

# USAR-IP NEWS



## INSTRUCTORS PROGRAM

*Denn* "OFFICIAL BALL OF USAR/IP" *Denn*

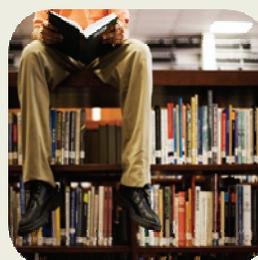
### CHECK YOUR USAR MEMBERSHIP PROFILE.

When you review your membership profile you will notice the below icon. Click on the icon to review your various USAR-IP certification units. If you feel you have passed some units but they are not listed please contact Jim Hiser at [jhiser@usra.org](mailto:jhiser@usra.org).



WINTER, 2014

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## INSURANCE—WHY IT IS IMPORTANT!!!!

In this very litigious society it is extremely important that all instructors and coaches take every precaution to protect oneself. Although USAR-IP provides the most updated and complete instructor information available (which is required for certification) every instructor needs additional insurance for personal protection. Many of our master instructors pay up to \$700 extra each year, just to purchase additional coverage to protect their businesses, but EACH USAR-IP instructor is covered by—5 million per event aggregate, 2 million per occurrence and \$1 million for sexual abuse/harassment—THE MOST COMPLETE COVERAGE IN THE SPORT!!!!

## CONTINUING EDUCATION AND RECERTIFICATION

### ALL CERTIFICATIONS EXTENDED TO JUNE 1, 2015.

Recertification is required every three years. The fee is \$100 but \$75 will go towards your yearly USAR-IP membership, or towards an additional year membership.

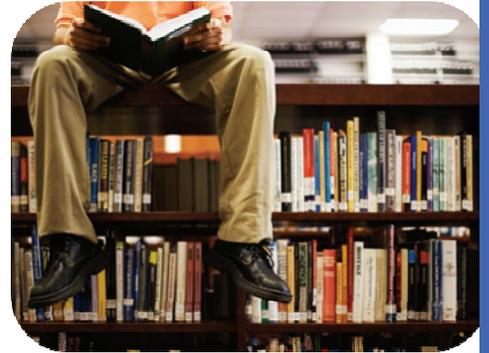
The PROCESS - Please contact the Master Professional of your choice. The Master Professional will then explain what is required and monitor the entire process.

Each student will be required to take a certain amount of Continuing Education Units (CEUs) before their recertification is complete. See the following:

#### **USAR-IP CEU'S LEARNING CENTERS:**

- 1) Sport Safety and Injury
- 2) Coaching, Teaching and Communication
- 3) Skill Techniques, Tactics and Rules
- 4) Psychology and Nutrition
- 5) Resistance Training, Physiology and Stretching

To ensure instructors are not just "book savvy" each Learning Center includes practical experience options and requirements to test the instructor's knowledge of the principals and materials presented.



#### WHY REQUIRE RECERTIFICATION?

Recertification is a process that enables you to become not only more competitive, but more proficient in your chosen career. It builds upon your expertise through a wide range of continuing education and work experience. Recertification also provides you with the opportunity to reaffirm your commitment to the sport by staying updated with the most recent information available.

## LEARNING CENTER ONE: SPORT SAFETY AND INJURY

### MUST COMPLETE 1 CEU:

| <b>SOURCE</b> | <b>NAME</b>                                                                      | <b>CEUs</b> |
|---------------|----------------------------------------------------------------------------------|-------------|
| USAR-free     | Risk Management and Safety Procedures<br>(Module One) Coach / Instructor Duties  | .2          |
| USAR-free     | Risk Management and Safety Procedures<br>(Module Two) Health Care Team           | .2          |
| USAR-free     | Risk Management and Safety Procedure<br>(Module Three) Physical and Sexual Abuse | .2          |
| USAR-free     | Racquetball Injuries                                                             | .2          |
| NFHS-\$\$\$   | Creating a Safe and Respectful Environment                                       | .2          |
| NFHS-free     | Concussion in Sport - What you need to know                                      | .2          |
| ASEP-\$\$\$   | Sports First Aid - 4th Edition                                                   | .4          |

