

TAKE THE FIRST STEP TOWARD A GREAT CAREER IN COACHING

FUTURE COACHES CAMP 2010

DATES: Monday, June 21-Thursday, June 24, 2010

Location: Ann Arbor, Michigan

If you're an active participant in women's athletics...

If you're currently a high school student...

And if you're interested in learning more about coaching as a career...

Then the Future Coaches Camp is for you.



This residential camp offers a unique combination of conditioning, mentoring, networking, team building, and leadership training along with instruction in the skills, knowledge and professional values necessary for a successful coaching career.

Curriculum Highlights

WHAT YOU'LL LEARN

- Coaching Skills, Tactics and Strategies
- Social and Psychological Aspects of Coaching
- Training, Conditioning and Nutrition
- Injuries – Prevention, Care, and Maintenance
- Growth, Development, and Learning
- Teaching and Administration
- Risk Management
- Professional Development



Since 2001, TASL has promoted women in coaching and sport leadership through a dynamic combination of action learning programs, internships, mentoring, conferences and advocacy.



SAMPLE CAMP SCHEDULE

Monday

10:00-11:00 Registration at the residence hall
 11:00-12:00 Orientation
 12:00-12:45 Lunch
 1:00-6:00 Challenge Program
 6:00-7:00 Dinner
 7:00 -9:00 Evening session
 9:00-11:00 Video, group activities
 11:00 Bed check, lights out

Tuesday-Wednesday

8:00 a.m. Wake up
 8:30-9:30 Breakfast
 9:30-12 p.m. Morning sessions
 Coaching Skills and Strategies
 Athlete Development and Learning
 12 p.m.-1:30 Lunch
 1:30-2:00 Guest Speaker
 2:00-4:30 Afternoon sessions
 Training & Conditioning
 Nutrition
 First Aid & CPR
 4:30-6:30 Dinner
 6:30-9:00 Evening sessions
 Social & Psychological Aspects of Coaching
 9:00-11:00 Video, group activities
 11:00 Bed check, lights out

Thursday

8:00 a.m. Wake up
 8:30-9:30 Breakfast
 9:30-12 p.m. Resume building and closing sessions
 12 p.m. (noon) Check out at the residence hall

Highlights

- Daily Instruction with TASL staff
- Dynamic guest speakers with high school and college coaching experience
- Entertaining special presentations and team building activities
- Wide-ranging activities, from challenge programs to traditional team practices and individual skills training
- Camp T-shirt, coaching resources notebook and class photo, included at no extra cost.

HOUSING

Campers will be housed in residence halls on the University of Michigan's North Campus. Lodging is provided Monday through Wednesday nights. Supervision by University and camp staff.

ACTIVITY LOCATION

Greenhills School
 850 Greenhills Drive
 Ann Arbor, MI 48105
 Phone: (734)-769-4010

WHAT TO BRING

Bedding, blanket, towels, pillow, note-taking materials, comfortable/athletic clothes, tennis/running shoes, toiletries, shower sandals, swimsuit, fan

WHAT NOT TO BRING

Jewelry, television, refrigerator, electronics

MEALS

All meals will be provided either on site or in the dining hall. The first meal will be Sunday dinner; the last meal will be Thursday breakfast. Vegetarian meal options available.

TRANSPORTATION

Campers will be transported via camp staff-driven shuttle vans between camper housing and activity locations.

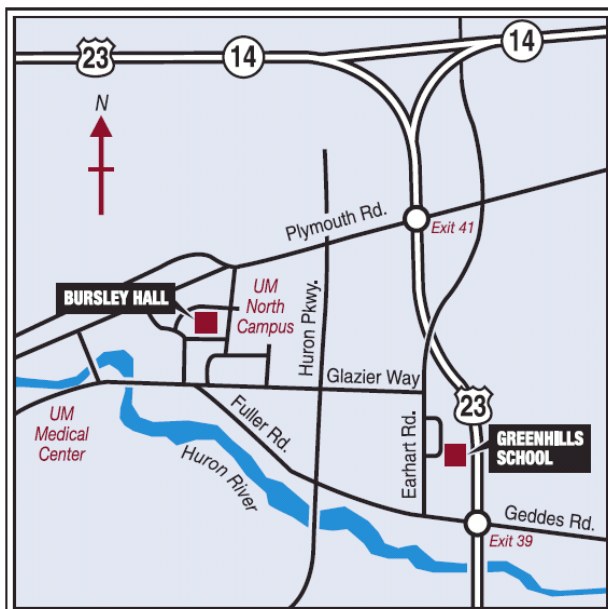
WHO WE ARE

The Academy for Sport Leadership (TASL) is a Michigan-based nonprofit organization dedicated to encouraging and training the next generation of professional female coaches. Through our Future Coaches Camp, Mentor Training Workshops, Athletic Administration Internships, and Women's Sport Summit, we inspire and educate young women – and prepare them for leadership positions in the world of women's sports. TASL is recognized by the IRS as a not-for-profit 501c(3) corporation.

