

# Progression of Coaching Excellence: Course Exemption Application

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ E-Mail: \_\_\_\_\_

Local Program \_\_\_\_\_

*If you have experience that is equivalent to the knowledge acquired in one or more of the courses listed below, you may apply for an exemption.*

## **Which Coaches Training Course(s) are you applying to be exempt from?**

- Introduction to Special Olympics New Hampshire**  
General introduction to Special Olympics New Hampshire history, future and our programs, policies and procedures.
- Foundation of Special Olympics Coaching**  
Coaches will learn to understand sport philosophy; sports planning as a coach; coaching sports skills and developing sports confidence; sport-specific performance training and nutrition for SO athletes; and sport safety and risk management. This training is universal to all sports and will include fun, sport-specific exercises and is designed to be taken prior to sport specific trainings. *Please note:* if you are a coach of multiple sports you only need to take The Foundation course once.
- Sport-specific Courses**  
Sport specific courses provide the fundamental skills necessary to coach a sport, including creating a practice plan for a season.

Please select sport(s) from the list below.

- |   |   |
|---|---|
| <input type="checkbox"/> Alpine Skiing        | <input type="checkbox"/> Golf             |
| <input type="checkbox"/> Athletics            | <input type="checkbox"/> Powerlifting     |
| <input type="checkbox"/> Basketball           | <input type="checkbox"/> Snowboarding     |
| <input type="checkbox"/> Bocce                | <input type="checkbox"/> Snowshoeing      |
| <input type="checkbox"/> Bowling- Candlepin   | <input type="checkbox"/> Softball         |
| <input type="checkbox"/> Bowling- Ten Pin     | <input type="checkbox"/> Sprint Triathlon |
| <input type="checkbox"/> Cross-Country Skiing | <input type="checkbox"/> Swimming         |
| <input type="checkbox"/> Equestrian           |   |

## **Why should you be exempt from taking this course(s)?**

*Please include information about your coaching experience, experience as a physical or adaptive physical education teacher, current certifications or licenses held, courses and ongoing coach's education from National Governing Bodies, or like certifications, and any awards or recognition you have received.*