

Welcome to the APA Player Development Program Coaching Accreditation Program!

Taking this step to become an official APA certified coach is a commitment not only to the APA, but also to the sport of polocrosse. Your support in helping to create more, as well as better, safer, players will be beneficial to all and confirm the professionalism of our organization.

Each coach/clinician will have different methods and processes for coaching and conducting clinics. The CAP program is not intended to change how you coach. It is to ensure that the basic polocrosse building pyramid is consistent, safe, and increases the quality of players in the USA, as well as the quality of coaches.

CAP level one program: this is the basic foundation level for polocrosse. By teaching basic safety for both the horse and rider, encouraging correct racquet skills, and emphasizing good horsemanship, new players will gain greater confidence, and the horse more courage. This will make success more attainable.

In addition to submitting your application and completing the course certification on the next page, the following are requirements to begin the accreditation process:

- a. Be a current APA Member in good standing.
- b. Pass a yearly Criminal Background Check. Your fee to do this annually will be \$6.95 and the report will be sent directly to the APA.
https://www.coeusglobal.com/council_sc_americanpolocrosse.html
- c. Complete the CDC heads up Course on brain injuries. This is a Free online course that is renewed yearly and takes approx 30 minutes. You will receive a certificate to submit to the PDC.
<https://headsup.cdc.gov>
- d. Complete the USOC SafeSport training course. This is an online course that is renewed every three years and takes about 90 minutes to complete. The fee is \$20. You will receive a certificate to submit to the PDP
<https://athletesafety.org/training/index>
- e. Be available to coach a clinic at least twice a year

Level 1 Certification Clinic *
(this is the final step either online or in person to certify a coach)

Level 1 Certified Coach Abilities

1. Demonstrates safety in all teaching situations.
2. Teaches basic riding skills and horse maintenance.
3. Teaches fundamentals of tacking a polocrosse pony.
4. Introduces and teaches the concept of polocrosse equitation.
5. Safely teaches basic racket mechanics.
6. Teaches basic defensive skills including swinging and ride off.
7. Introduces personal fouls.
8. Presents fundamental game format and associated strategies.
9. Safely teaches a fundamental series of polocrosse and riding curriculum to an individual or small group, building toward the progression of a student to participate in coached chukkas.
10. Demonstrates ability to safely maintain group control while teaching a coached chukka.

Resources for Coaches

1. Polocrosse Tips for Beginners (include horse and rider fitness, minimum equipment requirements)
2. Rulebooks provided by the APA
3. Racquet/Ball kits available to ship to clinic locations for rent (through SC polocrosse)
4. Beginner's Manual (primer to send to groups prior to a clinic)
5. How to Start a Club (take APA applications onsite at clinic)
6. Coverage by APA Liability (explain what's covered)

* The Level 1 Course syllabus is still in the progress of being fine-tuned. Once you have applied and begun the requirements on page 1, you will be emailed the course outline.

**Certification Clinics will be scheduled and announced
online through Enews and Facebook.**