### PRACTICAL EXPERIENCE

|                                                        |    |
|--------------------------------------------------------|----|
| Sport Trainer for School or Team                       | .3 |
| Certification other than CPR and First Aid (i.e. ACES) | .4 |
| CPR and First Aid Recertification                      | .3 |
| Juvenile, Adolescent, AED certification                | .3 |

### RESOURCES:

USAR/USOC Sport Safety Manual Sport First Aid- Melinda Fiegel - Fourth Edition

INDIVIDUAL PROJECTS AS APPROVED BY A MASTER PROFESSIONAL MAY ALSO BE  
ACCEPTED FOR CEU CREDITS

## LEARNING CENTER TWO: COACHING, TEACHING AND COMMUNICATION

MUST COMPLETE 1 CEU

| <b>SOURCE</b> | <b>NAME</b>                                     | <b>CEUs</b> |
|---------------|-------------------------------------------------|-------------|
| NFHS-free     | Engaging Effectively with Parents               | .2          |
| NFHS-free     | Sportsmanship                                   | .2          |
| NFHS-free     | Positive Sport Parenting                        | .1          |
| NFHS-\$\$\$   | Fundamentals of Coaching                        | .4          |
| NFHS-free     | Teaching Sport Skills                           | .2          |
| PCA-          | Second Goal Parent "Developing Winners in Life" | .2          |
| NFHS-         | Teaching and Modeling Behavior                  | .1          |
| USSA-\$\$\$   | Introduction to Coaching                        | .3          |

### **PRACTICAL EXPERIENCE: (VERIFICATION LETTER REQUIRED)**

|                                                         |    |
|---------------------------------------------------------|----|
| Coach of College or High School Team                    | .4 |
| Assisting at a Master Professional Certification Clinic | .4 |
| Assisting a Master Professional at a Camp               | .4 |
| Attending a National Conference or Meeting              | .2 |
| Creating/Directing a 6-8 week Instructional League      | .4 |

### **RESOURCES:**

Successful Coaching - Rainer Martens-Fourth edition

Introduction to Coaching - United States Sports Academy

Coaching Successfully - American Sports Education Program

## LEARNING CENTER THREE: TECHNIQUES, TACTICS AND RULES

MUST COMPLETE .5 CEUs

| <b>SOURCE</b> | <b>NAME</b>                                      | <b>CEUs</b> |
|---------------|--------------------------------------------------|-------------|
| USAR-free     | Officiating Number One-General Rules of the Game | .1          |
| USAR-free     | Officiating Number Two-Doubles                   | .1          |
| USAR-free     | Officiating Number Three –Juniors                | .1          |
| USAR-\$\$\$   | National Certified Referee Certification         | .3          |
| USAR-free     | Benchmarks One thru Ten                          | .3          |

### **PRACTICAL EXPERIENCE:**

|                                                                      |    |
|----------------------------------------------------------------------|----|
| Hosting a Club or State Referee Clinic                               | .2 |
| Creating a Video for USAR-TV -Master Professional Approval Needed    | .2 |
| Author of Instructional Article -Master Professional Approval Needed | .2 |

### **RESOURCES:**

Championship Racquetball - Fran Davis and Jason Mannino

Real Racquetball - Tom Travers and Tim Miller

Racquetball Fundamentals - Jim Winterton

Winning Edge Racquetball - Jim Hiser

## LEARNING CENTER FOUR: PSYCHOLOGY AND NUTRITION

MUST COMPLETE .5 CEUs

| <b>SOURCE</b> | <b>NAME</b>                    | <b>CEUs</b> |
|---------------|--------------------------------|-------------|
| NFHS -free    | Sports Nutrition               | .2          |
| NFHS-\$\$\$   | Teaching and Modeling Behavior | .3          |
| USAR-free     | Racquetball Nutrition          | .2          |

### **PRACTICAL EXPERIENCE:**

|                                                  |    |
|--------------------------------------------------|----|
| Work as a Dietician or nutritional consultant    | .3 |
| Degree in sports psychology or nutrition         | .5 |
| Author article on sports psychology or nutrition | .2 |

