



**AAU Coach Education Program
Application/Record Form**

Mail this application to: Steve Scott, AAU Coach Education Program, 8000 Jefferson, Kansas City, Missouri 64114.

Name _____ AAU Membership # _____ Date of Birth _____ Age _____

Address _____ City _____ State _____ Zip Code _____

E-Mail Address (Please print clearly) _____ Telephone _____

Club Name _____ Your Current AAU Club # _____

Education Level: ___ High School Graduate ___ College or University Degree ___ Bachelor's ___ Master's ___ Doctorate

Major Field of Study _____

List other certifications for coaching, date issued and organization that issued certification:

CERTIFICATION	ORGANIZATION	DATE ISSUED

AAU Coach Credits

Required Credits: These are the minimum requirements for earning credits to become accredited as an AAU Judo Coach. Use the form below to record your coach credits.

AAU Accredited Coach-6 credits are required.

To earn credits, applicant must successfully complete the following:

- 2 credits-Attend AAU Judo Coach Clinic or Workshop
- 2 credits-Currently Registered as an AAU Member Club
- 1 credit-Currently Registered as an AAU Volunteer Member.
- 1 credit-Current CPR/First-Aid Certification with Recognized Body.
- 1 credit-Current Coach Certification with Approved Organization or Program (Contact Steve Scott for list of approved programs.)
- 1 credit-Attend Approved (other than AAU) Coach Clinic or workshop.

INDICATE HERE THE TOTAL CREDITS YOU HAVE EARNED

IMPORTANT: Applicant must include the following with this application: 1-Photocopy of current AAU membership card. 2-Photocopy of current CPR or CPR/First-Aid card from valid organization.

IF YOUR AAU MEMBERSHIP EXPIRES, YOUR COACH ACCREDITATION ALSO EXPIRES.

COACH CLINIC NAME AND LOCATION	DATE	CLINICIAN'S NAME	CREDITS EARNED

CPR COURSE AND LOCATION	DATE	ORGANIZATION ISSUING CARD	CREDITS EARNED

NAME AND LOCATION OF YOUR AAU MEMBER CLUB	DATE JOINED	HEAD COACH	CREDITS EARNED

HOW TO APPLY AND OBTAIN YOUR AAU COACH ACCREDITATION

Step 1: Start coaching! The Amateur Athletic Union is made up of thousands of volunteer coaches like you who teach, promote and are instrumental in the growth of judo. Congratulations if you are a coach and AAU Judo hopes you continue to be part of our growing program.

Step 2: Join the AAU as a Volunteer or Non-Athlete Member. Then join your club as an AAU member club. The AAU offers the best benefits of any sports organization in the world and as a member coach and member club, you receive those benefits.

Step 3: Get some education and training. Attend an AAU Coach Education clinic or workshop. The training you receive will help you as a judo coach. When you earn a minimum of six (6) credits, you will receive an AAU Judo Coach Accreditation. Here's how you earn credits:

2 credits: For every AAU Coach Education clinic or workshop you attend and successfully complete. This includes passing the AAU Judo Coach Education examination. (Required)

2 credits: Currently registered as an AAU member club.

1 credit: Currently registered as an AAU Non-Athlete member. (Required)

1 credit: Possess a current CPR or CPR/First-Aid card from an accredited, recognized agency. (Required)

1 credit: You will receive 1 credit if you are currently certified or accredited with an approved coaching or judo organization.

1 credit: If you attend an approved (other than an AAU) coach training clinic.

Step 4: Pass the examination. Obtain the 25-question study guide/test that is available from Steve Scott at stevescottjudo@yahoo.com. Study this study guide/test at home prior to attending the workshop. When you attend an AAU Coach Education workshop, you will be tested using this test. There are 25 questions on the test. If you miss 6 or more questions, you will be required to attend another AAU Judo Coach Education workshop and re-take the test, successfully passing it. The study guide/test is based on the book COACHING ON THE MAT and can be purchased for \$10.00 per copy (plus shipping cost). For information on how to purchase a copy, contact Steve Scott or Norm Miller using the contact information listed below. Additionally, you must demonstrate to the AAU Judo Coach Education Trainer conducting the workshop you attend that you have the necessary skills and ability to teach and coach judo. While AAU Judo does not endorse judo rank from any organization, the skill and technical requirements of what is generally considered and recognized to be a minimum level of a 1st degree black belt is required. Anyone teaching judo must be skilled enough in the activity of judo to be able to teach it.

Step 5: Fulfill all the requirements. To become an accredited AAU Judo Coach, you must not only earn a minimum of 6 credits, the following are required: 1-You must be a current Non-Athlete member of the AAU and pass the background check. 2-You must attend and successfully complete an AAU Judo Coach Education workshop. 3-You must possess a current CPR or CPR/First-Aid card or certification/accreditation from the American Heart Association, American Red Cross or other allied bodies of these two organizations. 4-You must be a minimum age of 16 years old.

Step 6: Record all credits earned and complete the AAU Coach Education Program Application/Record Form. Send it (along with photocopies of your current AAU membership card and AAU club registration, as well as a photocopy of your current CPR or CPR/First-Aid card.) to Steve Scott, AAU Coach Education, 8000 Jefferson, Kansas City, Missouri 64114.

Step 7: As an accredited AAU Judo coach, keep coaching! You're a valuable asset in the lives of many athletes.

