certification every 2 years. They may obtain their hours by attending lectures at Coaching School or viewing DVD's purchased by their school district. By purchasing these materials you are helping your coaches become more aware of the health and safety issues of their student athletes, while helping them towards their certification.

We have included forms for you to use when showing the video. We ask that you fill in the particular lecture in the blank and list the coaches' name and membership number. Then signatures of the Athletic Director AND principal or superintendent are required. Mail those forms to the THSCA office and they will be processed. Coaches have access to the Certification of Application form through our magazine and online and everything they need to do to become certified is listed on that form.

We hope you will continue to take advantage of these Professional Development Lectures on DVD as they can provide immeasurable information to your coaches. Please do not hesitate to contact us with any questions you may have.

Sincerely,

D.W. Rutledge  
Executive Director  
Texas High School Coaches Association

dr/sh

# TEXAS HIGH SCHOOL COACHES ASSOCIATION

## Continuing Professional Development Series

I certify that the following coaches were in attendance for the viewing of the Professional Development Lecture entitled \_\_\_\_\_ shown on \_\_\_\_\_ (date).

**PLEASE PRINT**

Name	THSCA Mem. #
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____

Name	THSCA Mem. #
24. _____	_____
25. _____	_____
26. _____	_____
27. _____	_____
28. _____	_____
29. _____	_____
30. _____	_____
31. _____	_____
32. _____	_____
33. _____	_____
34. _____	_____
35. _____	_____
36. _____	_____
37. _____	_____
38. _____	_____
39. _____	_____
40. _____	_____
41. _____	_____
42. _____	_____
43. _____	_____
44. _____	_____
44. _____	_____
46. _____	_____

\_\_\_\_\_  
Athletic Director

\_\_\_\_\_  
School Principal or Superintendent

School \_\_\_\_\_