
USAR-IP NEWS

Revised requirements and levels



In response to suggestions and concerns the USAR-IP certification program has been revised. Some of the changes will be 1) more levels to accommodate the recreation instructor/coach 2) reduced CEU's for recertification 3) new free on-line courses for instructor/coach education. More information may be found within this newsletter.

DECEMBER 2015

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INSURANCE – WHO IS AND IS NOT INSURED

There seems to be confusion on who is covered by the USAR-IP insurance. All certified instructors are covered. Members only (\$75) are not covered. Thus if you are a member of USAR-IP but have not recertified (every three years) or completed a certification course you are not covered. Also, as with any insurance, it is important to verify that you are covered for sexual harassment and also covered when you are coaching competitive athletes. Many policies do NOT cover sexual harassment or abuse and also only cover the teaching of recreational athletes.

NEW LEVELS OF CERTIFICATION

LEVEL ONE - INSTRUCTOR

COST

- 1 year or 3 year USAR-IP Membership- \$75/\$150
- Level One Course -\$120
- Level One Recertification - \$25

REQUIREMENTS

- CPR Certification-required to assure safety of students
- Background Check- required to assure the safety of students and protection for club. Take the three on-line safety courses- to assure instructor has the basic knowledge required to protect themselves and students
- Take and pass the on-line courses for the 10 benchmarks –required to assure the instructor has the basic knowledge required for instructing introductory students

RECERTIFICATION

- Maintain Valid CPR Certification
- Background Check Resubmission
- (2) CEU's across the 5 Learning Centers
- Maintain Valid USAR-IP membership

LEVEL TWO- ADVANCED INSTRUCTOR/COACH

COST

- 1 year or 3 year USAR-IP Membership- \$75/\$150
- Level One Course -\$220
- Level One Recertification - \$25 Upgrade-\$100

REQUIREMENTS

- Designate a Master Professional under which you will take the required courses
- Download on-line USAR-IP Certification manual (contains all information required for certification)
- CPR Certification
- Background Check
- Take three on line sport safety sport safety courses
- Do the practical hitting test- this allows Master Professional to determine if instructor has basic knowledge and can execute (necessary for teaching) the basic shots for racquetball
- Write & Conduct 1hour lesson that is critiqued by Certifying Master Professional

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- Achieve-80% or better on overall testing

RECERTIFICATION

- Maintain Valid CPR Certification
- Background Check Resubmission
- 3.5 CEU's across the 5 Learning Centers
- Maintain Valid USAR-IP membership

LEVEL THREE- ELITE INSTRUCTOR/COACH

REQUIREMENTS

- All requirements of Level Two
- Perform Video Analysis
- Achieve – 90% and over on overall testing

RECERTIFICATION

- Maintain Valid CPR Certification
- Background Check Resubmission
- (3.5) CEU's from across the 5 Learning Centers
- Maintain Valid USAR-IP membership

CERTIFYING PROFESSIONAL

- Level Three Elite Instructor
- Under the Mentorship of a Master Professional to certify instructors at Level One. Two and Three

MASTER PROFESSIONAL

REQUIREMENTS-

- All requirements of Level Three
- a minimum of three years as a Certifying Professional
- Recommendation of a majority of current Master Professional
- Recognized by USAR as someone capable of mentoring and certifying instructors at all Levels

RECERTIFICATION-

- Maintain Valid CPR Certification
- Background Check Resubmission

I Never Thought It Would End THIS Way

For anyone who has ever coached youth sports of any kind, from pee-wee to middle school, and even high school sports in some cases.....I have a deep question that has been floating in my mind in recent days. Just give me minute to circle around to it.

My youngest daughter wrapped up her high school soccer career tonight. The days leading up to it flooded me with memories of all her games past, both far and near. Thoughts of different leagues, cities, coaches, teammates, hotel rooms, victory, defeat. Reflections of how she changed over the years as a player, a competitor, and a person. Wondering how and why things have played out exactly as they have. Thinking about influences both good and bad that could have or would have made things better or worse if they'd been different.

And I started thinking about the kids that I have coached as my kids have grown up, from youth soccer to travel soccer, upward basketball to middle school basketball. And I just can't help wondering.....

If all coaches could see into the future, to that very day when a kid puts away the cleats or the hi-tops for the last time and walks away from a game.....would they choose to coach individual kids differently than they presently do?

Every kid walks away from their chosen sport someday.....then what?

Effective youth coaching is psychiatry and it is parenting. Each player is unique, and they have specific needs that team sports can bring them.

Many coaches fail to fill those needs because they falsely assume they are training the next state champs. They fail to see each child beyond that day when the sports equipment goes in the yard sale or the closet.

Shouldn't the journey of sports teach these things and more to prepare kids for life beyond sports?

- 1 Standard of excellence
- 2 Work ethic
- 3 To believe in themselves
- 4 To trust others
- 5 The value of encouragement
- 6 To know they aren't the center of the universe
- 7 To know that success does not come overnight (or in one practice)
- 8 To lose with dignity
- 9 To accept temporary failures without blaming others, and to realize these failures aren't permanent
- 10 To be pushed to their physical limit, time and time again
- 11 To love and to be loved
- 12 To sacrifice for others
- 13 To respect authority and rules
- 14 Teamwork/unselfishness
- 15 To never give up

These things still matter when the cheering stops.

