

National Council for Accreditation of Coaching Education



1900 Association Drive
Reston, VA 20191
ncace@aahperd.org
1-800-213-7193 x393
www.ncaceinfo.org

The Value of Sport Coaching Education

The National Council for Accreditation of Coaching Education (NCACE) recognizes that there is a unique body of knowledge vital to enabling sport coaches to effectively perform their many roles. Formal coaching education programs are a primary tool for transferring such information to new and developing coaches, while also ensuring that practicing coaches acquire and maintain the critical knowledge and skills standards set by their respective organization's leadership.

A dedication to creating quality trained sport coaches benefits participating communities in many ways, including:

- Keeping youth involved in sport and physical activity.
- Increasing the number of coaches and improving retention rate.
- Raising confidence level of coaches and increasing information-sharing/networking.
- Delivering positive and safer sports experiences to America's youth.
- Reducing legal liabilities associated with sport.

"The coach is the key to making the student-athlete experience appropriate, positive and educational."

**Sports Done Right Report
The University of Maine Sport &
Coaching Initiative - 2004**

Keep More Youth "In the Game"

- Studies have found athletes who played for untrained coaches led to an attrition rate of 26%; whereas those athletes play for a trained coach resulted in a drop out rate of only 5%.
- Additional studies show a positive impact on self-esteem for athletes under 12 years old playing for a trained coach.
- Sport is the most popular form of physical activity for many children.

The National Council for Accreditation of Coaching Education (NCACE) promotes and facilitates coaching competence within all levels of amateur sport by overseeing and evaluating the quality of coaching education programs.

Improve Recruitment & Retention Among Youth Sport Coaches

- One study indicated that 85% of youth sport coaches prefer to coach in a league that requires training and 72% feel encouraged to continue coaching through mandatory training.
- Other studies indicate coaching education programs encourage new coaches to get involved by reducing the barrier created by a lack of confidence in the skills and abilities needed to coach.

Raise Coaches' Confidence & Increase Information Sharing

- Coaches reported in one study that participating in a coaching education program increased information sharing among their peers and aided them in creating a support network of fellow coaches.
- A study of coaches attending a youth coaching course indicated coaches increased the confidence they held regarding their coaching.

Provide Safer Sports Experiences for Youth

- Both the U.S. Departments of Education and Health & Human Services acknowledge better-trained coaches help to reduce sports-related injuries by applying risk-management practices which aid in identifying potential hazardous conditions before they threaten athletes.

Reduce League Legal Liability

- Legal precedents indicate that trained sport coaches are easier to defend against accusations of negligence.

“Volunteer coaches are critical to reaching positive outcomes in sports programs.”

***Helping Out: Volunteerism
in Youth Sports in Boston
Boston Youth Sports
Initiative Study - 2006***

NOTE: All reference material available upon request.

NCACE grants accreditation to coaching educational programs that meet or exceed the *National Standards for Sport Coaches* and the NCACE Accreditation Guidelines. For more information, call Christopher Hickey, NCACE's Executive Director at (o) 800-213-7193 x 393 or (c) 978-201-1024 or email chickey@aaahperd.org. Visit NCACE online @ www.ncaceinfo.org.

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