### **RESOURCES:**

Coaches Guide to Sports Psychology - Rainer Martens

Nancy Clark's Sports Nutrition Guidebook - Nancy Clark

Performance Nutrition - K. Austin

## LEARNING CENTER FIVE: RESISTANCE TRAINING, PHYSIOLOGY AND STRETCHING

MUST COMPLETE 1 CEU

| <b>SOURCE</b> | <b>NAME</b>                          | <b>CEUs</b> |
|---------------|--------------------------------------|-------------|
| NFHS-\$\$\$   | Strength and Conditioning            | .3          |
| USAR-free     | Physiological Demands of Racquetball | .2          |
| USAR-free     | Resistance Training 1 & 2            | .2 (EACH)   |

### **PRACTICAL EXPERIENCE**

|                                                  |    |
|--------------------------------------------------|----|
| Work as a Dietician or nutritional consultant    | .3 |
| Degree in sports psychology or nutrition         | .5 |
| Author article on sports psychology or nutrition | .1 |

### **RESOURCES**

Coaches Guide to Sports Psychology - Rainer Martens  
Nancy Clark's Sports Nutrition Guidebook - Nancy Clark  
Injury Fix - Brad Walker

## SEVEN SOLUTIONS TO TOURNAMENT PARTICIPATION

Let's start with this premise. If I take ten people on a court to show them the game, five at least will love racquetball. So when I hear all of the disparaging remarks about the decline of the Roman Empire, and Racquetball, it does not make sense. Let's look at the problem. Tournament participation is down. We need new players! What can we do!

1. Educate new consumers to play tournaments - host mixers and get them playing.
2. Look at new players as if they are gold. I see clubs where newbie's are mostly ignored while the C player with the sponsored clothing and 30 gloves on the bag get all the attention.
3. Juniors and college kids are platinum! They will play on and on!! And they have a great attitude! Easy to please and like a breath of fresh air, they love our sport for the same reasons we did when we started!
4. Look at racquetball through fresh eyes - our sport lends itself to 1980's type thinking. I like what some of the new companies are doing with racquetball and outside the box thinking.
5. Get all newbie's on the court and emphasize one thing- fun! Not grip, swing, footwork or drilling, but fun! The game is fun. Never make it work, especially to a beginner!
6. Most of us are instructing beginners to intermediate players. The conventional wisdom is they cannot handle advanced concepts. Why not think they can? By pushing the envelope they will improve faster. Now, do not get me wrong as I do not propose teaching a backhand splat to a novice player, but some more advanced concepts can be taught depending upon the athlete.
7. Get the court hog out of the way. Prime time prima donnas clog the courts Monday through Thursday. Prime time leagues in the winter make this problem worse. Promote round robins and non-prime leagues and get the new players on the courts. I know that might be painful so maybe you have to do this gradually but you cannot build a program with old, articulate complainers while cutting the supply of new player.

JIM WINTERTON—MASTER PROFESSIONAL

# INFORMATION AVAILABLE TO USAR-IP INSTRUCTORS

AS A USAR-IP INSTRUCTOR YOU HAVE NUMEROUS RESOURCES AVAILABLE  
THE FOLLOWING IS A LIST OF ONLY A FEW

- Instructional manual-prepared by the sport's most recognized instructors
- Resistance training manual-all exercises accompanied by Q codes and videos
- Sport safety manual-endorsed by the United States Olympic Committee
- Programming manual (updated manual in preparation)-the most complete in the industry
- Over 50 individual educational articles-updated monthly
- Online officiating tests-covers every phase of officiating from junior to doubles
- Online safety and liability tests
- Benchmark tests-a thorough review of the instructional manual
- Benchmark videos-visual explanations to accompany the instructional manual
- Hitting videos- visual explanations of the testing units for certification
- Monthly Group calls with a Master Professional and other Instructors
- Direct communication with your own Master Professional
- Dartfish TV- opportunities to share instructional material with other instructors

