



**Coaches' Education Program (CEP)
Level 1 Trainer Program FAQs**

1. What is a Level 1 trainer?

A Level 1 trainer facilitates the CEP Level 1 Instructional Clinics. These clinics are part of the Level 1 curriculum, which also includes the Level 1 online courses.

2. What qualifications are necessary to become a Level 1 trainer?

Since Level 1 is geared toward coaches who are working with beginning players, and often times are beginners in the coaching field as well, we have found that a Level 1 trainer must have experience coaching beginning players and have at least three years of coaching experience at any level. Public speaking and/or teaching experience, and experience playing lacrosse are also extremely helpful. Full qualifications can be found on the trainer application.

3. What makes a good trainer?

Beyond coaching experience, good trainers usually exhibit a combination of the following traits:

- Is energetic and enthusiastic
- Has good sense of humor
- Has time management skills
- Is a clear communicator
- Has ability to engage and connect with audience
- Has ability to effectively integrate personal experiences into clinics
- Is extremely familiar with clinic content and learning objectives

4. What is the time-commitment required?

The initial Train the Trainer Seminar is a weekend commitment, and to become a fully certified trainer you will need to attend and co-present 1-2 additional clinics in the year after your training. Once certified, US Lacrosse is asking that trainers commit to conducting one clinic within their local area (120 mile radius), and one outside their region during the calendar year following their training, with blackout dates during the spring lacrosse season. Clinics typically occur on weekends and are a full-day event that span about 7 hours including lunch and breaks. The majority of clinics occur between the months between September and February.

5. Where are you looking for Level 1 trainers?

We are looking for trainers in all regions of the United States in order to more easily provide these clinics across the country. In 2005-2006 21 clinics were held in 12 of 16 regional areas and US Lacrosse is aiming to increase that number and maintain geographic diversity in 2006-2007.

6. How can I become a Level 1 trainer?

If you are interested in becoming a trainer, please send trainer application, resume recommendation form and \$10 application fee to:

Attn: Erin Smith, Manager of Education and Training
US Lacrosse
113 West University Parkway
Baltimore, MD 21210
trainers@uslacrosse.org
Fax: 410-366-6735

Then begin fulfilling your prerequisites if you have not already.

7. What is the process to become trained as a trainer?

After sending in your application, recommendation forms, resume and \$10 application fee, your paperwork will be reviewed by the Coaches' Education Committee and you will be contacted about potentially attending a Train the Trainer Seminar, which is a two day commitment. You must complete this to begin your trainer development process. Then you will be asked to co-present up to 2 more clinics with a senior trainer. Once fully trained, your certification as a trainer is good for two years as long as you conduct at least two clinics per calendar year, as clinics are available. Before trainers are certified they must also successfully complete the US Lacrosse/National Center for Safety Initiatives background check. More information about this will be provided to trainees.

What are the pre-requisites to becoming a trainer?

1) You must be Double-goal Coach certified, meaning you have attended a Positive Coaching Alliance Double Goal Coach I Workshop or taken the online version. 2) You must successfully complete the US Lacrosse Level 1 online course (www.lacrosse.org/cep/online). 3) You must have attended a Level 1 clinic to observe (this may be waived in 2006 on a case by case basis). 4) You must have a current US Lacrosse membership to be eligible for a seminar.

8. Is there a cost to attend the Train the Trainer seminar?

The seminar itself is free. You may be asked to pay for some or all of your own travel and lodging arrangements to attend the seminar. Details are provided once accepted into the program.

9. How are Level 1 clinics scheduled?

US Lacrosse schedules all official, sanctioned CEP Level 1 clinics and maintains the master schedule. You will not be responsible for scheduling your own clinics. A local site coordinator and staff at the national office will be responsible for the logistical arrangement of the clinic including the shipping of workbooks and other clinic materials.

10. People know I am a Level 1 trainer and want me to conduct a clinic. How do I arrange for a clinic?

ALL official Level 1 clinics must be scheduled through US Lacrosse by filling out a clinic hosting application and be placed on the national schedule. Encourage those who have approached you to contact their local chapter or leadership in your area to identify a site coordinator to submit an application to host. They will then work directly with US Lacrosse to schedule a clinic.

11. Do I get paid to conduct clinics?

Yes. US Lacrosse recognizes the special talents and skills necessary to be a Level 1 trainer and compensates trainers for their services. Compensation per clinic is determined by trainer experience in the program, number of trainers presenting, and other factors. Current compensation structure will be presented at your Train the Trainer Seminar.

12. What are the additional benefits of becoming a trainer?

Level 1 trainers receive additional US Lacrosse apparel and materials as well as the opportunity to attend continuing education seminars as available. Also, by going through Level 1 trainer's training you may gain valuable insight into teaching and coaching techniques that will enhance your own personal coaching as well. Stated one Coaches' Education Committee member, "I wrote the curriculum and I still learned something new!" In addition, you will have the opportunity to travel the country and pass on lacrosse knowledge to coaches who then impact hundreds, if not thousands, of players as our game explodes in participation numbers.