The cheering stopped for Maddie tonight. Her team lost in the regional semi-finals. In a game where she and her teammates truly "left it on the field", the score was tied at the end of 80 minutes of regulation. Two 5-minute overtimes later, the score was still tied. Penalty kicks would now decide the match.

Maddie stood over the ball, ready to attempt her shot with her team facing a nearly hopeless 3-1 deficit.

If she missed this shot, the game was over. The season was over.

Sitting on my knees beside my wife, I simply mumbled, "Maddie needs to be the one to take this shot."

Not because it could be the game winner.....because it would be the shot that would seal the loss if she missed.

I don't know what kind of reaction or look Kristy gave me, but I went on to say, "Maddie needs to be the one to take this shot, because I know she can handle missing the shot to end the game. She can handle it. That's my daughter!"

I was proud of who she has become.

And my voice cracked at the enormity of what I was saying in a trailing voice....."that is OUR daughter". She missed. Game over. Season over. High school career over for her and her senior teammates. Maddie played her heart out. And I was so proud of her. But when those words came out of my mouth, "that's our daughter" it hit me so clearly. I was not proud of her effort or her performance

She met her mother and me after the game with head held high. That's our daughter .

Do your best. Have fun. Train and play to win. In the end it's just a game. The end came tonight. I'm thankful for all those who have prepared her in the right ways to go beyond the " end".

If you're coaching your 1st game or your 1000th, take an occasional peek toward the end. Winning is a by-product of doing all things the right way. Some lessons can't be cast aside for the sake of early wins or just because you ARE winning games.

And while your players are dreaming of making that dramatic game-winning shot, you better spend some time preparing their toughness and character.....for missing it.



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RE-ENERGIZING YOUR RACQUETBALL PROGRAMS AT YOUR CLUBS

By Fran Davis & Jim Winterton...Master Professional Instructors

Below are ideas for getting new players into your programs

As we travel around the country one thing we hear is "help, my racquetball programs are stagnant." From our experience we have learned it is not the players currently playing that are the most important it is the player who we have not taught yet who are the most important. In other words, to build the program, you need new players. New players will play on dead times, do not need glass courts, and generally are more low-maintenance than established players.

For your programs we have divided our approach to individual (those with limited court space) and group (clubs with more courts available).

Individual Approach.

1-Free Introductory Clinic 1x per month:

Create a "funnel" approach, by getting the entry-level new member to funnel to private individual lessons after the clinic.

Call all new members and racquetball members to inform them and invite them to the clinic or have the sales staff get phone and email information for texts and emails to invite to the clinic.

Group Approach

1-Group Lessons

The funnel approach can also be done more efficiently with larger numbers if you have the courts available by offering beginner and intermediate group lessons

Beginner/Intermediate lessons

1 or 2 times per week for 1 hour for 3 weeks

2-Group Leagues

At the end of the three weeks funnel the Group Lessons into Beginner/Intermediate/Advanced Leagues or Round Robins:

Beginner lesson/leagues

Intermediate leagues

Advanced leagues

Challenge court evenings or noon play

After 1-6 weeks of league play make the 7th week the playoffs. During the leagues offer free tips and possibly a candid 30sec.-1 min. video clips of them playing and review to entice them to sign up for lessons.

Each winner receives a prize like a shirt or plaque

3-Offer Tournaments

From the leagues Filter League Players into In-Club Tournaments/Shootouts then within the city/state:

Be sure to Offer beginner division, if first timer, for free.

***Be sure to set pricing to fit your market area. Your pricing has to fit your time and training. By virtue of being certified you can demand more money. It is our experience many pros have underpriced their services.

***Remember, to increase play you must be a salesperson. Selling racquetball means having programs and seeking people to fill the slots in these programs. Admittedly these are programs that have worked for us.

We know you have ideas so please feel free to share. Email your article for national publication consideration to hiserj@me.com

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INFORMATION AVAILABLE TO USAR-IP INSTRUCTORS

AS A USAR-IP INSTRUCTOR YOU HAVE NUMEROUS RESOURCES AVAILABLE TO YOU.

THE FOLLOWING IS A LIST OF ONLY A FEW: -

- 227 page instructional manual
- A 56 page resistance training manual
- A 81 page sport safety manual
- A 200 plus page programming manual
- Over 50 individual educational articles-updated monthly
- Four online officiating tests
- Four online safety and liability tests
- Online courses for weight training, stretching, physiology, racquetball injuries
- Ten benchmark tests
- Ten benchmark videos
- Ten hitting videos
- Four skill evaluation videos
- Direct communication with your own master professional

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STAY TUNED FOR MORE NEW FEATURES

INSURANCE

What is emotional misconduct? Do you have adequate insurance to cover you in case you are sued? Should you supplement your instructors insurance with a homeowner's liability rider? Just because your club has insurance does NOT mean you are covered.

Many instructors downplay the importance of insurance. Since many instructors have not heard of a lawsuit regarding a racquetball instructor, they assume insurance is not an important part of being an instructor. If you are sued as a non-certified instructor, the first question that you will be asked is "what are your qualifications to teach?"

Without certification (that is recognized by a national organization such as USOC and USAR), you will be forced to prove that you have the qualifications required to teach (such as sport safety training, CPR training, proper stroke mechanics etc). Most clubs require instructors of sport disciplines to be certified for just this reason.

If your certification does not require continual education or sport safety education you may find it very difficult to prove that your qualifications have properly prepared yourself for instruction or coaching. PROTECT YOURSELF AND YOUR STUDENTS! GET CERTIFIED!