Visit our website at www.sportleadership.net

RULES & BEHAVIOR

All campers must abide by the rules and regulations of The Academy for Sport Leadership. Campers are required to attend all Future Coaches Camp sessions. University of Michigan property and the property of other campers and staff is to be respected. Inappropriate behavior may, at the discretion of the camp staff, result in dismissal from camp without refund.





CAMPER REGISTRATION FORM

Register now on-line or print out this form and mail in your registration.
Note: Please register only one person per form and make additional copies as necessary.

YES! I want to attend The Academy for Sport Leadership's Future Coaches Camp on June 21-24, 2010, in Ann Arbor, Michigan.

REGISTRATION FEE

It is possible to register on-line.

The Future Coaches Camp fee of \$325 must be enclosed in full and mailed to the address at the bottom of this page.

Checks should be made payable to The Academy for Sport Leadership.

TERMS

Early Bird Deadline for registration is May 1, 2010. If you do not receive confirmation receipt within 10 days, please contact us via e-mail or telephone to determine the status of your registration.

Name: _____ **High School Name:** _____

Home Address: _____ **High School City:** _____

City, State, Zip Code: _____ **Year of Graduation:** _____

E-mail address: _____ **List sports you are potentially interested in coaching:** _____

Home Phone w/Area Code: _____

Mobile Phone w/Area Code: _____ **T-shirt size:** S M L XL XXL

In consideration of the participation by the camper named above ("Camper") in the Future Coaches Camp ("Camp"), each person signing below: (a) acknowledges having reviewed the accompanying materials describing the Camp; (b) gives permission and does not claim or demand remuneration for taking photographs and videotapes of Camper used by The Academy for Sport Leadership for educational, recruitment or promotional purposes; (c) understands and hereby assumes the hazards and risks of physical injury which may occur in the types of group athletic and instructional activities and residential facilities and transportation involved in the Camp; (d) certifies that any known medical condition or physical impairment of Camper has been listed on the attached Health Form, and that no such condition or impairment would affect her ability to participate in the Camp's activities; (e) authorizes Camp staff and/or the staff of the University of Michigan, in any medical emergency, to act on behalf of Camper and to consent to any medical or surgical diagnosis or treatment, anesthetic or hospital care they deem necessary or advisable in the circumstances; and (f) waives and releases, and hereby agrees to hold harmless, Camp staff, The Academy for Sport Leadership, Ann Arbor Greenhills School, Ann Arbor Public Schools, the University of Michigan, the University of Michigan Challenge Program and their respective directors, officers, employees, and agents (the "Releasees") from any and all claims or liability arising from use or furnishing of photographs/videotapes and on account of bodily injury, illness, death, or loss or damage to property arising out of the Camp, whether or not caused or not caused, directly or indirectly, by the failure of the Releasees or any of them to exercise due care.

Camper Signature: _____ Date: _____

Parent Signature: _____ Date: _____

MAIL TO: Meg Seng, President * The Academy for Sport Leadership * P.O. Box 131226 *
Ann Arbor, MI 48113-1226

Visit our website at www.sportleadership.net * E-MAIL: mseng@greenhillsschool.org *
PHONE: (734) 205-4022.



FUTURE COACHES CAMP 2010 HEALTH FORM

Health and Insurance:

Each camper must carry insurance. We cannot enroll any camper without full medical coverage. Additionally, each camper will also be required to provide a medical statement and release stating that she is in good health. All facilities will be staffed with an athletic trainer.

Camper's Name: _____ Date of Birth: _____

Parent(s)/Guardian(s) Name(s): _____

Parent(s) Phone Numbers: _____

(home) _____

(work) _____

(mobile) _____

Emergency contact name (other than parent): _____ Phone: _____

Health Insurance Plan: _____ Policy #: _____

Company/Contract/Group #s for Ins. Plan: _____

Name of policyholder: _____

Any allergies? _____ If yes, please specify: _____

Medication being sent with camper: _____

Special health considerations or dietary restrictions: _____

Do you have American Red Cross first aid certification? YES NO

If so, date of completion _____

Do you have American Red Cross CPR certification? YES NO

If so, date of completion _____

Have you ever participated in a ropes/challenge course? YES NO

“This is an excellent initiative that deserves the support of the Michigan High School Athletic Association and me personally. You most definitely have our endorsement.”

John E. “Jack” Roberts,
MHSAA Executive Director

PLEASE KEEP A COPY OF THIS COMPLETED FORM FOR YOUR RECORDS