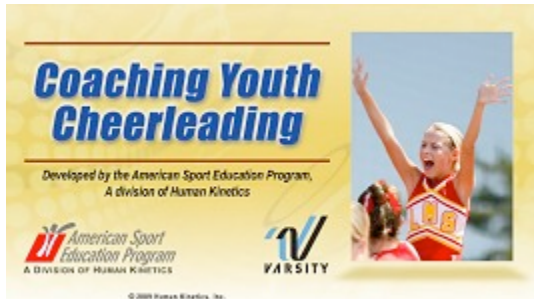




Indian Nations Football Conference recognizes the important role that youth coaches play in providing a positive sport experience for our kids. We feel there is no one single action that can have more of a positive impact on our players than improving the quality and knowledge of our coaches.



That's where the ASEP **online courses** come in.

With **Coaching Youth Cheerleading** you will learn how to:

- better understand your role as a coach (unit 1),
- communicate effectively with squad members and others in the cheerleading community (unit 2),
- understand the importance of rules and equipment (unit 3),
- provide a safe environment for your cheerleaders (unit 4),
- teach and shape cheerleading skills (unit 5),
- teach and shape cheer, sideline, and dance skills (unit 6),
- teach and shape partner stunt and pyramid skills (unit 7),
- teach and shape jump and stunt skills (unit 8),
- prepare season and practice plans (unit 9), and
- make the most of game and competition day (unit 10).

With **Coaching Essentials** you will learn how to:

- meet your coaching responsibilities, including examining your priorities as a coach;
- communicate effectively with athletes, parents, and officials;
- provide for safety and respond to injuries;
- develop a training program for athletes to promote lifelong fitness;
- prepare for, and coach on, competition day; and
- create plans for your season and individual practices.

This coupon is good for 30% off the Coaching Youth Cheerleading or Coaching Essentials Online Course

Please go to this website address: http://www.asep.com/asep_content/org/INFC.cfm

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(Please sign in to create an account first, then you will be able to complete the purchase of the course. Make sure you select Indian Nations Football Conference as your organization as well as your local club when you purchase the course)

Good luck Coach!