IMPORTANT: YOUR AAU COACH ACCREDITATION IS VALID ONLY IF YOU ARE AN AAU MEMBER. IF YOUR AAU MEMBERSHIP EXPIRES OR LAPSES FOR MORE THAN 30 DAYS, YOUR COACH ACCREDITATION ALSO EXPIRES.

For more information, contact Steve Scott at (816) 210-4484 or e-mail stevescottjudo@yahoo.com. or Norm Miller, AAU Judo Chairman at (414) 354-1898 or e-mail judoinc@att.net.



AAU COACH STUDY GUIDE AND TEST
Accredited AAU Judo Coach
Reference: Use the book *COACHING ON THE MAT.*

Your Name _____ **Date** _____ **Clinic Location** _____

- 1-The word "coach" is often used to describe a person who is;
 a-Someone who can really motivate people.
 b-Someone who teaches a specialized skill, especially in a sport or area of physical education.
 c-Someone with proper educational credentials.
- 2-it is important for an instructor to be trained and certified in Cardio-Pulmonary Resuscitation (CPR).
 a-True
 b-False
 c-It has no bearing at all on a good instructor.
- 3-Without good _____, no one can ever go on to more advanced skills.
 a-physical development
 b-fundamentals
 c-equipment
- 4- Two important things a coach can do are;
 a-raise expectations and create opportunities.
 b-don't keep score and promote self-esteem.
 c-make promotions really tough and coach only winners.
- 5-When warming up a group, why should the coach use games or exercises before stretching?
 a-It's actually a lot of fun and keeps the group's attention.
 b-The muscles physically warm up and can be better stretched.
 c-It's a good transition from breakfalls to the rest of the workout.
- 6-What is the difference between static and ballistic stretching?
 a-Static stretching doesn't work up a sweat, but ballistic stretching does.
 b-Static stretching is holding the stretch for a specified time period and ballistic stretching is bouncing.
 c-Static stretching only stretches the muscle while ballistic stretching builds strength.
- 7-A cool-down after a strenuous workout does what?
 a-Ends the practice with a vigorous stretching routine to develop strength.
 b-Helps flush some lactic acid from the muscles and can help in injury prevention.
 c-There is no discernable benefit.
- 8-What is meant by the term to "functionally stretch?"
 a-Don't over-stretch the muscle beyond its range of motion.
 b-Stretching routine that speeds up the process.
 c-Working around an injury.
- 9-Drill training is;
 a-The most effective method of teaching instinctive behavior.
 b-Not recommended for children.
 c-Repetitive.
- 10-A "skill drill" is;
 a-Is usually done in a slow speed to enhance learning.
 b-Can only be used for competitive athletes.
 c-Emphasizes teaching or reinforcing an already-learned skill, movement or tactic.
- 11-Drill-training helps eliminate _____ that could take place in training.
 a-goofing off
 b-fear
 c-the need for an instructor
- 12-What is a lesson plan?
 a-A specific, written, and flexible, plan of what the coach will do in a practice, class or workout.
 b-A general outline of what goals, skills and training the group should follow for the upcoming month.
 c-A written plan of teaching that shouldn't be changed or altered.

13-A technique is a _____ in, and of, itself.

- a-beginning
- b-distinct movement pattern
- c-start in the right direction

14-What is a "skill?"

- a-An advanced application of a throw or hold.
- b-The practical application of a technique.
- c-A combination technique.

15-What is a "core" skill?

- a-A skill that can lead to other opportunities or techniques.
- b-A throw or hold that works most of the time.
- c-Beginning techniques.

16-There is no learning without _____.

- a-a good attitude
- b-a good instructor
- c-discipline

17-Often, a dojo or club is a reflection of the head instructor's _____.

- a-discipline
- b-affiliation with a national organization
- c-personality

18-Is it a good idea, as an instructor, to mix adults with children in a class or workout?

- a-Yes, as the children will learn more and more quickly with the adults present.
- b-No, as adults and children learn at different rates.
- c-it doesn't matter if you're a good enough coach.

19-Which is the best advice for an instructor in terms of liability?

- a-Form a non-profit corporation to avoid liability.
- b-Don't coach or teach without being insured
- c-Liability is only an issue if you are coaching a competitive activity.

20-When working with parents, coaches should;

- a-Consult parents when developing lesson plans.
- b-Have a meeting with the parents of the children who are new students to inform them about your club.
- c-Give parents an active role in all of your club's major decisions.

21-Should an effective warm-up relate to actual judo training?

- a-Yes.
- b-No.
- c-Yes, but only for children.

22-When is it acceptable to leave a children's class unattended?

- a-When you leave a parent in charge until you return.
- b-Never. If you have to leave, place the class under the supervision of an assistant coach.
- c-For less than 5 minutes.

23-What is a class outline?

- a-A general outline of what the coach wants to teach over a longer period of time, such as a month or so.
- b-A specific plan of what the coach wants to teach over a longer period of time, such as a month or so.
- c-Another way of describing periodization or a training cycle.

24-Randori is;

- a-A practice match.
- b-Open or free practice.
- c-Fighting during a workout.

25-What is a key to learning instinctive skills?

- a-Mostly lot of randori and fighting during every workout.
- b-Perform a correctly done skill repetitively.
- c-Do a lot of drills and skills against resisting opponents.