



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

## **FUTURE COACHES CAMP 2020**

**DATES: Monday, June 15 - Thursday, June 18, 2020**

**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 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

Bed linens are provided (Includes pillow, blanket, two flat sheets and a pillow case & a bath towel) Plan to bring note-taking materials, comfortable/athletic clothes, tennis/running shoes, toiletries, shower sandals, swimsuit, fan.

## WHAT NOT TO BRING

Jewelry, valuables, 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. Special dietary 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 501(c)(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.



## REGISTRATION

Registration for the Future Coaches Camp is available online at:

**<http://www.sportleadership.net/programs/future-coaches-camp>**

## REGISTRATION FEE

The Future Coaches Camp fee of **\$350** must be paid in full either online using the Paypal button or by check made payable to The Academy for Sport Leadership and mailed to:

Meg Seng, President  
The Academy for Sport Leadership  
P.O. box 131226  
Ann Arbor, MI 48113-1226

## TERMS

Deadline for registration is June 1, 2020. 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.

Visit our website at [www.sportleadership.net](http://www.sportleadership.net) \* E-MAIL: [mseng@greenhillsschool.org](mailto:mseng@greenhillsschool.org) \*  
PHONE: (734) 205-4022.

***“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,  
Former MHSAA Executive Director

PLEASE KEEP A COPY OF THIS COMPLETED FORM FOR YOUR RECORDS