NEW FEATURES CONTINUALLY ADDED  
STAY TUNED

## HAVE YOU SEEN THE RESISTANCE TRAINING MANUAL????

- ***Developed by the United States Olympic Coaching Department in conjunction with USA Racquetball***
- ***Each exercise accompanied by written explanation and photos***
- ***EVERY EXERCISE ACCOMPANIED BY Q CODES (instructors can download video of each exercise to smart phone to show students)***
- ***Free to all USAR-IP members and available online***

## CPR AND BACKGROUND CHECK

### WHY DOES USAR-IP REQUIRE CPR CERTIFICATION AND A BACKGROUND CHECK??

As a certification organization USAR-IP has the responsibility to provide its instructors with the most current educational information, as well as assure students that their instructors have completed all the certification requirements. With cooperation from the United States Olympic committee and the USOC Coaching department, USAR-IP has developed a process that requires all instructors to complete a background check and also take an online sport safety course.

The current litigious society (Penn State) and sports lawsuits require that USAR-IP assure students that their instructors are educated in sport safety and risk management. (See: [http://www.slate.com/blogs/xx\\_factor/2014/11/13/outside\\_magazine\\_s\\_story\\_on\\_sexual\\_abuse\\_in\\_competitive\\_swimming\\_is\\_devastating.html?wpsrc=fol\\_fb](http://www.slate.com/blogs/xx_factor/2014/11/13/outside_magazine_s_story_on_sexual_abuse_in_competitive_swimming_is_devastating.html?wpsrc=fol_fb))

The USAR-IP certification process IS THE MOST THOROUGH certification process in the sport. In order to maintain insurance and certification it is necessary that the process be updated continually and includes sport safety and risk prevention requirements.

Instructor insurance is absolutely necessary for all instructors. The USAR-IP insurance is again the MOST COMPREHENSIVE in the sport and along with the sport safety and risk prevention information, courses and testing; USAR-IP instructors can be assured they are well prepared and protected.

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### Keys for CEU

**NFHS**—National Federation of State High School Associations ([www.nfhslearn.com](http://www.nfhslearn.com))

**USSA**-- United States Sports Academy- ([USSA.edu](http://USSA.edu))

**USAR**- U.S.A. Racquetball ([USARacquetball.com](http://USARacquetball.com))

**ACES**- American Sport Education Program- ([asep.com](http://asep.com))

**CPR & AED**- Coronary Pulmonary Resuscitation & Automated External Defibrillator

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### A GREAT RESOURCE

“INJURY FIX”

**Injury Fix**—Is a great resource for stretching and flexibility education- Includes a free Stretching Handbook and DVD.

[injuryfix.com](http://injuryfix.com)

## ***HOW TO FIND AN INSTRUCTOR***

USA Racquetball is in the process of renovating the “Instructors” tab on the USAR website to consolidate the IP Program sections in one place. Additionally, we will be providing Club owners and players looking for instructors a way to find you more easily by sorting IP Instructors by City/State and including email link. If you have suggestions on how we can improve the access to our IP Instructors, please don’t hesitate to send in your comments.

Any instructor who does NOT want their email listed should contact Peggine Tellez at [peggine@usra.org](mailto:peggine@usra.org) to verify that their email will NOT be listed.

## ***INSTRUCTOR DIPLOMAS***

Every instructor should have received a diploma after they passed their certification requirements. Please remember that certification requirements include 1) pass the practical and written tests 2) have a background test 3) be CPR certified. All recent diplomas include the date of expiration of your certification.

If any instructor requires a new diploma please contact Peggine Tellez at [peggine@usra.org](mailto:peggine@usra.org). (a small fee is required).

## **DARTFISH TV and INSTRUCTOR BENEFITS**

Dartfish TV is a partner of the USAR Instructor program. For instructors who utilize video as part of their program, Dartfish offers a very affordable (under \$10) application that is an excellent instructional tool. Recently Dartfish has added a “split screen” option that allows student’s strokes to be compared with another player of the instructor’s choice.

USAR-IP also provides all instructors with the opportunity to share their personal videos with any other USAR-IP instructors through USAR-IP/Dartfish TV. This provides instructors the opportunity to share instructional philosophies and ideas and also receive feedback from the national best instructors.



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