WEB WWW.TOPFORM.US EMAIL RON@TOPFORM.US



Phase I

- Top Form Overview
- Class Overview
 - o Semester (45hrs) long course administered in one week!
 - o Class room instruction and significant home preparation
 - Mandatory attendance: M-Th 6-10pm possibly going late.
 - Saturday 8-?pm
 - Assignments due last day of class: Saturday
 - Assignments are:
 - Instructor Evaluations.
 - Risk analysis sheet including: physical risk, coaching risk, emergency planning 2-3 pages.
 - Duties and responsibilities of a coach: List format: One page collected and group discussion
 - Research paper/presentation: Included topics 5-7 pages (12+ PP Slides) and 10min verbal presentation/defense. Utilize audio/visual aids/ Present Topic/paper/presentation last day of class
 - Mission Statement
 - Statement of Philosophy