

PHASE III

The Theory and Techniques of Coaching Homework

Please answer the following questions using your NYSPHSAA Handbook!

1. Please select one sport that you coach and give the correct standards for high school interschool competition:

SPORT: _____
Of Team Practices before the first Scrimmage: _____
Of Individual Practices before the first Scrimmage: _____
Of Team Practices before the first Contest: _____
Of Individual Practices before the first Contest: _____
Team and Individual Maximum # of Contests: _____
Minimum time between Contests: _____
Individual limitations per day: _____
Rules Governed by: _____

2. Please select one sport that you coach and give the correct standards for modified interschool competition:

SPORT: _____
Of Team Practices before the first Scrimmage: _____
Of Individual Practices before the first Scrimmage: _____
Of Team Practices before the first Contest: _____
Of Individual Practices before the first Contest: _____
Team and Individual Maximum # of Contests: _____
Minimum time between Contests: _____
Individual limitations per day: _____
Rules Governed by: _____
Time and Distance Limits (*if any*): _____

3. The President of Section 2 is: _____
4. The Treasurer of Section 2 is: _____
5. The Chairman of the NYS HS officials coordinating federation is: _____

6. According to the Handbook, RECRUITMENT is defined as:

7. The President of the NYSPHSAA is: _____
8. The address of the NYSPHSAA is: _____

