



**TAKE THE FIRST STEP TOWARD A GREAT CAREER IN COACHING**

## **FUTURE COACHES CAMP 2019**

**DATES: Monday, June 17 - Thursday, June 20, 2019**

**Location: Ann Arbor, Michigan**

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

**If you're currently a high school junior...**

**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

11:00-12:00 Registration and 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. Resumé building and closing sessions  
 12 p.m. (noon) Pick up at Greenhills School



## 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 included at no extra cost.

## HOUSING

Campers will be housed in Eastern Michigan University dorms. Lodging is provided Monday through Wednesday nights. Supervision is provided by 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 Monday lunch; 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](http://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 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

To register, print out this form and mail to the address below.

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 17-20, 2019, in Ann Arbor, Michigan.**

**REGISTRATION FEE  
\$350**

The Future Coaches Camp fee of **\$350** 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

**Deadline for registration is June 1, 2019. 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, 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, Eastern Michigan University, 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](http://www.sportleadership.net) \* E-MAIL: [mseng@greenhillsschool.org](mailto:mseng@greenhillsschool.org) \*  
PHONE: (734) 205-4022.



## FUTURE COACHES CAMP 2019 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.

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 first aid certification?  YES  NO

If so, date of completion \_\_\_\_\_

Do you have 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