



PCA Seminar

June 20, 21, and 26, 2012

11 a.m. & 3:30 p.m.



Orange County Convention Center (North Hall)

Open to All Coaches

Free of Charge

Seminar Guest Speaker and Course Trainer:

Ruben Nieves

Ruben Nieves

Former Head Women's Volleyball Coach at Fresno State

Former Head Men's Volleyball Coach at Stanford

As Director of Training, Ruben Nieves is responsible for overseeing the recruitment, training, and support of Positive Coaching Alliance trainers around the country.

Ruben earned his Masters Degree in Education from Stanford University in 1982. He coached collegiate volleyball for 18 years including stints as the Head Men's Coach at Stanford and the Head Women's Coach at Fresno State. Ruben was twice named NCAA Men's Volleyball Coach of the Year, in 1992 and 1997. He guided Stanford to the Cardinal's first men's volleyball NCAA championship in 1997.

Ruben also has extensive experience and success in international volleyball. He spent the summer of 2001 as Head Coach of the USA Men's Volleyball World University Games Team which captured the Gold Medal in Beijing, China, thus becoming the first and only American squad in history to accomplish this feat.

In addition, Ruben has seven years of physical education teaching experience at all levels K-12. As a parent and coach, he has been involved in many youth sports including track and field, soccer, baseball, softball, basketball, swimming, water polo, tennis and cross-country.



The AAU is offering a free Positive Coaching Alliance Seminar open to all coaches who have not yet taken the course(s). This will be a classroom setting of the PCA online course. Join the AAU and PCA in coaches education to better the youth of America.

Take this Positive Coaching Alliance seminar to have a POSITIVE influence on our future athletes and generations!

MANDATORY TRAINING

All AAU non-athlete members must complete the online PCA Double-Goal Coaches training, and certification is required to participate in AAU National Events.

BENEFITS

97% of AAU coaches who have completed the training said that they intend to use ideas from the course!

Coaches who complete the PCA training report that they feel prepared to use their sport to teach life lessons, and to help their players deal with nervousness and fear of failure, which will in turn improve performance.

To sign up for the seminar, please contact Florian Hemme with your information and course level fhemme@ausports.org or 407-828-3132





DOUBLE-GOAL COACH®

FREE ONLINE EDUCATION FROM AAU & POSITIVE COACHING ALLIANCE!



MANDATORY TRAINING

- All AAU non-athlete members must complete the online PCA Double-Goal Coach® training, and certification is required to participate in AAU National Events.
- A Level 2 course is available for those who completed Level 1 last year.

BENEFITS

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- Coaches who complete the PCA training report that they feel prepared to use their sport to teach life lessons, and to help their players deal with nervousness and fear of failure, which will in turn improve performance.

EASY TO ACCESS

- Coaches can register for the PCA training via the AAU homepage.
- The courses are available 24/7 and take only 60 minute to complete!

COURSE CONTENT

- Double-Goal Coach (Level 1) introduces PCA's Double-Goal Coach model and presents research from experts in coaching, education and sports psychology. A Double-Goal Coach has two goals: to win, and more importantly, to teach life lessons through sports.
- Double-Goal Coach (Level 2) shows how great coaches build a culture that calls forth the best in people, including:
 - Elements of team culture that encourage athletes to give 100% effort
 - "10-step Guide" to productive practice sessions that reinforce team culture

