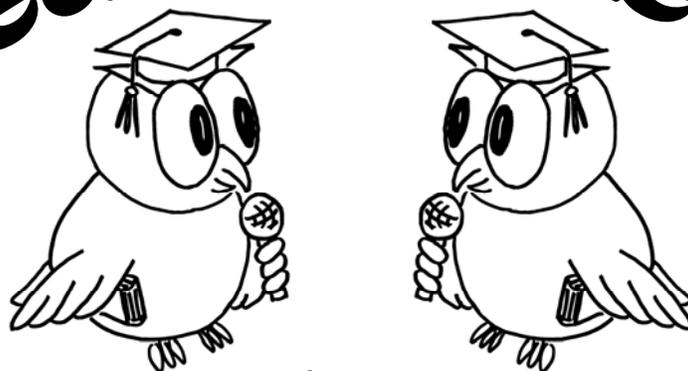


Head to Head



Let's Go!

Coach's Guide

Sports & Fitness

Personal Note to Coaches:

Thank you for your time and energy. Both are scarce, and you are very much appreciated. The *Head to Head* program is a chance for every young person to shine in his or her area of interest. It opens up whole new arenas for competition and success for ALL kids. Whether it's on the field, on the court, on the stage, on the easel, or in the classroom, it is vitally important to encourage the pursuit of excellence...but you already knew that, didn't you? I welcome feedback on any aspect of this program.

feedback@HeadtoHeadTesting.com

Thanks Again!

Event Coach:

- Coaches may coach more than one event and/or more than one act per performance event.
- Familiarize yourself with the Coach's Guide for your event(s).
- Emphasize courtesy and good sportsmanship.
- Schedule practice sessions.
- Make copies of the Student Study Guide, Practice Test, and/or Judge's Evaluation form.
- Insure that team members have appropriate study materials, music, manuscripts, etc.
- Insure that team members understand all rules pertaining to their event.
- Work with your coordinator to establish which team members compete at which meet and in what order the performers will compete.
- Vocal performance event coaches - if your student is using a recorded instrumental track:
 - ◊ one copy of the CD must be given to your coordinator before each meet
 - ◊ be aware of the file format used on the CD (compatibility varies)
 - ◊ clearly label the CD with performer's name, song title, and track number
- Performance event coaches - be aware of performance minimum and maximum time limits.
- Performance event coaches - your act may notify the timekeeper if they do NOT want time signs to be displayed.
- Performance event coaches - be aware of how many and what type of microphones are available at the host school. (Ask your coordinator.)
- Performance event coaches - you are responsible for props. Bring your own or communicate your needs with your host school BEFORE the meet.

Rules for the Written Testing Events:

- 1-6 students per team for each event
- Top score for each team - for each event - applies to team point total
- Students may not talk or ask questions during the test.
- If a student needs a new pencil, he or she should raise a hand, and a new pencil will be provided.
- Students MAY use scratch paper. (no calculators)
- If a student is caught cheating, his/her school will receive 0 points for that test regardless of which student is that school's high scorer.

Sports & Fitness Topics Covered

Encourage your team members to study these areas:

- Football
- Basketball
- Baseball
- Hockey
- Soccer
- Lesser Known Sports and Sports Popular in Other Countries
- Martial Arts
- Olympic Events
- Famous Players
- Sports History
- Rules and Terminology
- Extreme Sports
- Exercise
- Nutrition
- Miscellaneous

Sample Questions:

The International Soccer Championship is called the:

- A. World Series
- B. World Cup
- C. Super Bowl
- D. Super Series

“Kyū” is a Japanese term to designate these in martial arts.

- A. Types of throws
- B. Trainers
- C. Levels of experience
- D. Kicks and punches

“Essential nutrients” are required by the body but:

- A. Are not found in pill form
- B. Are not found in food form
- C. Are produced by an organism
- D. Are not produced by an organism

The next page is a study guide that can be copied for all of your team members.

Good Luck!

Sports & Fitness Study Guide

Congratulations for taking the sports & fitness challenge!

You should brush up your skills on these topics:

- **Popular Sports**
 - Football, Basketball, Baseball, Hockey, Soccer
 - History of the sports
 - Famous players
 - Rules and Terminology
- **Lesser Known Sports**
 - There are LOTS of these - especially sports from other countries.
 - Think of as many as you can and do a little reading about each.
- **Martial Arts**
 - What are some different types?
 - What makes them different from other forms of martial arts?
- **Olympic Events**
 - Review events from both summer and winter Olympic Games.
 - Know some general history of the Olympic Games.
- **Exercise**
 - What are calisthenics and other types of exercise?
 - What is yoga, pilates, weight training?
- **Nutrition**
 - What are the major food groups?
 - How does the government make nutritional recommendations?
 - What are the different nutrients the body needs?
 - Brush up on vitamins and minerals and what they do for the body.
- **Extreme Sports**
 - Skateboarding, snowboarding, and more!
 - Know some terms used in these sports and some of the pioneers who made them popular
- **Rules and Terminology**
 - Lots to know here.
- **Miscellaneous Sports & Fitness Knowledge**
 - There could be a few more questions on topics not mentioned above!